



PROGRAMMING MARCH 17 - MARCH 23, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BACK SQUAT 4 SETS [BUILDING IN WEIGHT]:</p> <p>2 BACK SQUATS AT 80-90%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "HEAVY DUTY"</p> <p>10 ROUNDS FOR TIME:</p> <p>200/180 METER ROW 3 FRONT SQUATS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: SQUAT CLEANS 185/135</p> <p>PERFORMANCE: 135/95</p> <p>SCALED: 95/65</p>	<p><u>STRENGTH</u> STRICT PULL-UP 4 SETS [BUILDING IN WEIGHT]:</p> <p>2 STRICT PULL-UPS AT 80-90%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "WHOVILLE"</p> <p>AMRAP 15:</p> <p>1 ROPE CLIMB 10 HAND RELEASE PUSH-UPS 15 SIT-UPS</p> <p>CHALLENGE: LEGLESS HANDSTAND PUSH-UPS GHD SIT-UPS</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 2 BODY LOWER TO STAND OR 3 CLAMP TO STAND</p>	<p><u>STRENGTH</u> DEADLIFT 4 SETS [BUILDING IN WEIGHT]:</p> <p>2 DEADLIFTS AT 80-90%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "007"</p> <p>5 ROUNDS FOR TIME:</p> <p>15 BOX JUMPS 12 DUMBBELL DEADLIFTS 9 DUMBBELL HANG POWER CLEANS 6 DUMBBELL PUSH JERKS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 24"/20" UNBROKEN SETS 50/35's</p> <p>PERFORMANCE: 24"/20" 50/35's</p> <p>FITNESS: 20"/20" 35's/25's</p>	<p><u>METCON</u> "SPRING CHICKEN"</p> <p>4 ROUNDS X AMRAP 8:</p> <p>1,000 METER RUN MAX CAL ROW</p> <p>REST 2 MINUTES BETWEEN ROUNDS</p>	<p><u>STRENGTH</u> BENCH PRESS 4 SETS [BUILDING IN WEIGHT]:</p> <p>2 BENCH PRESS AT 80-90%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "BERGERON BEEP TEST" [BENCHMARK]</p> <p>ON THE MINUTE FOR MAX ROUNDS:</p> <p>7 THRUSTERS 7 PULL-UPS 7 BURPEES</p> <p>CHALLENGE & PERFORMANCE: 75/55</p> <p>FITNESS: 65/45</p>	<p><u>METCON</u> "THE GREAT DIVIDE" FOR TIME: 50-40-30-20-10 CALORIE BIKE 100-80-60-40-20 DOUBLE UNDERS 10-8-6-4-2 POWER SNATCHES</p> <p>WOMEN'S CALORIES: 40-32-24-16-8</p> <p>TIME CAP: 30 MINUTES</p> <p>CHALLENGE: 135/95</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS: 75/55</p>	<p><u>METCON</u> "DISTURBED" FOR TIME:</p> <p>2,000/1,800 METER ROW</p> <p>EVERY 2 MINUTES [STARTING AT 0:00]:</p> <p>12 SHUTTLE RUNS (25 FT)</p> <p>TIME CAP: 20 MINUTES</p>