



PROGRAMMING MARCH 03 - MARCH 09, 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 85-95%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "STAIRMASTER"</p> <p>AMRAP 15:</p> <p>30/24 CALORIE ROW 10 DEVIL'S PRESS STEP-UPS</p> <p>* 1 DEVIL'S PRESS + 1 STEP-UP</p> <p>CHALLENGE & PERFORMANCE: 50/35's 20"/20"</p> <p>SCALED: 35/25's 20"/20"</p>	<p><u>STRENGTH</u> STRICT PULL-UP 3 SETS [BUILDING IN WEIGHT]:</p> <p>2 STRICT PULL-UPS AT 85-95%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "JAILBREAK"</p> <p>2 ROUNDS FOR TIME</p> <p>30 TOES TO BAR SLED PUSH (3 DOWN & BACK'S) 30 PULL-UPS 400 METER RUN</p> <p>TIME CAP: 20 MINUTES</p> <p>CHALLENGE: CHEST TO BAR 90/70</p> <p>PERFORMANCE: AS WRITTEN 90/70</p> <p>FITNESS: TOES TO TARGET TOE SPOT PULL-UPS 50/35</p>	<p><u>STRENGTH</u> DEADLIFT 3 SETS [BUILDING IN WEIGHT]:</p> <p>2 DEADLIFTS AT 85-95%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> ACHOO! [BENCHMARK]</p> <p>EMOM x 10: 3 POWER CLEANS 3 FRONT SQUATS 3 PUSH JERKS MAX LATERAL BARBELL BURPEES</p> <p>CHALLENGE & PERFORMANCE: 135/95</p> <p>FITNESS: 95/65</p>	<p><u>METCON</u> "STOP & SHOP"</p> <p>3 ROUNDS FOR TIME</p> <p>200 METER FARMERS CARRY 36/30 CAL BIKE 100 DOUBLE UNDERS 50 ABMAT SIT-UPS</p> <p>TIME CAP: 35 MINUTES</p> <p>CHALLENGE 70/53's 30 GHD</p> <p>PERFORMANCE: 53/35's AS WRITTEN</p> <p>FITNESS: 35/25's 150 SINGLE UNDERS</p>	<p><u>STRENGTH</u> SNATCH 5X2 BUILDING IN WEIGHT POWER OR SQUAT SNATCH</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "ABOMINABLE SNOWMAN"</p> <p>8 ROUNDS FOR TIME</p> <p>8 DUMBBELL SNATCHES 8 PUSH-UPS 8 BOX JUMPS 8 PUSH-UPS</p> <p>TIME CAP: 18 MINUTES</p> <p>CHALLENGE: 70/50 2 WALL WALKS 30/24"</p> <p>PERFORMANCE: 50/35 AS WRITTEN 24/20"</p> <p>FITNESS: 35/35 20/20"</p>	<p><u>METCON</u> "WET NOODLE"</p> <p>FOR TIME</p> <p>50-40-30-20-10 CALORIE ROW 15-12-9-6-3 THRUSTERS 5-4-3-2-1 ROPE CLIMBS</p> <p>WOMEN'S CALORIES: 40-32-24-16-8</p> <p>TIME CAP: 25 MINUTES</p> <p>CHALLENGE: 115/85</p> <p>PERFORMANCE: 95/65</p> <p>FITNESS: 65/55</p>	<p><u>METCON</u> "HALF PAST"</p> <p>AMRAP 2 x 15 ROUNDS</p> <p>100 METER RUN MAX CAL BIKE</p>