



PROGRAMMING APRIL 14TH - 20TH, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> BENCH PRESS 4 SETS 4 BENCH PRESS</p> <p>REST 20 SECONDS</p> <p>4 PLYO PUSH-UPS</p> <p>BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR ~77-85% OF 1RM</p> <p>REST 1-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "NATE" AMRAP 20</p> <p>2 RING MUSCLE-UPS 4 HANDSTAND PUSH-UPS 8 KETTLEBELL SWINGS</p> <p>OR</p> <p>"DOORBELL" AMRAP 20</p> <p>5 STRICT PULL-UPS 10 DEFICIT PUSH-UPS 15 KETTLEBELL SWINGS</p> <p>CHALLENGE: 70/53</p> <p>PERFORMANCE: 53/35</p> <p>FITNESS: 35/25</p>	<p><u>STRENGTH</u> BACK SQUAT 4 SETS 4 BACK SQUATS</p> <p>REST 20 SECONDS</p> <p>4 WALL BALLS - AS HEAVY AS POSSIBLE</p> <p>BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR 77-85% OF 1RM</p> <p>REST 1-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "STAY PUT" FOR TIME: 50 DUMBBELL SQUAT CLEAN THRUSTERS</p> <p>TIME CAP: 15 MINS</p> <p>CHALLENGE & PERFORMANCE: 50'S/35'S</p> <p>FITNESS: 35'S/20'S</p>	<p><u>STRENGTH</u> WEIGHTED PULL-UPS 4 SETS 4 WEIGHTED STRICT PULL-UPS</p> <p>REST 20 SECONDS</p> <p>4 PENDLEY ROWS</p> <p>BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR 77-85% OF 1RM</p> <p>REST 1-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "ANTACID"</p> <p>ON THE 6:00 X 3 SETS</p> <p>20/16 CALORIE BIKE 200 METER RUN 20/16 CALORIE ROW</p> <p>TIME CAP: 18 MINUTES</p> <p>SCORE IS SLOWEST TIME</p>	<p><u>METCON</u> "INTERSTELLAR" AMRAP 30 30 WALL WALKS 60 TOES TO BAR 90 WALLBALLS</p> <p>EVERY 2 MINUTES [STARTING AT 0:00] 100 METER RUN</p> <p>CHALLENGE 30/20</p> <p>PERFORMANCE: 20/14</p> <p>FITNESS: PARTIAL WALL WALKS TOES TO TARGET 14/10</p>	<p><u>STRENGTH</u> DEADLIFT 4 SETS 4 DEADLIFTS</p> <p>REST 20 SECONDS</p> <p>2 MAX DISTANCE BROAD JUMPS</p> <p>BUILD IN WEIGHT TO TECHNICAL FAILURE</p> <p>AIM FOR ~77-85% OF 1RM</p> <p>REST 1-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "CHANGE-UP"</p> <p>FOR TIME: 9 CLEAN & JERKS 15 CLEAN & JERKS 21 CLEAN & JERKS</p> <p>TIME CAP: 10 MINUTES</p> <p>CHALLENGE: 155/105 135/95 115/85</p> <p>PERFORMANCE: 135/95 115/85 95/65</p> <p>FITNESS: 115/85 95/65 75/55</p>	<p><u>METCON</u> IN HOUSE COMP</p> <p><u>METCON</u> "ON YOUR RIGHT!"</p> <p>FOR TIME: 40 DUMBBELL SNATCHES 1,000/900 METER ROW 30 DUMBBELL SNATCHES 36/30 CAL BIKE 20 DUMBBELL SNATCHES 500/450 METER ROW 10 DUMBBELL SNATCHES 15/12 CAL BIKE</p> <p>TIME CAP: 20 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 50/35</p> <p>FITNESS: 35/25</p> <p><u>ACCESSORY</u> "DURABILITY" 10-15 MINUTES</p> <p>FOR QUALITY: 100 FT FRONT RACK KETTLEBELL CARRY 50 FT REVERSE SLED DRAG 100 FT OVERHEAD KETTLEBELL CARRY 50 FT SLED DRAG</p>	