



PROGRAMMING APRIL 7 - APRIL 13, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>STRENGTH WEIGHTED PULL-UPS</p> <p>4 SETS 5 WEIGHTED STRICT PULL-UPS</p> <p>AIM FOR ~75-80% OF 1RM</p> <p>REST 20 SECONDS</p> <p>5 PENDLAY ROWS</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p>METCON KYLER COLLINS 4 YEAR WOD</p> <p>CAL BIKE 45-30-15 DOUBLE UNDERS 100-100-100 FRONT SQUATS 15-10-5 FARMER'S CARRY 100M</p> <p>TIME CAP 20 MINUTES</p> <p>CHALLENGE: 155/105 70/53</p> <p>PERFORMANCE: 135/95 53/35</p> <p>SCALED: 150 SINGLES 95/65 35/25</p>	<p>STRENGTH DEADLIFT</p> <p>4 SETS 5 DEADLIFTS</p> <p>AIM FOR ~75-80% OF 1 RM</p> <p>REST 20 SECONDS</p> <p>2 MAX DISTANCE BROAD JUMPS</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p>METCON SHAM" 7 ROUNDS FOR TIME</p> <p>11 DEADLIFTS (BODYWEIGHT) 100 METER SPRINT</p> <p>TIME CAP 15 MINUTES</p> <p>CHALLENGE & PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 75% OF BW</p>	<p>STRENGTH BENCH PRESS</p> <p>4 SETS 5 BENCH PRESS</p> <p>AIM FOR ~75-80% OF 1 RM</p> <p>REST 20 SECONDS 5 PLYO PUSH-UPS</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p>METCON "MAGNETO" ON THE 1:30 X 10 SETS 10 SHUTTLE RUNS/ 20 GHD SIT-UPS MAX WALL WALKS</p> <p>*ALTERNATE BETWEEN SHUTTLE RUN & GHD SIT-UPS</p> <p>*5 SETS EACH MOVEMENT</p> <p>CHALLENGE: AS WRITTEN</p> <p>PERFORMANCE: AB MAT SIT-UPS</p> <p>FITNESS: AB MAT SIT-UPS HAND RELEASE PUSH-UPS</p>	<p>METCON "PLEASE HOLD" ON THE 00:00 100/80 CAL BIKE</p> <p>ON THE 10:00 600 METER SANDBAG CARRY</p> <p>ON THE 20:00 10 SLED PUSH DOWN SLED ROPE PULL BACK</p> <p>TIME CAP 30 MINUTES</p> <p>SCORE: TOTAL SUM OF TIMES FOR ALL 3 MOVEMENTS</p> <p>CHALLENGE 90/70 100/75</p> <p>PERFORMANCE: 70/45 100/75</p> <p>FITNESS: 45/25 75/50</p>	<p>STRENGTH BACK SQUAT 4 SETS 5 BACK SQUATS</p> <p>AIM FOR ~75-80% OF 1 RM</p> <p>REST 20 SECONDS</p> <p>5 WALL BALLS (AHAP)</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p>METCON "SHAKEDOWN"</p> <p>FOR TIME 600 METER RUN 30 THRUSTERS 400 METER RUN 20 THRUSTERS 200 METER RUN 10 THRUSTERS</p> <p>TIME CAP 15 MINUTES</p> <p>CHALLENGE: 95/65</p> <p>PERFORMANCE: 75/55</p> <p>FITNESS: 65/45</p>	<p>METCON "TAPAS"</p> <p>3 ROUNDS 9 TOES TO BAR 9 HANG POWER CLEANS 9 LATERAL BURPEES OVER BAR</p> <p>1,000/900 METER ROW</p> <p>3 ROUNDS 7 TOES TO BAR 7 HANG POWER CLEANS 7 LATERAL BURPEES OVER BAR</p> <p>1,000/900 METER ROW</p> <p>3 ROUNDS 5 TOES TO BAR 5 HANG POWER CLEANS 5 LATERAL BURPEES OVER BAR</p> <p>TIME CAP 30 MINUTES</p> <p>CHALLENGE 155/105</p> <p>PERFORMANCE: 135/95</p> <p>FITNESS: 95/65</p>	<p>METCON "BREAK THE CYCLE" AMRAP 15 16/13 CALORIE BIKE 20 WALLBALLS</p> <p>CHALLENGE & PERFORMANCE: 20/14</p> <p>FITNESS: 14/10</p> <p>ACCESSORY GUN SHOW</p> <p>[PART A] 3 SETS 15 CHEST SUPPORTED DOUBLE DUMBBELL ROW</p> <p>REST 1 MINUTE BETWEEN SETS</p> <p>[PART B] 3 SETS 16 CHEAT HAMMER CURLS (8/SIDE)</p> <p>REST 1 MINUTE BETWEEN SETS</p>