



PROGRAMMING MARCH 31ST - APRIL 6TH, 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><u>STRENGTH</u> POWER CLEAN 3-4 SETS</p> <p>3 POWER CLEANS AT 70-80%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "SALT WATER" AMRAP 3</p> <p>15 POWER CLEANS 15 LATERAL BURPEES OVER ROWER MAX CALORIE ROW</p> <p>REST 3 MINUTES AMRAP 3</p> <p>12 POWER CLEANS 12 LATERAL BURPEES OVER ROWER MAX CALORIE ROW</p> <p>REST 3 MINUTES AMRAP 3</p> <p>9 POWER CLEANS 9 LATERAL BURPEES OVER ROWER MAX CALORIE ROW</p> <p>CHALLENGE 135/95 155/105 185/135</p> <p>PERFORMANCE: 115/85 135/95 155/105</p> <p>FITNESS: 75/55 95/65 115/85</p>	<p><u>STRENGTH</u> STRICT PRESS 3-4 SETS</p> <p>3 STRICT PRESS AT 70-80%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "BIATHLON" FOR TIME</p> <p>400 METER RUN 18 STRICT PULL-UPS 400 METER RUN 15 STRICT PULL-UPS 400 METER RUN 12 STRICT PULL-UPS</p> <p>TIME CAP 18 MINUTES</p> <p>CHALLENGE: BAR MUSCLE UPS 15-12-9</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: 18 JUMPING PULL-UPS 15 JUMPING CHEST TO BAR 12 KIPPING PULL-UPS</p>	<p><u>STRENGTH</u> FRONT RACK REVERSE LUNGES 3-4 SETS</p> <p>6 FRONT RACK REVERSE LUNGES AT 65-75% OF 1RM FRONT SQUAT</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "DOUBLE COVERAGE" FOR TIME</p> <p>10-1 DOUBLE DUMBBELL FRONT SQUATS 30 DOUBLE UNDERS</p> <p>DIRECTLY INTO...</p> <p>400 METER SANDBAG CARRY</p> <p>TIME CAP 18 MINUTES</p> <p>CHALLENGE: 70/50's 100/75</p> <p>PERFORMANCE: 50/35's 100/75</p> <p>FITNESS: 35/25's 75/50</p>	<p><u>METCON</u> "GROUND BREAKING" 8 ROUNDS FOR TIME</p> <p>8 TOES TO BAR 12 SHUTTLE RUNS 16 PUSH-UPS 12 SHUTTLE RUNS (6X DOWN & BACK)</p> <p>TIME CAP 30 MINUTES</p> <p>CHALLENGE 8 HANDSTAND PUSH-UPS 12 GHD SIT-UPS</p> <p>PERFORMANCE: AS WRITTEN</p> <p>FITNESS: TOES TO TARGET</p>	<p><u>STRENGTH</u> SUMO DEADLIFT 3-4 SETS</p> <p>3 SUMO DEADLIFTS AT 75-85%</p> <p>REST 2-3 MINUTES BETWEEN SETS</p> <p><u>METCON</u> "LIGHT HEADED" FOR TIME</p> <p>21-18-15-12-9 POWER SNATCHES BOX JUMPS</p> <p>TIME CAP 15 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 75/55 24/20"</p> <p>FITNESS: 65/45 20/20"</p>	<p><u>METCON</u> "BALL IS LIFE" 6 ROUNDS x AMRAP 2</p> <p>25 WALLBALLS MAX CALORIE ECHO BIKE</p> <p>REST 2 MINUTES BETWEEN ROUNDS</p> <p>CHALLENGE & PERFORMANCE: 20/14</p> <p>FITNESS: 14/10</p> <p><u>ACCESSORY:</u> KILLER CORE 4 SUPERSETS:</p> <p>30 SECOND SUPINE CHINESE BACK PLANK 20 MED-BALL TWISTS 10 BARBELL SIT-UPS</p> <p>REST 1-2 MINUTES BETWEEN SETS</p>	<p><u>METCON</u> "RUMMY" 5 ROUNDS FOR TIME</p> <p>400 METER RUN 30 SIT-UPS 20 KETTLEBELL SWINGS</p> <p>TIME CAP 30 MINUTES</p> <p>CHALLENGE & PERFORMANCE: 53/35</p> <p>FITNESS: 44/25</p>