



PROGRAMMING JULY 27TH - AUGUST 2ND, 2026

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<u>STRENGTH</u> BACK SQUAT 5 REPS AT 73% 3 REPS AT 77% MAX REPS TO TECHNICAL FAILURE AT 82% REST 2-3 MINUTES BETWEEN SETS <u>METCON</u> "ANVIL" 3 ROUNDS FOR TIME: 21/18 CALORIE ROW 100M KB FARMER'S CARRY 12 SINGLE-ARM DUMBBELL PUSH PRESS (EACH) TIME CAP: 18 MINUTES CHALLENGE: 70/50 70/53's PERFORMANCE: 60/40 53/35's FITNESS: 35/25 35/25's	<u>METCON</u> "WELL ROUNDED" [BENCHMARK] 10 ROUNDS FOR TIME: 3 POWER CLEANS 6 BURPEE PULL-UPS 12 AIR SQUATS 200 METER RUN TIME CAP: 30 MINUTES CHALLENGE: 165/115 PERFORMANCE: 135/95 FITNESS: 115/85 BURPEE TO TARGET	<u>STRENGTH</u> BENCH PRESS 5 REPS AT 73% 3 REPS AT 77% MAX REPS TO TECHNICAL FAILURE AT 82% REST 2-3 MINUTES BETWEEN SETS <u>METCON</u> "CROSSHATCH" FOR TIME: 500/450M ROW 35 GHD SIT-UPS 250/225M ROW 50 HANDSTAND PUSH- UPS 250/225M ROW 35 GHD SIT-UPS 500/450M ROW TIME CAP: 18 MINUTES CHALLENGE: AS WRITTEN PERFORMANCE: 500/450M ROW 50 PUSH PRESS (65/45) 250/225M ROW 50 PUSH-UPS 250/225M ROW 50 PUSH PRESS (65/45) 500/450M ROW FITNESS: 45/35 35 PUSH-UPS	<u>HYROX</u> PART A 10:00 ASCENDING LADDER 5-10-15-20... ROW CALORIES DUMBBELL BENCH PRESS (35/20's) — REST 2:00 — PART B 10:00 ASCENDING LADDER 5-10-15-20... JUMPING PULL-UPS HEAVY SLED PUSH @ 6/4 PLATES (INCREASE BY 1/2 LENGTH EACH ROUND) — REST 2:00 — PART C 10:00 ASCENDING LADDER 5-10-15-20... SKI-ERG CALORIES BARBELL SIT-UPS — REST 2:00 — PART D 10:00 ASCENDING LADDER 5-10-15-20... BIKE CALORIES DOUBLE DUMBBELL DEADLIFTS (35/25's) — SCORE IS TOTAL ROUNDS & REPS FROM PARTS A-D	<u>STRENGTH</u> DEADLIFT 5 REPS AT 73% 3 REPS AT 77% MAX REPS TO TECHNICAL FAILURE AT 82% REST 2-3 MINUTES BETWEEN SETS <u>METCON</u> "FLINT" 3 ROUNDS FOR TIME: 20 KETTLEBELL SWINGS 15 BOX JUMP OVERS TIME CAP: 11 MINUTES CHALLENGE: AS WRITTEN 70/53 30/24" PERFORMANCE: 53/35 24/20" FITNESS: 35/25 20/20"	<u>HYROX</u> FOR TIME: RUN 1 MILE TOGETHER THEN, 10 LENGTHS SLED PUSH (SWITCH EVERY LENGTH) (6/4) 100 WALL BALLS (20/14/10) 100 SANDBAG WALKING LUNGES (30/20/10KG) 100 PUSHUPS 10 LENGTHS SLED PULL (SWITCH EVERY LENGTH) (5/3) THEN, RUN 2 MILES TOGETHER *BREAK UP WALLBALLS, LUNGES, PUSH-UPS AS DESIRED TIME CAP: 70 MINS <u>METCON</u> "SANDSTORM" 25:00 AMRAP: 25/20 CALORIE BIKE 20 WALLBALLS 15 TOES TO BAR 10 DUMBBELL WALKING LUNGES CHALLENGE: 30/20 70/50's PERFORMANCE: 20/14 50/35's FITNESS: 14/10 TOES TO TARGET 35/25's	<u>METCON</u> "STEADY HAND" 6 ROUNDS OF: 200M RUN 10 DB GOBLET SQUATS 10 BURPEE BROAD JUMPS 10 CALORIE SKI-ERG TIME CAP: 30 MINUTES CHALLENGE & PERFORMANCE: 50/35 FITNESS: 35/25 10 BURPEE JUMPING AIR SQUATS