



Monday

Strength

Deadlift

5-6min to warm up to 70-75% of 1rm or comfortable weight for 5reps...

Every 90sec for 8rds with ascending/descending weight, perform reps of 5-4-3-2-2-3-4-5. Building to your heaviest set of 2reps, followed by deloading weight.

*Add 10-20lbs, decrease 10-20lbs.

Metcon

21-15-9-15-21

Push Press, 95#/65#

Lateral Burpee over bar

Tuesday

Skill

10min Emom

Odd-2 rope climbs or 4 rope pull

Even-10-15 V-ups

Metcon

4min amrap

15 Goblet squats, 35#/26#

10 Weighted squat jumps, 35#/26#

5 Box jumps (step down), 24"/20"

Rx+ Box jumps, 30"/24"

Rest 1min

3min amrap

Rest 1min

2min amrap

Rest 1min

1min amrap

*Pick up where you left off.

Wednesday

Strength/Technique

Every 90sec for 8rds perform 2 Power Snatch (hold power position for 3sec)+2 OHS.

Metcon

Every 3min for 6rds perform

18-15-12-9-6-3

Hang Snatch, 95#/65#

Row for max cal in remaining time

Thursday

5rft

400m run

12 T2B

100m Farmers carry, 70#/53#

Friday

Strength

Back Squat-Build to heaviest set of 5reps in 15min; Then take 70% of max weight and perform drop set of max reps. (Goal is 15+reps)

Metcon

16min Amrap

10 Front squat, 135#/95#

15 Wall Ball, 20#/14#

25 DU or 75 SU

Saturday

"Rankel"

20min AMRAP

6 Deadlift (225/155)

7 Burpee Pull up

10 AKBS 70/53)

200m run

Sunday

30min Amrap

100m walking lunge

15 Burpee plate ground to overhead

30 Weighted situps