

		Monday		Tuesday		Wednesday		Thursday		Friday
Week 4: 9/28 - 10/2	Jerk	3x2 85%	Gymnastics	EMOM 10: Every other minute, strict muscle-ups. Pick a number you can do for all 5 rounds. If you're close and can maintain good (hollow) position, have someone help you by pushing up on your legs. If you can't do muscle-ups, strict pull-ups, scaling as needed.	Clean	2 Position Clean, Mid Hang + Below Knee. 4 sets, 75-80%	Gymnastics	Strict HSPU 3 x Moderate set (70% effort) + 1-3 reps from last week -Slow negatives (2-3x the eccentric portion), toes pointed, slightly hollow. -Decrease ROM up to one abmat if you can't do 5+ readily per set. Feet on box, or push-ups if you require more assistance. -Increase ROM if over 10 reps on a standard ROM HSPU		
Strength/Gymnastics		EMOM 6 L3: 3 Strict + 4 Kipping HSPU's L2: 1-2 Strict + 2-3 Kipping HSPU's L1: 10 Second HS Hold + 3 Push ups		L3/L2: Squat 8x4 @ 75-80% +5-10#lbs from last 7x5 L1: Squat 6x4 - beat last Thursday's weight				L3: Strict Press 5-5-5-5-5 Muscle-ups 4x5 L2: Strict Press 5-5-5-5-5 Weighted/non-weight Pull-ups 4x5 L1: Strict Press 5-5-5-5-5 Ring Rows 4x10		L3/L2: Squat 10x 3 @ 80-85% +5-10#lbs from last 10x3 L1: Squat 6x3 - +5-10lbs from Tuesday's weight
Metcon		L3: 4 rounds of: 20 seconds burpees, 20 seconds Power Clean & Push jerk @ (115#/80#) 20 seconds Double unders Rest 3 minutes L2: 4 rounds of: 20 seconds burpees 20 seconds Power Clean & Push jerk @ (95#/65#) 20 seconds Double unders Rest 3 minutes L1: 4 rounds of: 20 seconds burpees 20 seconds Power Clean & Push jerk @ (75#/55#) 20 seconds Double unders Rest 3 minutes		L2 & L3: AMRAP 4: 10x Push-ups 20x Ski Jumps Rest 2 minutes AMRAP 4: 10x Box Jumps 20x Wallballs Rest 2 minutes AMRAP 4: 10x Hollow Rocks 20x Double-unders L1: AMRAP 4: 10x Push-ups 20x Ski Jumps Rest 2 minutes AMRAP 4: 10x Box Jumps 20x Wallballs Rest 2 minutes AMRAP 4: 10x Hollow Rocks 20x Double-unders		L3: "Lumberjack 20" 20 Deadlifts (275/185) Run 400m 20 KB swings (70/53) Run 400m 20 Overhead Squats (115/80) Run 400m 20 Burpees Run 400m 20 C2B Run 400m 20 Box jumps (24"/20") Run 400m 20 DB Squat Cleans (45# each/25# each) Run 400m L2: 20 Deadlifts (225/155) Run 400m 20 KB swings (53/35) Run 400m 20 Overhead Squats (95/65) Run 400m 20 Burpees Run 400m 20 Pull-ups Run 400m 20 Box jumps (24"/20") Run 400m 20 DB Squat Cleans (25# each/15# each) Run 400m L1: 20 Deadlifts (185/115) Run 400m 20 KB swings (35/25) Run 400m 20 Overhead Squats (65/45) Run 400m 20 Burpees Run 400m 20 Ring Rows Run 400m 20 Box jumps (24"/20") Run 400m 20 DB Power Cleans (25# each/15# each) Run 400m		L3: 10-9-8-7-6-5-4-3-2-1 Jump Squat Plyo push up Situp L2: 10-9-8-7-6-5-4-3-2-1 Squat push up Situp L1: 10-8-6-4-2 Squat push up Situp Cash out: 800m Run		L3: EMOM 10: Odd minutes: 10x T2B Even minutes: 10x Front squats @ 50% L2: EMOM 10: Odd minutes: 10x K2E Even minutes: 10x Front squats @ 50% L1: EMOM 10: Odd minutes: 10x Sit-ups Even minutes: 10x Front squats @ 50%
	Press Assist	Floor Press 1RM	Posterior Chain Assist	Good Morning 5RM	Press Assist	Bench 3x4, heavy 2 Rounds: -250M Run, 1 minute rest -400M run, 2 minutes rest -800M Run, 4 minutes rest	Posterior Chain Assist	Deadlift - Work up to heavy double	Metcon	For Time: 10 -1 Reps Squat Cleans (115/75) HSPU's
			Abs/Back	3 Rounds Not For Time -10 V - ups -30 flutter kicks -10 upper half supermans						