

	Monday	Tuesday	Wednesday	Thursday	Friday
Week 1: 10/05-10/09	<p>Gymnastics</p> <p>Strict Work: EMOM 5: 2 strict false grip ring pull ups + 2 strict MU's Have someone spot and assist if needed Immediately into: 20 MU's for time</p>	<p>Jerk</p> <p>Up to a heavy single Behind the Neck Jerk from the rack then 5x1 @ 80-90%</p>	<p>Gymnastics</p> <p>Death By HSPU Min 1 = 1 rep Min 2 = 2 reps etc.... Then 2 Rounds: x20 Second HS Hold x5 HS Negatives (~5 seconds) x10 Hollow Rocks</p>	<p>Clean</p> <p>2 Clean Pulls + 1 Power Clean. 5 heavy sets</p>	
Strength/Gymnastics	<p>Strength</p> <p>Bench Press L3/L2: 3x10 @ 50% L1: 5x5 @ moderate weight</p>	<p>Sport</p> <p>All Levels: AMRAP 10: 30 Seconds Row For Max Calories 30 Seconds Max Pull-ups (scale ring row) 2 minute rest 1 Minute Transition AMRAP 10: 10x Hollow Rocks 20x Mountain Climbers 30x Double unders (60 singles) 1 Minute Transition AMRAP 10: 1 Minute Max G2OH (155#/105#) (135#/95#) (95#/65#) 2 minute rest</p>	<p>Plyo</p> <p>Box Jumps 5 Sets for all levels L3: Box Jump over + Lateral Jump over 2 + 2 Reps - 30"/24" L2: Box Jump over 2 Reps - 24"/20" L1: Box Jump 15 Reps total - height adjusted as needed ***both feet touch top of box for the jump overs but hip do not have to fully lock out.</p>	<p>Strength</p> <p>Deadlift L3/L2: 3x10 @ 50% L1: 5x5 @ moderate weight</p>	<p>Strength</p> <p>Back Squat L3/L2: 3x10 @ 50% L1: 4x8 @ light weight</p>
Metcon	<p>Sport</p> <p>All Levels Tabata: Wallball Shots 1 minute transition Tabata: Dip support hold (scale to plank in pushup position) 1 minute transition Tabata: Weighted box step-ups (24"/20") L3: #45/25 per arm L2: #35/15 per arm L1: no weight</p>		<p>Sport</p> <p>Every 30 seconds for 8 Minutes: Sprint 100m Rest 4 Minutes Then: L3: 30x Front squats (155#/105#) L2: 30x Back squats (135#/95#) L1: 20x Back squats (95#/55#)</p>	<p>EMOM</p> <p>4 Rounds (8 minutes) Every 2 Minutes complete: L3: 5 Power Cleans (185#/125#) 10 TTB 15 Burpees (not over bar) L2: 5 Power Cleans (135#/95#) 10 Straight Leg Raise with Kip 15 Burpees (not over bar) L1: 5 Hang Power Cleans (95#/65#) 10 Straight Leg Raises 15 Burpees (not over bar)</p>	<p>Sport</p> <p>L2 & L3: "Helen" 3 Rounds: 400M Run 21 Kettlebell Swings (53/35) 12 Pull-Ups L1: 3 Rounds: 400M Run 21 Kettlebell Swings (35/26) 12 Ring Rows</p>
	<p>Metcon, Strength/Skill</p> <p>AMRAP - 11 Minutes 7 Thrusters (95/65) 3 Bar MU - Scale to 9 Pull ups *Every Minute stop and complete 3 Burpees **Starts with 3 Burpees</p>	<p>Press Assist</p> <p>Push Press + Push Jerk 70-80% of PP max 3 + 1 r 5 sets</p>	<p>Back Board Challenge</p>	<p>Press Assist</p> <p>Single Arm KB Press 3 sets 8-10 each arm, as heavy as possible</p>	<p>Metcon, Strength/Skill</p> <p>For Time (All Double Unders must be done unbroken, if you mess up start that set over) 20 DU 5 Burpees 30 DU 5 Burpees 40 DU 5 Burpees 50 DU 5 Burpees</p>
	<p>Posterior Chain Assist</p> <p>Straight Leg Deadlift 3 x 6 @ 50% of 1RM DL</p>	<p>Aerobic</p> <p>Run: 4 x 500m (250m slow jog, 250 hard run) 60 seconds rest between efforts. **250m is sidewalk around the building</p>		<p>Aerobic</p> <p>Row: 4min easy + 30sec hard + 30sec rest 3min easy + 30sec hard + 30sec rest 2min easy + 30sec hard + 30sec rest 1min easy + 30sec hard + 30sec rest</p>	
	<p>Abs/Back</p> <p>3 Rounds Not For Time -10 V - ups -30 flutter kicks -10 upper half supermans</p>		<p>Abs/Back</p> <p>3 Rounds not for time - -15 Suitcase situps -10 hollow rocks with pvc overhead -10 leg extensions on GHD</p>		