

		Monday	Tuesday	Wednesday	Thursday	Friday					
WEEK 1 Strength 11/16-11/20	PRE CLASS	Gymnastics	Backboard	Gymnastics	Backboard	Overhead	2 Push Press + 1 Split Jerk 5 Sets 70-80%	Weightlifting Drill	Clean Pull + Hang Clean 4 sets of 2(1+1) @ 75-80%	Weightlifting Drill	2 Pos Hang Power Snatch (mid-thigh, knee) *EMOM 8 sets @ 65-75%. Move around within the rep range as needed. Drop if you start missing."
	CLASS	Front Squat	L2 & L3: Front Squat 5x3 @ 75% 1rm L1: Front Squat 5x5 @ 65% 1rm *Establish a 1rm if you don't have one			Bench	All Levels: Work up to a challenging set of 5, leaving plenty of room in the tank, then conduct 2x5 @ that weight	Clean	L2 & L3: 20 Minutes to find a Squat Clean Heavy Single L1: 20 Minutes to find a Power Clean Heavy Single	Deadlift	L2 & L3: 5x5 @ 75% L1: 5x5 @ a moderate weight
		Metcon - High	L3: 50x Wallballs 20x C2B 40x Wallballs 20x t2b 30x Wallballs 20x C2B 20x Wallballs 20x t2b 10x Wallballs L2: 50x Wallballs 15x pullups 40x Wallballs 15x t2b 30x Wallballs 15x pullups 20x Wallballs 15x t2b 10x Wallballs L1: 40x Wallballs 20x Sit-ups 30x Wallballs 20x Ring Rows 20x Wallballs 20x Sit-ups 10x Wallballs	Metcon - Medium	L3: 100 cal row 80x Sit-ups 60x Push-ups 40x Walking lunges per leg 20x Box jump overs 40x Walking lunges per leg 60x Push-ups 80x Sit-ups 100x Double unders L2: 90 cal row 70x Sit-ups 50x Push-ups 30x Walking lunges per leg 10x Box jump overs 30x Walking lunges per leg 50x Push-ups 70x Sit-ups 90x Double unders L1: 100 cal row 80x Sit-ups 60x Push-ups 40x Walking lunges per leg 20x Box jump overs	Metcon - Medium	L2 & L3: 4 Rounds: 10x V-ups 20 Second HS Hold 30x Russian Twists (45#/25#) 40x Flutter Kicks 50x KB RDL's (53#/35#) 60 Second Front Plank Hold Rest 2:00 minutes L1: 3 Rounds: 10x V-ups 20 Second HS Hold 30x Russian Twists (25#/10#) 40x Flutter Kicks 50x KB RDL's (53#/35#) 60 Second Front Plank Hold Rest 2:00 minutes	Metcon - Strength	L3: 6 Rounds: 2 Minutes per Round Round 1: 1x Squat Clean @ 60% Heavy Single 10x OB Burpees Round 2: 1x Squat Clean @ 65% Heavy Single 10x OB Burpees Round 3: 1x Squat Clean @ 70% Heavy Single 10x OB Burpees Round 4: 1x Squat Clean @ 75% Heavy Single 10x OB Burpees Round 5: 1x Squat Clean @ 80% Heavy Single 10x OB Burpees Round 6: 1x Squat Clean @ 85% Heavy Single 10x OB Burpees L2: 8x OB Burpees L1: Power Clean & 6x Burpees *Each Round is 2 minutes long. One lift and the burpees must be completed within the 2 minutes, and the remaining time is rest. 3 attempts are allowed at each weight then the burpees must be completed. If the weight is missed, it will be attempted in the subsequent round	Metcon - Medium	L3: Tabata: L-Pull-ups 1 Minute Transition Tabata: Hollow Rocks 1 Minute Transition Tabata: HSPU's L2: Tabata: Strict Pull-ups 1 Minute Transition Tabata: Hollow Rocks 1 Minute Transition Tabata: Pike Push-ups L1: Tabata: Supine Pull-ups 1 Minute Transition Tabata: Sit-ups 1 Minute Transition Tabata: Push-ups
	POST CLASS	Aerobic	Rowing 6x100m w/ 10sec b/t reps 5x200m w/ 20sec b/t reps 4x300m w/ 30sec b/t reps 3x400m w/ 40sec b/t reps 2x500m w/ 50sec b/t reps, DONE!! Total: 5000m	Metcon - High	10 Minute AMRAP 20 Thrusters (115/75) 20 Deadlift 20 Shoulder to Overhead 20 Front Squats	Press assist	3 Rounds not for time: x10 ea arm DB floor press x5-8 dips	Aerobic	2 sets: (400m, 200m, 800m, 200m) 1 minute rest between each distance. 4-5min rest between sets. *inspired by Norcal Endurance	Posterior Chain Assist	RDL - Clean Grip 4 sets 8 reps Moderate to heavy weight
		Abs/Back	3 Rounds not for time - 10 Bird dogs with 5 sec pauses 30 Second back extention hold on GHD 20 Plank to Push ups		Shoulder Stability	CrossOver Symetry			Abs/Back	3 Rounds not for time - 3-5 strict TTB - legs straight 5-10 GHD situps 20 Russian twists with small med ball	