

Monday January 22

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10 dumbbell squats + 5 burpee broad jumps]

+

Every :90 for 4 sets:

1st: 2 reps of 1 squat clean + 1 hang squat clean

2nd: :15/side star plank

+

3 sets for total reps:

:60 wall balls, 14 to 9'/20 to 10'

:60 muscle ups or pull ups

:60 burpee box jump overs

:60 rest

+

Not for time:

Accumulate :90 hollow hold

Tuesday January 23

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [8 good mornings w/empty bar + 10m bear crawl]

+

A1. Snatch-grip deadlift, 2-2-2-2-2@31x1, :60 rest

A2. 4/side 1-arm dumbbell push press, :60 rest

+

For time:

50 1-arm alternating dumbbell snatches

40 sit ups

30 row calories

80m heavy farmers carry

+

2 rounds not for time:

:60 easy bike or row

10 scap push ups

Wednesday January 24

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [20m alternating lunges + :20-:30 handstand hold]

+

A. Alternating reverse lunges w/bar on back, 4x8-10, 2:00 rest

B. Dumbbell overhead hold, 3x :30, :60 rest

+

Every 3:00 for 4 sets:

250m row or 200m run

10 burpees

10 kettlebell swings

+

2 rounds not for time:

10-15 weighted hip extensions

40m plate pinch carry

Thursday January 25

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10-15 hand-release push ups + :60 double unders]

+

Every :90 for 4 sets:

1st: 2 push press + 1 split jerk

2nd: :30 russian twists w/wall ball

+

AMRAP in 10:00

60/30/15 double unders

5 hang power cleans, 65/95

3 wall walks

10 deadlifts, 65/95

+

2 rounds not for time:

10-14 kettlebell plank pull-throughs

10-14 alternating bicep curls

Friday January 26

A. Max out Friday

+

AMRAP in 10:00 with a partner, one person working at a time:

400m run

20 toes to bar

20 synchronized hand-release push ups