

Monday April 16

10:00 warm up

row/run/bike@easy pace

Mobility- coach led

2 rounds of [10 weighted alternating side lunges + :20-:30 passive hang + 5 dumbbell cuban press]

+

A. Squat clean, build to a heavy single in 10:00 or spend time working on light technique work

B. Strict toes to bar or toes to rings, 3x max reps in :30, :60 rest

+

For time:

15-12-9

Squat cleans, 65/95

Toes to bar

Row calories

+

2 rounds not for time:

16 russian twists w/wall ball

10/side DB scap retractions

Tuesday April 17

10:00 warm up

row/run/bike@easy pace

Mobility- coach led

2 rounds of [16 alternating hip hinges + :20-:30 handstand or nose to wall hold + 15 sit ups]

+

A. Snatch-grip deadlift, 3-3-2-2-2@31x1, begin a set every 2:00

B. Handstand negatives or handstand push ups, 3x :30, :60 rest

+

AMRAP in 9:00

8 burpee box jump overs

6 dumbbell hang clean and jerks/side, 35/50

50/25/15 double unders or 100 single unders

+

2 rounds not for time:

10-15 weighted hip extensions

1/side moderate turkish get up

Wednesday April 18

10:00 warm up

row/run/bike@easy pace

Mobility- coach led

2 rounds of [10m alternating lunges w/reach overhead + 10m crab walk + 6/side banded steps]

+

A1. Front rack alternating reverse lunges, 3x12-14, :60 rest

A2. 1-arm dumbbell push press, 5-6/side, :60 rest

+

For 5:00

400m run

Max wall balls in remaining time

3:00 rest

For 5:00

400m run

Max wall walks in remaining time

+

2 rounds not for time:

20m/side 1-arm heavy farmers carry

:30 plank march

Thursday April 19

10:00 warm up

row/run/bike@easy pace

Mobility- coach led

2 rounds of [5/side 1-arm kettlebell swings + 10 bent over dumbbell rows + 10m penguin walk]

+

Every :90 for 4 sets:

1st: power clean and split jerk, 1.1.1, :10 rest between singles

2nd: Pendlay row, 4 reps@20x1

+

For total reps:

5:00 strict pull ups

:60 rest

3:00 row calories

:60 rest

:60 sit ups

+

2 rounds not for time:

:15/side star plank, weighted if possible

10/side banded external rotations

Friday April 20

A. Max out Friday

+

For time with a partner, partners trade full movements:

P1: 21 burpees

P2: 21 burpees

P1: 21 dumbbell thrusters

P2: 21 dumbbell thrusters

15

9