

Monday April 10

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [10 light plate halos + 10 wall balls]

+

A. 1 squat clean, 10x1 beginning light and adding so last single is tough, begin a set every :60

B. Strict pull ups, barbell pull ups, or ring rows, 3x6-8 @20x1 tempo, :60 rest

+

For time:

200m run

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

10 burpees

400m run

20 wall balls

10 burpees

200m run

+

2 rounds not for time:

:15-:30/side star plank

10 light band pull aparts

Tuesday April 11

10:00 warm up

row/run/bike/ski @easy pace

Mobility

2 rounds of [5/side 1-arm kettlebell swings + 10 hand-release push ups]

+

AMRAP in 8:00

10 power cleans, 65/95

12 toes to bar

40 double unders (sc-20) or 80 singles

+

5:00 rest

+

AMRAP in 8:00

200m run

3 wall walks

10 deadlifts, 95/135

+

5:00 rest

+

AMRAP in 8:00

250m row, ski, or :60 bike
15 hand-release push ups
15 kettlebell swings

Wednesday April 12

10:00 warm up
row/run/bike/ski @easy pace
Mobility
2 rounds of [10m bear crawl + 5/side 1-arm kettlebell overhead squats]
+
A1. Overhead squat, 2-2-1-1, :60 rest
A2. Dumbbell bench from floor, 3x5-6, :60 rest
+
3 rounds for time:
10 thrusters, 65/95
12 pull ups, barbell pull ups, or ring rows
14 box jump overs
+
3 sets:
:30 leg raises
:30 rest
:30 hollow rocks
:30 rest

Thursday April 13

10:00 warm up
row/run/bike @easy pace
Mobility
2 rounds of [10 banded good mornings + :20-:30 handstand or tripod hold]
+
Every 4:00 for 4 sets:
10 ground to overhead, 65/95
12 burpees w/2-hand touch to 6" target
15 weighted sit ups
+
5:00 rest
+
Every 4:00 for 4 sets:
:30 handstand push ups, handstand negatives, or handstand hold
:30 double unders
:60 shuttle run w/wall ball

Friday April 14

A. Max out Friday

+

For time with a partner:

P1 runs 200m while P2 does goblet squats

Partners switch

P1 completes 20 box jumps while P2 hangs from the bar

Partners switch

P1 complete 20 toes to bar while P2 holds a plank

Partners switch

P1 completes 20 squat cleans (65/95) while P2 holds handstand

Partners switch