

Monday December 11

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10 dumbbell squats + 2-3 wall walks w/:03 pause at top]

+

Every :90 for 4 sets:

1st: 2-3 squat cleans, build to last set is moderate/tough

2nd: :30 handstand practice of choice

+

AMRAP in 10:00

250m row

12 dumbbell lunges, tough

50 double unders (sc-25) or 100 single unders

12 dumbbell deadlifts

+

2 rounds not for time:

10-15 weighted hip extensions

:15/side star plank

Tuesday December 12

10:00 warm up

row/run/bike@easy pace

Mobility- coach led

2 rounds of [10m inchworm + 10-15 light kettlebell swings]

+

A. 1 snatch-grip deadlift w/:03 pause at knees + 1 snatch pull + 1 power snatch, 1-1-1-1-1, begin a set every 2:00

B. Dumbbell curl and press, 3x8-10, :60 rest

+

3 rounds for time:

400m row

20 kettlebell swings

10 burpee box jump overs

+

2 rounds not for time:

3-5 dragon flags

40m tough farmers carry

Wednesday December 13

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10 wall balls + 15 sit ups]

+

A1. Back squat, 6-6-5-5 focusing on speed out of the squat, :60 rest

A2. Bottom of push up hold, 3x :30, :60 rest

+

For time:

30 goblet squats, heavy

10 toes to bar

10 hand-release push ups

20 goblet squats

10 toes to bar

10 hand-release push ups

10 goblet squats

10 toes to bar

10 hand-release push ups

+

2 rounds not for time:

:60 easy bike/row/ski

10 scap pull ups

Thursday December 14

10:00 warm up

row/run/bike @easy pace

Mobility- coach led

2 rounds of [10 hand-release push ups + 10m bear crawl + 10m crab walk]

+

A. Shoulder press, 4-4-3-3@20x1, 2:00 rest

B. Trap 3, 3x8@30x0, :60 rest

+

10:00 @80% aerobic effort:

400m row

20m/side 1-arm dumbbell overhead carry

3 wall walks

8 strict pull ups

+

2 rounds not for time:

:30 flutter kicks

10-15 light band pull aparts

Friday December 15

A. Max out Friday

+

For time with a partner, one person working at a time:

1000m row

80 dumbbell hang squat cleans

60 burpees