

Monday February 6

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [10 goblet squats + :20-:30 passive hang from bar]

+

Every :90 for 4 sets:

1st: 3 touch and go squat cleans

2nd: :30 handstand/tripod/nose to wall hold

+

AMRAP in 8:00

10 burpees

12 alternating lunges w/dumbbells overhead

15 sit ups

+

2 rounds not for time:

10-15 banded good mornings

40m plate pinch carry

Tuesday February 7

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [10-15 light kettlebell swings + 20m bear crawl]

+

For 10:00

1st: 8-10 toes to bar

2nd: 5 touch and go power cleans, you pick the weight

+

For 10:00

1st: 8/10 row calories

2nd: 12 hand-release push ups

+

For 10:00

1st: 2-3 wall walks

2nd: :30 double unders

Wednesday February 8

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [20m alternating lunges + 10 dead bugs]

+

A1. Alternating reverse lunges (bar on back), 3x6-8, :60 rest

A2. Rope climbs, Strict pull ups, or ring rows, 3x max in :45, :60 rest

+

For time:

15-12-9-6-3

Hang squat cleans, 65/95

Burpee box jumps

+

Not for time:

Accumulate 2:30 front leaning rest on ground

Thursday February 9

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [5 inchworms + 10 dumbbell push press]

+

Every :90 for 4 sets:

1st: 10 touch and go snatches, 55/75

2nd: 1-3 muscle ups or 2-3 wall walks

+

12:00 @85%

10 pull ups/barbell pull ups/ring rows

250m row or :60 bike

50 double unders (scaled- 25) or 100 singles

80m shuttle run

+

2 rounds not for time:

8/side banded external rotations

:30 leg raises

Friday February 10

A. Max out Friday

+

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

50 thrusters, 65/95

50 box jumps

50 sit ups

80m heavy farmers carry

Saturday February 11

10:00 warm up

row/run/bike @easy pace

Mobility

2 rounds of [:60 skill work of choice + 10 hand-release push ups]

+

A. Bench press, build to a tough single in 10:00 (Do not spend more than 10:00 on this people, you know who you are)

B. Prowler push, 3x40m moderate, 2:00 rest

+

AMRAP in 8:00

3 wall walks

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

10 deadlifts, 95/135

+

Bis, tris, and abs of choice