

# APRIL

Final workouts released via Wodify at 8pm the evening before.

Use this template to help you pack your bag and prepare for specific lifts, i.e. rope climbs, deadlifts, etc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
4/4/2022	4/5/2022	4/6/2022	4/7/2022	4/8/2022	4/9/2022	4/10/2022
<b>40 Min EMOM</b> Row, Bench, DU's, Rope Climbs	<b>OH Squat</b> DL, WBS	<b>Clean</b> DB Snatch, DB S2OH	<b>Assault Team PT</b> <b>Test</b>	<b>Front Squat</b> Leg Day Pump Sesh	<b>Snatch</b> OH Squat, DU's	<b>Cardio Sunday</b> Row, Run
4/11/2022	4/12/2022	4/13/2022	4/14/2022	4/15/2022	4/16/2022	4/17/2022
<b>Deadlift</b> Row, T2B	<b>PUMP SESH</b>	<b>OH Squat</b> DU's, Power Snatch	<b>40 Min EMOM</b> Row, WBS, Bike, Rope Climbs	<b>Back Squat</b> Pistols, KB Snatch, Run	<b>Gymnasty</b> BMU, DU's, HSPU	<b>Cardio Sunday</b> Lunge
4/18/2022	4/19/2022	4/20/2022	4/21/2022	4/22/2022	4/23/2022	4/24/2022
<b>Clean &amp; Jerk</b> Power Clean, Burpees	<b>Back Squat</b> BMU/RMU, DB Front Squat	<b>PUMP SESH</b>	<b>Aerobic Day</b>	<b>OH Squat</b> DB Snatch, BBJO	<b>Deadlift</b> Snatch, DU's	<b>Cardio Sunday</b> Run
4/25/2022	4/26/2022	4/27/2022	4/28/2022	4/29/2022	4/30/2022	5/1/2022
<b>Front Squat</b> Row, WBS	<b>Push Press + Split Jerk</b> HSPU, Power Cleans	<b>40 Min EMOM</b> Row, Rope Climbs, Bike, Sandbag Cleans	<b>PUMP SESH</b>	<b>OH Squat</b> DB BSO, Run	<b>Deadlift</b> Row, Pistols, C2B	<b>Cardio Sunday</b> Lunge

WORD KEY	
Abbreviation	Movement
BBGO	Burpee Box Get Over
BJO	Box Jump Over
BMU	Bar Muscle Ups
BSO	Box Step Over
C&J	Clean & Jerk
C2B	Chest to Bar Pull Up
DB	Dumbbell
DL	Deadlift
DU's	Double Unders
GHD	GHD Sit Up
HSPU	Handstand Push Up
K2E	Knee's to Elbow
KBS	Kettlebell Swings
OHS	Overhead Squat
RMU	Ring Muscle Up
S2OH	Shoulder to Overhead
T2B	Toes to Bar
WBS	Wall Ball Shots