July 3 - August 6

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
7/3/23	7/4/23	7/5/23	7/6/23	7/7/23	7/8/23	7/9/23
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00
15:00-32:00	"Cady"	15:00-30:00	15:00-30:00	15:00-30:00	15:00-32:00	15:00-55:00
Back squat	For Time:	"Literally the hardest workout I've ever done"	Snatch	Back squat	"Fire Emoji"	40 min EMOM
*17 mins to establish heavy single	Run 2 Miles, then;	For time:	15 mins to establish heavy single	100 reps for time @ 30%	*partner WOD	min 1-2: 200m run
	200 Feet Walking Lunges	2,000m row		*goal is to go almost to failure each time	For time: 17 min CAP	min 3-4: 20 goblet squats + 10 burpees over DB
32:00-37:00	50 Burpees	*EMOM starting @ 0:00 perform 10 burpees over rower	30:00-35:00	*go for that PUMP, do not break evenly	30 clean & jerks @ 135/95	min 5-6: 50 double unders + 10 toes to bar
rest	100 Feet Bear Crawl		rest		400m run	min 7-8: 400m/350m row
	50 Sit-ups	-5 min rest-		30:00-35:00	20 clean & jerks @ 185/125	
37:00-49:00	200 Feet Walking Lunge		35:00-50:00	rest	400m run	
"BBAP"	50 Push-ups	For time:	"COVER GIRL"		10 clean & jerks @ 205/145	Accessory/core
5 RFT: 12 min CAP	100 Feet Bear Crawl	1,000m row	For time:	35:00-50:00	400m run	3 sets:
8 devils press @ 50/35		*EMOM starting at 0:00 perform 10 wall balls @ 20/14	21-15-9	"Sage"		20 weighted sit ups
16 chest to bar			Deadlifts @ 185/125	For time:	Lvl 1: 95/65, 115/75, 135/95	20 supermans
		Lvl 1: 6 burpees, WBS @ 14/10	Toes to bar	50-40-30-20-10	Lvl 2: 135/95, 155/105, 185/125 (Rx)	10 dragon flags
Lvl 1: DP @ 25/15, pull ups		Lvl 2: 6 burpees over rower, WBS @ 20/14 (Rx)		DB snatch @ 50/35	Lvl 3: prescribed (Rx+)	
Lvl 2: DP @ 35/25, C2B (rx)		Lvl 3: prescribed (Rx+)	Lvl 1: DL @135/95, Leg raises	Double unders		
Lvl 3: prescribed (Rx+)			Lvl 2: DL @155/105, T2B (Rx)		32:00-37:00	
			Lvl 3: prescribed (Rx++)		rest	
		Accessory/core		Accessory/core		
Accessory/core:		3 sets:		3 sets:	37:00-52:00	
3 sets:		10 TKE's		10 ab roll outs	"Mini pump"	
15 banded face pulls		1 min wall sit		50 russian twists	15 min AMRAP	
15 v-ups		20 hollow rocks	Accessory/core	50 flutter kicks	12/10 cal row	
20 barbell side bends			3 sets:		10 strict HSPU	
			20 single leg bridges		10 DBL DB bent over row	
			1 min plank			
			1 min side plank			
					Accessory/core	
					3 sets:	
					20 single leg calve raises	
					15 ring rows	
7/10/23	7/11/23	7/12/23	7/13/23	7/14/23	7/15/23	7/16/23
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00
15:00-30:00	15:00-30:00	15:00-35:00	15:00-55:00	15:00-30:00	15:00-30:00	15:00-60:00
Power snatch	Back squat	"Wait for me"	"WHOS GON CARRY THE BOATS"	Back squat	Power clean	Cardio Sunday
0:00-10:00	*15 mins to establish heavy single	For time: 20 min CAP	40 min EMOM	100 reps @ 35%	*15 mins to establish heavy single	5 sets:
10 min EMOM		50-40-30-20-10	min 1: 15/12 cal row	*goal is to go almost to failure each time		1,000m row
5 UB power snatches	30:00-35:00	wall balls @ 20/14	min 2: 5 hang power clean @ 165/115 + 5 Burpees over bar	*go for that PUMP, do not break evenly	30:00-35:00	600m run
10:00-15:00	rest	100-80-60-40-20	min 3: 15/12 cal bike		rest	12 box jump overs @ 24/20"
heavy single snatch		double unders	min 4: 1 rope climb + 10 DB shoulder to OH @ 50/35	30:00-35:00		
	35:00-53:00			rest	35:00-55:00	Lvl 1: BJO @ 20/16"
30:00-35:00	"Easy peasy"	35:00-40:00	Lvl 1: 10/8 cal, HPC @ 95/65, 2 floor pull, DB @ 25/15		"back at it"	Lvl 2/3: prescribed (Rx/Rx+)
rest	18 min EMOM:	rest	Lvl 2: 12/10 cal , HPC @ 135/95, DB @ 35/25 (Rx)	35:00-55:00	*partner WOD	
	odd: 15/12 cal row		Lvl 3: prescribed (Rx+)	"PUMP SESH"	20 min AMRAP:	
35:00-45:00	even: 7 strict pull ups + 14 push ups	40:00-55:00		10 min AMRAP	50 ft DB FR walking lunge @ 50/35	Accessory/Core
"Truffle Butter"		Deadlift		10 DB bench	24 toes to bar	3 sets:
10 min AMRAP	Lvl 1: 10/8 cal row	*15 mins to establish heavy single	Accessory/Core	10 chest to bar pull ups	100 double unders	10 dragon flag
10 chest to bar	Lvl 2: 12/10 cal row (Rx)		3 sets:	10 v-ups	24 burpees	20 barbell side bends
10 thrusters @ 95/65	Lvl 3: prescribed (Rx+)		20 crunches	-right into-		:15 Lsit
		Accessory/Core	20 sit ups	10 min AMRAP	*BOTH partners complete 50ft lunge, then split the rest however	
Lvl 1: pull ups, @ 45/35	Accessory/Core	5 x 20 hip thrusts	20 v-ups	10 ring row		
Lvl 2: C2B, @ 75/55 (Rx)	3 sets:			10 DB hammer curl	Lvl 1: DB @ 25/15, leg raises, single unders	
Lvl 3: prescribed (Rx+)	15 banded face pulls			10 DB skull crushers	Lvl 2: DB @ 35/25, T2B, double unders (Rx)	
	15 DB rear fly			10 DB lateral raises	Lvl 3: prescribed (Rx+)	
Accessory/Core	1 min sandbag hold					
150 v-ups				Accessory/Core	Accessory/Core	
				5 min plank	400m farmer carry	
7/17/23	7/18/23	7/19/23	7/20/23	7/21/23	7/22/23	7/23/23
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00
15:00-32:00	15:00-45:00	15:00-30:00	15:00-27:00	15:00-30:00	15:00-30:00	15:00-55:00
Back squat	Aerobic day	10 min EMOM	"Tina Montana"	Back squat	Deadlift	"No 1 aint tryna flex"
*17 mins to establish heavy single	Row	5 UB power snatch	12 min EMOM:	100 reps @ 37%	*15 mins to establish heavy single	40 min EMOM
	7 x 1,000m row	10:00-15:00	odd: KB clean & jerk @ 53/35	*goal is to go almost to failure each time		*1-20 min
32:00-37:00	@ 1 min rest	heavy single snatch	even: chest to bar pull ups	*go for that PUMP, do not break evenly	30:00-35:00	min 1: 15/12 cal row
rest	*split into 200m easy/ 200m hard		*choose reps, must have a minimum of 20 each movement		rest	min 2: 20 inverted rows
		30:00-35:00		30:00-35:00		min 3: 12/10 cal bike
37:00-52:00		rest	Lvl 1: KB @ 26/18, pull ups	rest	35:00-55:00	min 4: 20 push ups
"Guarda"			Lvl 2: KB @ 35/26 (Rx)		"Relax your mind take your time"	
For time:	Accessory/Core	35:00-50:00	Lvl 3: prescribed (Rx+)	35:00-50:00	*partner wod	21-40
21-21-15-9	3 sets:	"Fine China"		"Too much"	For time:	min 1: 15/12 cal row
front squats @ 115/75	10 TKE's	15 min AMRAP:	21:00-32:00	5 RFT: 15 min cap	100 deadlifts @ 225/155	min 2: 15 kettlebell swings
12-9-6-3	50ft DB walking lunge	10 box jump overs @ 30/24"	rest	20 toes to bar	100 HSPU	min 3: 12/10 cal bike
muscle ups (bar or ring)	15 paloff press (each side)	5 wall walks		100 double unders	100 bar facing burpees	min 4: 10 DB bicep curl + 10 DB french press
		200m farmer carry @ 53/35	32:00-50:00			
Lvl 1: FS @ 75/55, burpee pull ups			Power clean	Lvl 1: leg raises, single unders	Lvl 1: DL @ 135/95, DB shoulder press	
Lvl 2: FS @ 95/65, C2B or banded BMU (Rx)		Lvl 1: BJO @ 20/16, FC @ 26/18	*18 mins to establish heavy single	Lvl 2: T2B, 75 double unders (Rx)	Lvl 2: DL @ 185/125, HSPU (Rx)	Accessory/Core
Lvl 3: prescribed (Rx+)		Lvl 2: BJO @ 24/20", FC @ 35/26 (Rx)		Lvl 3: prescribed (Rx+)	Lvl 3: prescribed (Rx+)	3 sets:
		Lvl 3: prescribed (Rx+)				15 DB rear fly
			Accessory/Core		Accessory/Core	15 DB lateral raise
Accessory/Core			3 sets:	Accessory/Core	3 sets:	15 ab roll outs
3 sets:		Accessory/Core	30 barbell side bends	400m farmer carry	20 weighted sit ups	
15 v-ups		3 sets:	:30 Lsit (hanging)		10 dragon flag	
40 flutter kicks		15 straight arm lat pull down	1 min side plank			
10 weighted hanging knee raises		10 DB bent over row				
		10 ab roll outs				
7/24/23	7/25/23	7/26/23	7/27/23	7/28/23	7/29/23	7/30/23
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00
15:00-21:00	15:00-32:00	15:00-55:00	15:00-32:00	15:00-30:00	15:00-30:00	15:00-60:00
"Dagestl"	Back squat	"In the club with my homies"	Bench press	Clean pull + power clean	Split jerk	Cardio sunday
For time:	*17 mins to establish mod/heavy single (about 80-85%)	40 min EMOM:	*17 mins to establish heavy 10	*15 mins to establish heavy 2+1	*15 mins to establish heavy 2 from rack	5 RFT:
21-15-9		mins 1-20	Weighted strict pull up			50/40 cal row
power snatch @ 95/65	32:00-37:00	min 1: 15/12 cal row	*build to heavy 5	30:00-35:00	30:00-35:00	30 air squats
burpees to 6"	rest	min 2: 20 pistols	*superset with each set of bench	rest	rest	20 push ups
		min 3: 12/10 cal bike				10 strict pull ups
Lvl 1: @ 45/35	37:00-47:00	min 4: 5 devils press @ 50/35	32:00-37:00	35:00-52:00	30:00-55:00	
Lvl 2: @ 75/55 (Rx)	"Diane"		rest	"whats the budget?"	"U can only get it if u lucky"	-right into-
Lvl 3: prescribed (Rx+)	For time:	mins 21-40		2 sets for time:	*partner wod	
	21-15-9	min 1: 15/12 cal row	37:00-52:00	9-7-5:	For time: 25 min CAP	200 double unders
21:00-29:00	deadlifts @ 225/155	min 2: 10 chest to bar	15 min AMRAP	thrusters @ 135/95	800m run	100 ab mat sit ups
Hang snatch	HSPU	min 3: 12/10 cal bike	10 arnold curl (per arm)	bar muscle ups	80 KB deadlifts @ 70/53	
*8 mins to establish heavy single		min 4: 10 DB shoulder to overhead @ 50/35	10 OH banded tricep extensions	-2 min rest-	50 burpee box get overs @ 40"	Lvl 1: 40/30 cal row
	Lvl 1: DL @ 135/95, DB shoulder press		10 decline push ups		80 DBL DB hang snatch @ 50/35	Lvl 2/3: prescribed (Rx, Rx+)
29:00-34:00	Lvl 2: DL @ 185/125, HSPU (Rx)	Lvl 1: 10/8 cal, 20 air squat, pull ups, DB @ 25/15	10 ring row	*score is total time including rest	800m run	
rest	Lvl 3: prescribed (Rx+)	Lvl 2: 12/10 cal, banded pistols, DB @ 35/25 (Rx)	10 DB rear fly	Lvl 1: @ 95/65, burpee pull ups		
		Lvl 3: prescribed (Rx+)		Lvl 2: @ 115/75, C2B or banded BMU	Lvl 1: KB @ 35/26, DB @ 25/15	Accessory/Core
34:00-52:00			Accessory/Core	Lvl 3: prescribed (Rx+)	Lvl 2: KB @ 53/35, DB @ 35/25 (Rx)	3 sets:
"China"	Accessory/Core	Accessory/Core	3 sets:		Lvl 3: prescribed (Rx+)	30 banded mountain climbers
3 RFT:	3 sets:	3 sets:	25 weighted sit ups	Accessory/Core		15 ab roll outs
700m row	1 min sandbag hold	15 single leg bridge	10 strict toes to bar	400m farmer carry	Accessory/Core	
30 toes to bar	:30 Lsit	15 v-ups	15 back extensions (or 20 supermans)		100 partner med ball sit up throws (100 each)	
	max HS hold	50 russian twists				
7/31/23	8/1/23	8/2/23	8/3/23	8/4/23	8/5/23	8/6/23
Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up	Warm-up
0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00	0:00-15:00
15:00-35:00	15:00-30:00	15:00-55:00	15:00-30:00	15:00-30:00	15:00-45:00	15:00-50:00
Back squat	10 min EMOM	"Brittany"	Clean & jerk	Back squat	"Shawty wanna be famous huh"	Cardio sunday
*20 mins to establish 1RM	3 UB power snatch	40 min EMOM	*15 mins to establish heavy single	100 reps for time @ 40%	*partner wod	10 min AMRAP
	10:00-15:00	min 1: 17/14 cal row			For time: 30 min soft cap	10 cal row
35:00-40:00	*establish heavy single hang snatch	min 2: 15 burpees	30:00-45:00	30:00-35:00	100 pistols	10 ring row
rest		min 3: 17/14 cal bike	Deadlift	rest	80 HSPU	10 clapping push ups
	30:00-35:00	min 4: 15 toes to bar	*15 mins to establish heavy 2		60 KB thrusters @ 53/35	
40:00-55:00	rest			35:00-47:00	40 BBJO @ 24/20"	-5 min rest-
"These aint loyal"		Lvl 1: 12/10 cal, 10 burpees, 10 leg raises	45:00-60:00	"Baby sitter"	20 sandbag cleans @ 150/100	
2 RFT: 15 min CAP	35:00-55:00	Lvl 2: 15/12 cal,12 burpees, 12 T2B (Rx)	3-4 sets:	12 min AMRAP	800m run	10 min AMRAP
75 wall balls @ 20/14 *10ft	"Look at me now"	Lvl 3: prescribed (Rx+)	50ft DB walking lunge	10 DBL DB snatch @ 50/35		10 cal row
400m run	For time: 20 min CAP		1 min wall sit	5 bar muscle ups	Lvl 1: 150 air squats, 80 DB press, KB @ 26/18, SB choice	10 wall balls @ 20/14
	21-21-15-9		20 banded hamstring curls	30 double unders	Lvl 2: banded pistols, Kb @ 35/26, SB 100/75 (Rx)	10 pull ups
Lvl 1: WBS @ 14/10	chest to bar				Lvl 3: prescribed (Rx+)	
Lvl 2/3: prescribed (Rx/Rx+)	100-100-100-100	Accessory/Core		Lvl 1: DB @ 25/15, burpee pull ups, single unders		Lvl 1: regular push ups
	double unders	3 sets:	Accessory/Core	Lvl 2: DB @ 35/25, banded BMU/C2B (Rx)		Lvl 2/3: prescribed (Rx/Rx+)
		20 weighted sit ups	3 sets:	Lvl 3: prescribed (Rx+)	Accessory/Core	
	Lvl 1: pull ups, single unders	20 weighted hanging knee raises	15 back extensions (w/PVC pipe on back)		50 GHD sit ups (or v-ups)	
Accessory/Core	Lvl 2: C2B, 75 dubs (Rx)		1 min side plank		400m farmer carry	Accessory/Core
3 sets:	Lvl 3: prescribed (Rx+)		:30 Lsit	Accessory/Core		3 sets:
15 v-ups				3 sets:		50 russian twists
15 bridges (knees out/feet together)				15 single leg calve raises		50 toes over KB
10 dragon flag	Accessory/Core			15 banded face pulls		50 flutter kicks
	3 sets:			15 banded w/PVC lat pull down		
	1 min sandbag hold					
	15 DBL Db bent over row					
	1 min plank					