

Aug 7 - Sept 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
8/7/23	8/8/23	8/9/23	8/10/23	8/11/23	8/12/23	8/13/23
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat *15 mins to establish heavy 5</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "BMAP" 5 RFT: 12 min CAP 8 devils press @ 50/35 15 chest to bar</p> <p>Lvl 1: OP @ 25/15, pull ups Lvl 2: OP @ 25/25, C2B (x) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 15 handed face pulls 15 v-ups 20 barbell side bends</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat "Can a beat the cap Pt. 1" 10 RFT: 40 min cap 30/24 cal row 20 toes to bar</p> <p>Lvl 1: leg raises Lvl 2/3: prescribed (Rx/Rx-)</p> <p>Accessory/Core 3 sets: 15 single leg bridges 30 russian twists 30 supermans</p> <p>Accessory/Core 3 sets: 15 handed face pulls 15 v-ups 20 barbell side bends</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Bliss trainer" 12 min AMRAP: 40 double unders 12 hang squat cleans @ 95/65 8 shoulder to overhead @ 95/65</p> <p>Lvl 1: empty bar, single unders Lvl 2: @ 75/55, double unders (Rx) Lvl 3: prescribed (Rx-)</p> <p>27:00-33:00 Clean 6 mins to establish heavy single *immediately following AMRAP</p> <p>33:00-38:00 rest</p> <p>38:00-50:00 "Amiee time" 12 min AMRAP: 200m run 15 ring rows 15 push ups 400m farmer carry</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Hang power snatch + hang snatch + OHS "Mini whoopi" Far time: 800m run 40 box step evers @ 50/35 800m run 30 BB30 @ 24/20"</p> <p>35:00-55:00 "Change locations" 20 min EMDM: min 1- 20 kettlebell swings @ 53/35 min 2- 20 pistol squats min 3- 20/75 cal row/bike/ski min 4- rest</p> <p>Lvl 1: KBS @ 26/18, 20 air squats, 12/10 cal Lvl 2: KBS @ 35/25, 20 beahanded pistols, 15/12 cal (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 10 TKEs 20 butterfly bridges (feet together, knees out) 30 hollow rocks</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Mini whoopi" Far time: 800m run 40 box step evers @ 50/35 800m run 30 BB30 @ 24/20"</p> <p>35:00-55:00 Strict shoulder press *15 mins to establish heavy single</p> <p>Lvl 1: DB @ 25/15, box @ 20/16" Lvl 2: DB @ 35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 10 TKEs 20 butterfly bridges (feet together, knees out) 30 hollow rocks</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15 min AMRAP: 10 DB bench @ choice 10 strict pull ups 10 DB bent over row @ choice</p> <p>30:00-45:00 Strict shoulder press *15 mins to establish heavy single</p> <p>45:00-55:00 PUMP SESH 10 min AMRAP: 12 DB keep curls (per arm) 12 DB french press 12 DB rear fly</p> <p>Accessory/Core 3 sets: "Steve's 9 min ab" 3 sets: 45 on / 15 off double crunches russian twists flutter kicks</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15 min AMRAP: 10 DB bench @ choice 10 strict pull ups 10 DB bent over row @ choice</p> <p>30:00-45:00 Strict shoulder press *15 mins to establish heavy single</p> <p>45:00-55:00 PUMP SESH 10 min AMRAP: 12 DB keep curls (per arm) 12 DB french press 12 DB rear fly</p> <p>Accessory/Core 3 sets: "Steve's 9 min ab" 3 sets: 45 on / 15 off double crunches russian twists flutter kicks</p>
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat "Frat" 21-15-9 Thrusters @ 95/65 pull ups</p> <p>Lvl 1: @ empty bar Lvl 2: @ 75/55 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 10 DBL DB bent over rows 10 DB Arnold press 10 strict toes to bar</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat "Can a beat the cap Pt. 1" *15 mins to establish heavy 5</p> <p>30:00-35:00 rest</p> <p>35:00-55:00 "Ass 3 Sides" 20 min EMDM: sds: 15/12 cal row even: max HSFU</p> <p>Lvl 1: 12/10 cal, DB push press Lvl 2/3: prescribed (Rx/Rx-)</p> <p>Accessory/Core 3 sets: 15 ab roll outs 30 barbell side bends 30 knee tucks</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Hang power snatch + Hang snatch *15 mins to establish heavy 1-1</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "Sledline watching" 2-2-3 intervals 2 min AMRAP: 50 double unders 15 T2B max DBL DB snatch @ 50/35 -1 min rest</p> <p>*last round is 3 mins, continue until 75 DB snatch</p> <p>Lvl 1: single unders, leg raises, DB @ 25/15 Lvl 2: 30 double unders, T2B, DB @ 35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 15 handed face pulls 10 pullup presses 1 min plank</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Can a beat the cap Pt. 2" 400m run 16 DB front squats @ 50/35 12 kettlebell swings @ 53/35 8 BB30 @ 24/20"</p> <p>Lvl 1: DB @ 25/15, KB @ 26/18, box @ 20/16" Lvl 2: DB @ 35/25, KB @ 35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>25:00-30:00 rest</p> <p>30:00-45:00 Strict shoulder press 4 sets: *15 mins to establish heavy 5</p> <p>45:00-57:00 PUMP SESH 12 min AMRAP: 10 bent over barbell row 10 Lu raises 10 diamond push ups 10 ring rows</p> <p>Accessory/Core 3 sets: 200m farmer carry 1 min side plank 25 sit ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "First aft" 10 min EMDM: odd: 70 double unders even: 7 bar muscle ups</p> <p>Lvl 1: 7 burpee pull ups, single unders Lvl 2: C2B or banded OHS, 50 double unders (Rx) Lvl 3: prescribed (Rx-)</p> <p>25:00-30:00 rest</p> <p>30:00-45:00 Strict shoulder press *15 mins to establish heavy 5</p> <p>45:00-57:00 PUMP SESH 12 min AMRAP: 10 bent over barbell row 10 Lu raises 10 diamond push ups 10 ring rows</p> <p>Accessory/Core 3 sets: 200m farmer carry 1 min side plank 25 sit ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Power Clean *15 mins to establish heavy 2 TnD power cleans</p> <p>30:00-35:00 rest</p> <p>35:00-60:00 "Final push" "partner nod" Far time: 25 min CAP 800m run 50 deadlifts @ 245/165 800m run 100 wall balls @ 20/14 800m run</p> <p>Lvl 1: DB @ 20/10, pull ups Lvl 2: DB @ 30/20, C2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 200m farmer carry 1 min side plank 25 sit ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Sacrifices" 15 min AMRAP: 300m row 20 DB snatch @ 40/30 10 C2B</p> <p>Lvl 1: DB @ 20/10, pull ups Lvl 2: DB @ 30/20, C2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 200m farmer carry 1 min side plank 25 sit ups</p>
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat *15 mins to establish heavy 3</p> <p>30:00-35:00 rest</p> <p>35:00-53:00 "Doin bad" For time: 18 min CAP 50 C2B 50 front squats @ 115/75 50 T2B 50 shoulder to overhead @ 115/75</p> <p>Lvl 1: @ empty bar, 10/8 cal, single unders Lvl 2: @ 75/55, pull ups, leg raises Lvl 2: @ 95/65, C2B, T2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 10 PVC lat pull downs 40 flutter kicks 15 side v-ups (per side)</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Who do you love" 24 min EMDM: min 1- 10 clean & jerks @ 95/65 min 2- 15/12 cal row min 3- 10 power snatch @ 95/65 min 4- 70 double unders</p> <p>39:00-51:00 Hang snatch *12 mins to establish heavy single hang snatch *immediately following EMDM</p> <p>Accessory/Core 3 sets: 30 banded mountain climbers 50 russian twists 20 barbell side bends</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Who do it for 'em Pt. 2" 20 min AMRAP: 400m run 12 DB bench @ choice 12 ring rows 3 wall walks</p> <p>5 min rest</p> <p>20 min AMRAP: 12 wall balls @ 20/14 12 DB burpee box step evers @ 50/35 - 24/20"</p> <p>Lvl 1: KBS @ 14/10, DB @ 25/15 Lvl 2: WBS @ 20/14, DB @ 35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 20 barbell hip thrusters</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Strict shoulder press *15 mins to establish heavy 3</p> <p>30:00-35:00 rest</p> <p>35:00-55:00 "Play for keeps" For time: 50-40-30-20-10 cal row/bike/ski pistol squats</p> <p>Lvl 1: air squats Lvl 2: banded/box pistols (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 1 min plank 20-30 handstand shoulder taps (wall or free standing)</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Hang power clean *12 mins to establish heavy 2</p> <p>21:00-30:00 rest</p> <p>30:00-38:00 "Strange clouds" 8 min AMRAP: 8 hang power cleans @ 135/95 8 bar over burpees</p> <p>Lvl 1: @ 75/55 Lvl 2: @ 95/55 (Rx) Lvl 3: prescribed (Rx-)</p> <p>38:00-50:00 Deadlift *12 mins to establish heavy single</p> <p>Accessory/Core 3 sets: 10 TKEs 15 v-ups 10 strict toes to bar</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "UP THE SMOKE" 20 min AMRAP: 400m run 12 C2B 10 BB30 @ 24/20"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Tie up bang" 4 RFT: 15 deadlifts @ 225/155 8 complex (1 T2B + 1 BMU)</p> <p>Lvl 1: DL @ 135/95, 8 leg raises + 8 burpee pull ups Lvl 2: DL @ 185/125, 8 T2B + 8 C2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 10 TKEs 15 v-ups 10 strict toes to bar</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Take back what is yours" 5 sets: 4 min AMRAP: 30 double unders 20 plate overhead lunges 10 burpees -1 min rest</p> <p>Lvl 1: single unders, plate @ 35/15 Lvl 2/3: double unders, plate @ 45/25 (Rx/Rx-)</p> <p>Accessory/Core 3 sets: 10 strict toes to bar 20 Lat</p>
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat *15 mins to establish heavy 2</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Humbly delov" For time: 15 min CAP 21-15-12-9-6 cal row tees to bar</p> <p>Lvl 1: leg raises Lvl 2/3: prescribed (Rx/Rx-)</p> <p>Accessory/Core 3 sets: 20 weighted sit ups 50 russian twists 20 supermans</p>	<p>0:00-15:00 Movement Specific Warm-up</p> <p>15:00-30:00 Hang power snatch + hang snatch *15 mins to establish heavy 1-2</p> <p>35:00-45:00 "Harder than it looks" 10 min EMDM: 15 DB power snatch @ 75/55</p> <p>Lvl 1- 10 power snatch @ empty bar (Fitness) Lvl 2- 10 power snatch @ 75/55 (Rx) Lvl 3: Prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 15 back extensions (GHD) 10 rear foot elevated split squats 1 min weighted plank</p>	<p>0:00-15:00 Movement Specific Warm-up</p> <p>15:00-25:00 Weighted strict chin up</p> <p>25:00-40:00 Strict shoulder press *15 mins to establish heavy 2</p> <p>40:00-55:00 PUMP SESH 15 min AMRAP: 10 cal row 10 ring push ups 10 barbell bent over evers 10 DB hammer curl 10 DB french press</p> <p>Accessory/Core 3 sets: 30 crunches 30 flutter kicks 30 heel touches</p>	<p>0:00-15:00 Movement Specific Warm-up</p> <p>15:00-30:00 Back squat *15 mins to establish moderate heavy 5</p> <p>30:00-35:00 rest</p> <p>35:00-55:00 "Dankies on hat" 5 RFT: 15 min CAP 15/12 cal row 15 overhead squats @ 115/75 75 double unders</p> <p>Lvl 1: 12/10 cal, OHS @ 75/55, single unders Lvl 2: 15/12 cal, OHS @ 85/65 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 20 supermans 10 dragon flags max farmer carry hold @ 70/53</p>	<p>0:00-15:00 Movement Specific Warm-up</p> <p>15:00-30:00 Clean & jerk *15 mins to establish heavy single</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Tie up bang" 4 RFT: 15 deadlifts @ 225/155 8 complex (1 T2B + 1 BMU)</p> <p>Lvl 1: DL @ 135/95, 8 leg raises + 8 burpee pull ups Lvl 2: DL @ 185/125, 8 T2B + 8 C2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 3 sets: 15 PVC lat pull downs 15 ring rows 30 double crunches</p>	<p>0:00-15:00 Movement Specific Warm-up</p> <p>15:00-30:00 "UP THE SMOKE" 20 min AMRAP: 400m run 12 C2B 10 BB30 @ 24/20"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Tie up bang" 4 RFT: 15 deadlifts @ 225/155 8 complex (1 T2B + 1 BMU)</p> <p>Lvl 1: pull ups, KB @ 26/18 Lvl 2: C2B, KB @ 35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Core 5 sets: 20 hip thrusts</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Take back what is yours" 5 sets: 4 min AMRAP: 30 double unders 20 plate overhead lunges 10 burpees -1 min rest</p> <p>Lvl 1: single unders, plate @ 35/15 Lvl 2/3: double unders, plate @ 45/25 (Rx/Rx-)</p> <p>Accessory/Core 3 sets: 10 strict toes to bar 20 Lat</p>