

Sept 4 - Oct 1

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/4/23	9/5/23	9/6/23	9/7/23	9/8/23	9/9/23	9/10/23
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Hot Shots 10" 6 RFI 30 air squats 18 power cleans @ 135/95 7 strict pull ups 400m run</p> <p>Lvl 1 @ 95/65 Lvl 2 @ 115/75 (Rx) Lvl 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 15 single leg bridge 30 double crunch 30 leg raises</p>	<p>0:00-15:00 Warm up</p> <p>15:00-21:00 "Whiskey Glasses" 12 min AMRAP 12/10 cal row 10 T2B 8 DB clean & jerk @ 50/35</p> <p>Lvl 1: DB @ 25/15, leg raises Lvl 2: DB @ 35/25, T2B (Rx) Lvl 3: prescribed (Rx)</p> <p>21:00-32:00 rest</p> <p>32:00-41:00 Shoulder press *15 mins to establish moderate heavy 5 *Superset w/ 5 x 20 low ring rows</p> <p>Accessory/Care 3 sets: 20 v-ups 50 russian twists 15 banded straight arm lat pull downs</p>	<p>0:00-15:00 Warm up</p> <p>15:00-25:00 Hang snatch 10 min EMOM *2 hang snatch every minute</p> <p>25:00-30:00 rest</p> <p>30:00-45:00 "Don't trig" For time: 15 min CAP 200 double unders 60 chest to bar 200 double unders</p> <p>Lvl 1: 400 single unders, pull ups Lvl 2: 150 double unders, C2B (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 5 sets: 20 hp thrusts</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Front squat 15 mins to establish moderate heavy 5</p> <p>30:00-35:00 rest</p> <p>35:00-41:00 "Starts" AMRAP: 3 min on/1 min off 200m run 15 rectangles @ 95/65 max burpees over the bar in remaining time</p> <p>*last round 4 mins long</p> <p>Lvl 1 @ 45/35 Lvl 2 @ 75/55 (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 100R DB KB walk 100R SB carry max Lat (hanging or rings)</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 PUMP SE2H For time: 100 cal row 100 push ups 100 inverted row 100 DB shoulder press @ choice 100 DB bicep curls @ choice 100 banded tricep extensions @ choice</p> <p>*have to go straight through</p> <p>30:00-35:00 rest</p> <p>35:00-60:00 "Donuts & Cakes" 8 min AMRAP 10 goblet squats @ 50/25 10 DB box step overs @ 2 x 50/35 @ 24/20'</p> <p>Accessory/Care -right side: 1 min row for time 10 strict toes to bar 10 draw bridges 20 sit ups</p> <p>Lvl 1: DB @ 25/15, box @ 20/16' Lvl 2: DB @ 35/25, box @ 24/20' (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 20 supersmans 30 barbell side bends 10 TKE's</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Back squat 6 RFI 30 air squats 18 power cleans @ 135/95 7 strict pull ups 400m run</p> <p>Lvl 1: WBS @ 14/10, leg raises Lvl 2/3 prescribed (Rx/Rx)</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "You got a bad car" 5 RFI 1,000m row 20 wall balls @ 20/14 10 strict toes to bar</p>
<p>9/11/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 "9/11 Memorial WOD" For time: 2:00/1m row (bay in) 4 rounds: 3 max makers @ 35/25 17m jumps @ 24/20' 11 strict C2B -right into- 2:00/1m row (1.25 miles) *wear a rest if you have one</p> <p>Lvl 1: DB @ 25/15, box @ 20/16', strict pull ups Lvl 2/3: prescribed (Rx/Rx)</p> <p>Accessory/Care 3 sets 15 banded face pulls 15 hollow rocks 15 side plank knee tucks (per side)</p>	<p>9/12/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-35:00 Front squat *20 mins to establish 1RM</p> <p>35:00-50:00 Power clean *15 mins to establish heavy 3 kg</p> <p>5 sets: 20 hp thrusts</p>	<p>9/13/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-21:00 "Life goes on" 12 min AMRAP: Raw/Ski 100 wall ball buy in -in remaining time- AMRAP 12 deadlift 10 bare power cleans 5 shoulder to overhead 30 double unders @ 115/75</p> <p>Lvl 1: 400 single unders, pull ups Lvl 2: 150 double unders, C2B (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 5 sets: 20 hp thrusts</p>	<p>9/14/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 Aerobic day Raw/Ski 10 x 700m @ 1 min rest *split into 400 fast/300 easy</p> <p>Bike option 10 x 45 cal @ 1 min rest *split into 30 cal fast/15 cal easy</p> <p>Accessory/Care 3 sets: 20 DB lunges 10 strict toes to bar</p>	<p>9/15/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 Overhead squat *15 mins to establish heavy 3</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Johnny Dang" For time: 15 min CAP 40-30-20-10 pistol squats kettlebell swings @ 53/35</p> <p>Lvl 1: air squats, KB @ 26/18 Lvl 2: banded or box pistol, KB @ 35/26 (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 15 banded face pulls 20 supersman rocks 15 side plank raises</p>	<p>9/16/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-25:00 Hang snatch 10 min EMOM: 2 hang snatch every min</p> <p>25:00-30:00 rest</p> <p>30:00-50:00 "Head & Heart" *partner WOD 5 RFI: 20 min CAP 10 BNU 20 front squats @ 135/95 30 lateral burpees over bar</p> <p>Lvl 1: burpee pull ups, FS @ 95/65 Lvl 2: banded BMU, FS @ 115/75 (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: max wall sit max HS hold max sandbag hold</p>	<p>9/17/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-35:00 "Cardie Sunday" 20 min AMRAP: 21/16 cal row/bike/ski 15 box jump overs 15/12 cal row/bike/ski 15 v-ups 12/10 cal row/bike/ski 15 ring row 9/6 cal row/bike/ski 5 wall walks</p> <p>Accessory/Care 3 sets: max wall sit max HS hold max sandbag hold</p>
<p>9/18/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-32:00 Back squat 5 x 3 @ 75% 500m row</p> <p>32:00-37:00 rest</p> <p>37:00-52:00 "BEST OF" For time: 15 min CAP 75 wall balls @ 20/14 50 power cleans @ 95/65 25 BMU</p> <p>Lvl 1: WBS @ 14/10, @ 75/55, burpee pull ups Lvl 2: WBS @ 20/14 @ 95/65, banded BMU (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 30 double crunch 20 v-ups 10 draw bridges</p>	<p>9/19/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Dart live in limbo" 4 rounds: 500m row 75 double unders</p> <p>30:00-45:00 Power clean - front squat *15 mins to establish heavy 2-1</p> <p>4 rounds: 500m row 400m run</p> <p>Lvl 1: 150 single unders Lvl 2/3: prescribed (Rx/Rx)</p> <p>Accessory/Care 3 sets: 1 min plank 1 min side plank (each side) max HS hold</p>	<p>9/20/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 Shoulder press *15 mins to establish 1RM</p> <p>30:00-45:00 rest</p> <p>45:00-50:00 15 DB bent over row</p> <p>15 DB bench 15 DB bent over row</p> <p>Accessory/Care 3 sets: 15 banded straight arm pull down 15 DB rear fly 30 knee tucks (over KB)</p>	<p>9/21/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-25:00 "Round here buzz" 10 min AMRAP 15/12 cal row 12 C2B 10 KB snatch @ 53/35</p> <p>Lvl 1: pull ups, KB @ 26/18 Lvl 2: C2B, KB @ 35/26 (Rx) Lvl 3: prescribed (Rx)</p> <p>25:00-35:00 rest</p> <p>35:00-45:00 Hang snatch 10 min EMOM 1 hang snatch every min</p> <p>Accessory/Care 3 sets: 30 Lit 1 min plank</p>	<p>9/22/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 20/10 lateral shuffle 10 med ball side throw (each side)</p> <p>30:00-35:00 Max broad jump *no more than 10 attempts</p> <p>25:00-40:00 Deadlift *15 mins to establish moderate heavy single</p> <p>40:00-45:00 rest</p> <p>45:00-60:00 Conga line style 3 sets: 20/16 cal echo bike 100R SB carry *SPRINT</p> <p>Accessory/Care 3 sets: 150 ab mat sit ups</p>	<p>9/23/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-40:00 "Love or money" *partner WOD 25 min AMRAP 15 plyo DB thrusters @ 50/35 10 synchro box jump overs @ 24/20'</p> <p>2 plyo wall walks 200m run</p> <p>*add 2 reps to each movement every round</p> <p>Lvl 1: DB @ 25/15, box @ 20/16' Lvl 2: DB @ 35/25, box @ 24/20' (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: max HS hold max SB hold max dead hand on pull up bar</p>	<p>9/24/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-33:00 Raw 6 x 500m @ every 3:00 *medball pace</p> <p>33:00-38:00 rest</p> <p>38:00-60:00 "Amiee" For time: 50-40-30-20-10 ab mat sit ups 100-80-60-40-20 double unders</p> <p>Lvl 1: plate @ 25/15, KB @ 26/18 Lvl 2: plate @ 35/25, KB @ 35/26 (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: max SB hold max HS hold max dead hang on pull up bar</p>
<p>9/25/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 Back squat 5 x 3 @ 80%</p> <p>30:00-35:00 rest</p> <p>35:00-53:00 "Doin bad" For time: 18 min CAP 50 C2B 50 FS @ 115/75 50 T2B 50 shoulder to overhead @ 115/75</p> <p>Lvl 1 @ 75/55, pull ups, leg raises Lvl 2 @ 95/65, C2B, T2B (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 15 banded face pulls 15 PVC pipe pull downs 10 draw bridge</p>	<p>9/26/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-35:00 "Papa" 40 min EMOM min 1: 15/12 cal row min 2: 1:2 rope climbs min 3: 15/12 cal bike min 4: 4 SB clean @ 150/100 - max UR SKSPU</p> <p>Lvl 1: 10/8 cal, 4 floor pulls, SB @ 30, DB press Lvl 2: 12/10 cal, 4 hook pulls, kg HSFU (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 400m farmer carry</p>	<p>9/27/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 200m lateral shuffle 10 overhead med ball throw</p> <p>30:00-45:00 rest</p> <p>45:00-50:00 15 DB bent over row</p> <p>Accessory/Care 3 sets: 30 crunches 50 flutter kicks 80 russian twists</p>	<p>9/28/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 "GOOD COMPANY" 20 min AMRAP 400m run 12 DB bench 12 ring row 12 v-ups</p> <p>30:00-45:00 rest</p> <p>45:00-60:00 10 RFE split squat 20 banded hamstring curls</p> <p>Lvl 1: KB @ 26/18, WBS @ 14/10 Lvl 2: KB @ 35/26, WBS @ 20/14 (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: 50 banded mountain climbers 15 ab roll outs</p>	<p>9/29/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-30:00 Power clean - front squat *15 mins to establish heavy 2-2</p> <p>30:00-45:00 Split jerk *15 mins to establish heavy single</p> <p>45:00-60:00 3-4 sets: 10 RFE split squat 20 banded hamstring curls</p> <p>Lvl 1: DL @ 135/95, burpee pull ups Lvl 2: DL @ 185/125, banded BMU (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 5 sets: 10 hp thrusts</p>	<p>9/30/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-45:00 "O.N.I.C" *partner WOD</p> <p>100 deadlifts @ 245/165 50 bar or ring muscle ups 200 cal row *partition reps however *one partner works at a time</p> <p>Lvl 1: DL @ 135/95, burpee pull ups Lvl 2: DL @ 185/125, banded BMU (Rx) Lvl 3: prescribed (Rx)</p> <p>Accessory/Care 3 sets: max HS hold max SB hold max dead hand on pull up bar</p>	<p>10/1/23</p> <p>0:00-15:00 Warm up</p> <p>15:00-33:00 Raw 6 x 500m @ every 3:00 *medball pace</p> <p>33:00-38:00 rest</p> <p>38:00-60:00 "Amiee" For time: 50-40-30-20-10 ab mat sit ups 100-80-60-40-20 double unders</p> <p>Lvl 1: single unders Lvl 2/3: prescribed (Rx/Rx)</p> <p>Accessory/Care 3 sets: max SB hold max HS hold max dead hang on pull up bar</p>