

Dec 4 - Dec 31

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
12/4/23	12/5/23	12/6/23	12/7/23	12/8/23	12/9/23	12/10/23
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Push press 5 x 5 @ 75%</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Fishing for a good time" 15 min AMRAP wall balls @ 20/14 5-10-15-20...etc. power cleans @ 185/125</p> <p>Lvl 1: WBS @ 14/10, PC @ 95/65 Lvl 2: WBS @ 20/14, PC @ 135/95 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 20 DB walking lunges 20 v-ups 30 russian twists</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Bulldog & bulldier" 40 min EMOM: min 1 15/12 cal row min 2 5 strict pull ups + 10 push ups min 3 15/12 cal bike min 4 5 B@ @ 24/20' - 10 KBS @ 53/35</p> <p>Lvl 1: 10/8 cal, B@ @ 20/16, KB @ 26/18 Lvl 2: 12/10 cal, KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 15 DB bent over row 15 DB front raises 15 superset rocks</p> <p>Accessory/Care 3 sets: 50ft bottoms up KB carry (each arm) 10 TKE's 30 bicycle crunches</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Some deadlift "15 mins to establish heavy 5"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 For time: Z1-15-9 squat snatch @ 115/75 box to bar</p> <p>Lvl 1: @ 75/55, leg raises Lvl 2: @ 95/65, 12B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 50ft bottoms up KB carry (each arm) 10 TKE's 30 bicycle crunches</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Step morning" For time: 50 SHSPU</p> <p>"every time you break perform 30 double unders</p> <p>Lvl 1: DB shoulder press, 60 single unders Lvl 2: Kipping HSPU (Rx) Lvl 3: prescribed (Rx+)</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 Lvl 1: DB @ 25/15, pull ups or ring rows Lvl 2: DB @ 35/25, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 6 min plank</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "9 Crazy Nights" "partner or lady WOOD" 8 RFT 8 deadlifts 8 bar facing burpees 8 hang squat cleans 8 box jumps @ 24/20" 8 thrusters 8 bar muscle ups Weight: 155/105</p> <p>Lvl 1: 95/65, ring dips (less instead of BMU) Lvl 2: 135/95, banded BMU (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 15 low banded row 20 barbell side bands 15 ab roll outs</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-25:00 Hang clean + clean + FS "Always kiss me goodnight" 30 min EMOM: min 1 cal row min 2 ring rows min 3 jumping lunges</p> <p>Lvl 1: 95/65, ring dips (less instead of BMU) Lvl 2: 135/95, banded BMU (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 15 GHG sit ups 50 flutter kicks 20 banded knee tucks</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Always kiss me goodnight" 30 min EMOM: min 1 row/bike/ski min 2 30 jumping lunges min 3 10 jumping push ups + 10 ring rows</p> <p>Lvl 1: KB @ 25/18 Lvl 2: KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 10 TKE's 50ft bottoms up KB OH carry max wall sit</p>
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Some deadlift "15 mins to establish heavy 3"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Head & Heart" "partner WOOD" 5 RFT: 20 min CAP 10 BMU 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 5 x 20 hip thrusts</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "Whiskey Glasses" 12 min AMRAP: 12/10 cal row 10 T2B 8 DBL DB clean & jerk @ 50/35</p> <p>Lvl 1: DB @ 25/15, leg raises Lvl 2: DB @ 35/35, 12B (Rx) Lvl 3: prescribed (Rx+)</p> <p>21:00-32:00 rest</p> <p>32:00-41:00 Push press 5 x 3 @ 80%</p> <p>Accessory/Care 15 ab roll outs 20 russian twists 15 PVC banded lat pull down</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Back squat "20 mins to establish heavy set of 10" "complete sets of 10 building up"</p> <p>30:00-35:00 rest</p> <p>35:00-40:00 100 low banded row 100 DB bench @ choice 100 DB step ups @ choice</p> <p>40:00-50:00 "10 min you agile soon" 10 min EMOM: add 22 wall balls @ 20/14 even 10 BB@ @ 24/20"</p> <p>Lvl 1: WBS @ 14/10, 6 burpee box step overs Lvl 2: WBS @ 20/14, 8 BB@ (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 20 DB walking lunges 20 suitcase crouch 30 banded mountain climbers</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 PUMP SSSH "20 mins to establish heavy set of 10" 100 cal row 100 push ups 100 low banded row 100 DB bench @ choice 100 DB step ups @ choice</p> <p>25:00-30:00 rest</p> <p>30:00-50:00 "I-rex" 20 min AMRAP: 30/24 cal row/bike/ski 20 deadlifts @ 225/155 10 C2B</p> <p>Lvl 1: DB @ 25/15, pull ups or ring rows Lvl 2: DB @ 35/25, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 15 banded face pulls 15 DB rear fly 15 v-ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-25:00 Hang clean + clean + FS "15 mins to establish heavy 2+1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "MIL" for time: 15 min CAP 40-30-10 KBS @ 53/35 4-3-2-1 wall walks 80-60-40-20 double unders</p> <p>Lvl 1: KB @ 25/18 Lvl 2: KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 10 TKE's 50ft bottoms up KB OH carry max wall sit</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Always kiss me goodnight" 30 min EMOM: min 1 row/bike/ski min 2 30 jumping lunges min 3 10 jumping push ups + 10 ring rows</p> <p>Lvl 1: KB @ 25/18 Lvl 2: KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 10 TKE's 50ft bottoms up KB OH carry max wall sit</p>	
<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Bench press 5 x 5 "17 mins to establish 5 heavy sets of 10"</p> <p>Weighted strict chin up 5 x 5 "SUPERSET with bench press"</p> <p>32:00-37:00 rest</p> <p>37:00-52:00 "Lucas" For time: 15 min CAP bar muscle ups "400m run after each round"</p> <p>Lvl 1: Strict pull ups + push ups (for each muscle up) (Fitness) Lvl 2: Chest to bar + ring dips (for each muscle up) (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 150 v-ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-25:00 10 min EMOM 5 UB power snatch every min 25:00-30:00 rest</p> <p>30:00-50:00 "Santa tell me" 20 min AMRAP: 50 wall balls @ 20/14 40 DB snatch @ 50/35 30 DB bench @ 50/35 20 Ab mat sit ups 10 burpee pull ups</p> <p>Lvl 1: WBS @ 14/10, DB @ 25/15, burpees to 6" Lvl 2: DB @ 35/25 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 15 banded straight arm pull down 15 DB rear fly 30 knee tucks (over KB)</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Push press 4 x 1 @ 90% Weighted strict chin ups "17 mins to establish heavy 5 x 5" "MUCI superset w/bench"</p> <p>30:00-37:00 rest</p> <p>37:00-50:00 "Holly jolly" 12 squat snatch @ 135/95 16 C2B 12 burpees over bar</p> <p>Lvl 1: @ 75/55, pull ups Lvl 2: @ 95/65, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 30 crunches 50 flutter kicks 80 russian twists</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "U ever think about the old days?" 15 min AMRAP 15 deadlifts @ 245/165 12 T2B 10 SHSPU</p> <p>Accessory/Care 3 sets: 30 Latt 1 min plank</p> <p>Accessory/Care 3 sets: 20 min to establish moderate heavy single</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Sled drag" E21x, 30 min 20/16 cal row 12 KBS @ 53/35 10 A-jumps @ 8"</p> <p>Lvl 1: DB @ 25/15, pull ups or ring rows Lvl 2: DB @ 35/25, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 50 banded mountain climbers 15 ab roll outs</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "The other total" Clean "15 mins to establish 1RM" Bench press "15 mins to establish 1RM"</p> <p>Lvl 1: 12 regular burpees, 10/8 cal Lvl 2: 10 burpees over rower, 15/12 cal (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: max 110 hold max 50 hold max dead hand on pull up bar</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Black n'back" 4 RFT: 15 min CAP 500m row 7 wall walks Lvl 1/2/3 prescribed</p> <p>Lvl 1: KB @ 25/18 Lvl 2: KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: max SB hold max HS hold max dead hand on pull up bar</p>
<p>"CLOSED FOR CHRISTMAS DAY"</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Some deadlift "15 mins to establish heavy 3"</p> <p>30:00-35:00 rest</p> <p>35:00-41:00 "Bottle juice" 12 min EMOM: add 15 thrusters @ 95/65 even 50 double unders</p> <p>Lvl 1: @ empty bar, single unders Lvl 2: @ 75/55, double unders (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 20 ring rows 20 DB rear fly 20 v-ups</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 Push press 4 x 1 @ 90% Weighted strict chin ups "17 mins to establish heavy 5 x 5" "MUCI superset w/bench"</p> <p>30:00-37:00 rest</p> <p>37:00-50:00 "Holly jolly" 12 squat snatch @ 135/95 16 C2B 12 burpees over bar</p> <p>Lvl 1: @ 75/55, pull ups Lvl 2: @ 95/65, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 30 crunches 50 flutter kicks 80 russian twists</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 "U ever think about the old days?" 15 min AMRAP 15 deadlifts @ 245/165 12 T2B 10 SHSPU</p> <p>Accessory/Care 3 sets: 30 Latt 1 min plank</p> <p>Accessory/Care 3 sets: 20 min to establish moderate heavy single</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Sled drag" E21x, 30 min 20/16 cal row 12 KBS @ 53/35 10 A-jumps @ 8"</p> <p>Lvl 1: DB @ 25/15, pull ups or ring rows Lvl 2: DB @ 35/25, C2B (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: 50 banded mountain climbers 15 ab roll outs</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "The other total" Clean "15 mins to establish 1RM" Bench press "15 mins to establish 1RM"</p> <p>Lvl 1: 12 regular burpees, 10/8 cal Lvl 2: 10 burpees over rower, 15/12 cal (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: max 110 hold max 50 hold max dead hand on pull up bar</p>	<p>0:00-15:00 Warm up</p> <p>15:00-30:00 15:00-45:00 "Black n'back" 4 RFT: 15 min CAP 500m row 7 wall walks Lvl 1/2/3 prescribed</p> <p>Lvl 1: KB @ 25/18 Lvl 2: KB @ 35/26 (Rx) Lvl 3: prescribed (Rx+)</p> <p>Accessory/Care 3 sets: max SB hold max HS hold max dead hand on pull up bar</p>