

Nov 6 - Dec 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
11/6/23	11/7/23	11/8/23	11/9/23	11/10/23	11/11/23	11/12/23
<p>15:00-30:00 Snatch high pull + power snatch 15 mins to establish heavy 2-1</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "Quiet down" 12 min AMRAP 3.6.5.12.15... hang power snatch @15/55 chest to bar pull ups</p> <p>Lvl 1: @empty bar, pull ups Lvl 2/3: prescribed (Rv/Rx-)</p> <p>Accessory/Care 3 sets: 15 v-ups 15 DB bent over row (each side) 15 side plank raises</p>	<p>15:00-35:00 Back squat 4 x 1 @ 95%</p> <p>35:00-40:00 rest</p> <p>40:00-56:00 "Every rep counts" 15 min EMOM: odd: cal row even: wall balls</p> <p>Lvl 1: WSS @14/10 Lvl 2/3: prescribed (Rv/Rx-)</p> <p>Accessory/Care 3 sets: 15 ab roll outs 25 single leg bridges</p>	<p>15:00-30:00 Hang clean + clean + split jerk "15 mins to establish heavy 2-1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-49:00 "Snakes in the grass" 5 sets: 2 min AMRAP 15 power clean & jerk @115/75 max bar muscle ups</p> <p>-1 min rest.</p> <p>Lvl 1: @175/55, pull up Lvl 2: @95/65, chest to bar/handed BMU (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 30 barbell side bends 20 Lat 20 feet anchored sit ups</p>	<p>Aerobic day Run 1200m easy -2 min rest.</p> <p>5 sets: 400m moderate 200m fast -1 min rest between sets. 5 sets: "no rest between 400/200"</p> <p>Accessory/Care 3 sets: 20 toe raises (leaning against wall) 10 single leg reach (foam pad) 50 weighted russian twists</p>	<p>15:00-30:00 Deadlift "15 mins to establish heavy single"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Water on my neck" 15 min AMRAP 400m run 2 rope climbs</p> <p>Lvl 1: DB @30/20, floor pull Lvl 2: DB @50/35, 4-1 hook pull (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 6 min plank</p>	<p>15:00-33:00 "Rich Air" 8 min EMOM: odd: 17/14 cal row even: max SB clean @150/100</p> <p>-2 min rest.</p> <p>8 min EMOM odd: 15/12 cal bike even: max strict HSPU</p> <p>Lvl 1: 10/8 cal on both, SB @50/30, DB S. Press Lvl 2: 15/12 cal row, 12/10 cal bike, SB @100/75, kipping HSPU Lvl 3: prescribed (Rx-)</p> <p>33:00-38:00 rest</p> <p>38:00-50:00 12 min AMRAP 10 ring row 10 DB upright row 10 DB bent over row (per arm) 10 DB hammer curl 10 banded tricep extension</p>	<p>Cardio sunday "Vegan inspired" For time: 50-40-30-20-10 kettlebell swings @53/35 hand release push ups 100-80-60-40-20 double unders</p> <p>Lvl 1: KB @26/18, single unders Lvl 2: KB @35/26 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 10 strict toes to bar 15 squat to row 15 back extensions</p>
<p>15:00-35:00 Back squat "20 mins to establish heavy 10"</p> <p>35:00-40:00 rest</p> <p>40:00-56:00 "Major distribution" 16 min EMOM odd: 17/14 cal row even: 5 strict pull ups + 10 push ups</p> <p>Lvl 1: 10/8 cal row Lvl 2: 15/12 cal row (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 barbell bent over row 15 v-ups</p>	<p>15:00-30:00 Snatch "15 mins to establish heavy single"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "I think ive seen this before" For time: 15 min CAP 10-9-8-7-6-5-4-3-2-1 devils press @50/35 toes to bar</p> <p>Lvl 1: DB @ 25/15, knee raises Lvl 2: DB @35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 10 bottoms up KB shoulder press 15 ring row 15 GHD sit ups (or 25 ab mat sit ups)</p>	<p>15:00-55:00 "Chickens legs" 40 min EMOM: min 1: 15/12 cal row min 2: 10 power cleans @115/75 min 3: 15/12 cal bike/ski min 4: 15 bar jump overs @24/20"</p> <p>Lvl 1: @175/55, 10 box jump overs Lvl 2: @95/65, 10 BHD (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 4 sets: 10 hip thrusts 15 ab roll outs</p>	<p>15:00-30:00 Front squat + jerk "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-56:00 "I dont wanna let you down" 21 min EMOM: min 1: max UB bench press @135/95 min 2: max DBL DB row @choice min 3: max single unders</p> <p>Lvl 1: bench @15/55 Lvl 2: bench @95/65 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 DB rear fly 10 LU raises 1 min plank</p>	<p>15:00-30:00 Deadlift "15 mins to establish heavy single"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Simply lemons" 4 sets: 3 min AMRAP: 30 hang DB snatch @50/35 max to walk -1 min rest.</p> <p>Lvl 1: DB @ 25/15, wall walks (Rx) Lvl 2: DB @35/25, wall walks (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 100 v-ups</p>	<p>"Klecker" "partner WOD" 5RT: 100 double unders 21 synchro thrusters @95/65 7 synchro bar muscle ups **cash out: 100 pistols**</p> <p>Lvl 1: @65/45, synchro jumping C2B Lvl 2: @75/55, synchro C2B (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: -45 sec Side Plank (each side) 1 min Wall Sit</p>	<p>"Barely broke a sweat" For time: 5-10-15-20-25-30 Goblet squats @10/53 Ring row Plate ground to OH @45/35 "200m run"</p> <p>Lvl 1: goblet squat @35/26 Lvl 2: goblet squat @53/35 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 50 russian twists 10 dragon flag 25 supermans</p>
<p>15:00-35:00 Back squat 20 mins to establish 1RM</p> <p>35:00-40:00 rest</p> <p>40:00-52:00 "The Lender" 5 RT: 12 min CAP 10 DB clean & jerks @50/35 20 burpees over DB</p> <p>Lvl 1: DB @25/15 Lvl 2: DB @35/25 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 DB pull overs 30 bicycle crouches 10 strict toes to bar</p>	<p>15:00-30:00 Push press 5 x 5 @ 70%</p> <p>30:00-40:00 Back rack lunges 10 mins to establish heavy 10 (5 per leg)</p> <p>40:00-55:00 10 min AMRAP 20 banded lat pull down 15 ring row 15 DB rear fly</p> <p>10 DB hip curl (per arm) 10 DB french press</p> <p>Accessory/Care 3 sets: 15 ab roll outs 15 v-ups</p>	<p>15:00-30:00 Snatch high pull + snatch "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-45:00 "Just Us" 10 min AMRAP 12 wall balls @20/14 36 double unders</p> <p>Lvl 1: WSS @14/10, single unders Lvl 2/3: prescribed (Rv/Rx-)</p> <p>Accessory/Care 3 sets: 15 back extensions (GHD) 50 russian twists 10 med ball slams</p>	<p>"No Mky Hops" 3 RT: 36 min CAP 1200m row (each) "partner farmers holds 2 kettlebells while other rows" 5 rope climbs (each) 800m row (together) 10 sandbag cleans @150/100 (each) "partner WOD" you go, we run together</p> <p>Lvl 1: 10 floor pull, SB @50/30 Lvl 2: 10 j hook pull, SB @100/75 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 back extensions (GHD) 50 russian twists 10 med ball slams</p>	<p>"No Mky Hops" "partner WOD" For time: 100 deadlifts @245/165 100 box jump overs @24/20" 100 DB front squats @50/35 100 handstand push ups 100 pistols</p> <p>Lvl 1: DL @135/95, DB @25/15, jumping lunges Lvl 2: DL @185/125, DB @35/25, box/hand pistols (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 DB rear fly 20 weighted sit ups</p>	<p>15:00-30:00 Front squat + jerk "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "10 SECONDS!" 3 RT: 150 double unders 30 toes to bar</p> <p>Lvl 1: 300 single unders, knee raises Lvl 2: 100 double unders, toes to bar (Rx) Lvl 3: prescribed (Rx-)</p>	<p>"Sleep on the couch tonight" 3 sets: 400m run 200m farmer carry 200m run 100m handstand walk 400m run -2 min rest.</p> <p>Lvl 1: wall walks Lvl 2: 50m handstand walk (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 10 dragon flags 15 back extensions 30 t sit</p>
<p>15:00-30:00 Snatch "15 mins to establish heavy single"</p> <p>30:00-35:00 rest</p> <p>35:00-42:00 "Crossfit Games Open 16.3" 7 min AMRAP 10 power snatch @75/55 3 bar muscle ups</p> <p>Lvl 1: empty bar, pull ups Lvl 2: chest to bar/handed BMU (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 10 DB bent over row 10 DB rear fly 15 GHD sit ups</p>	<p>Aerobic day Row option: 1500m easy -1 min rest.</p> <p>4 sets: 500m moderate 250m fast -2 min rest between sets.</p> <p>1500m easy</p> <p>Bike option: 60 cal easy -1 min rest.</p> <p>4 sets: 20 cal moderate 10 cal fast -2 min rest between sets.</p> <p>60 cal easy</p> <p>Accessory/Care 5 x 15 hip thrusts</p>	<p>15:00-30:00 Front squat + jerk "15 mins to establish heavy 2-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Christmas came early" For time: 15 min CAP 40-30-20-10 wall balls @20/14 burpees</p> <p>Lvl 1: WSS @14/10 Lvl 2/3: prescribed (Rv/Rx-)</p> <p>Accessory/Care 3 sets: 15 DB hammer curl 15 banded tricep extensions 15 ab roll outs</p>	<p>15:00-30:00 Same deadlift "15 mins to establish heavy 5"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Simple pump" 15 min EMOM: min 1: cal skirt/row/bike min 2: max strict pull ups min 3: max DB bench @choice</p> <p>Accessory/Care 3 sets: 15 DB hammer curl 15 banded tricep extensions 15 ab roll outs</p>	<p>15:00-30:00 "Stop sneering" For time: 15 min CAP 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>35:00-49:00 "Self or be sold" 14 min AMRAP 20/16 cal row 12 DB power cleans @ 50/35 200m run</p> <p>Lvl 1: DB @ 25/15 Lvl 2: DB @ 35/35 (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 50 ft DB walking lunges 1 min plank 1 min wall sit</p>	<p>15:00-30:00 Back squat "15 mins to establish moderate set of 5"</p> <p>30:00-35:00 rest</p> <p>35:00-51:00 "Wbin this bit" For time: 25-20-15-10-5 DB front squats @50/35 5-4-3-2-1 rope climbs</p> <p>Lvl 1: DB @25/15, floor pull Lvl 2: DB @35/25, 10-8-6-4-2 hook pull (Rx) Lvl 3: prescribed (Rx-)</p> <p>Accessory/Care 3 sets: 15 DB bent over row 30 russian twist (on GHD) 50H bottoms up KB walk (rear scap focused)</p>	<p>15:00-49:00 16 min EMOM: odd: 50 double unders even: 20 kettlebell swings @choice</p> <p>-2 min rest.</p> <p>16 min EMOM: odd: 45 sk/row/hiko even: 30 jumping lunges</p> <p>Lvl 1: single unders Lvl 2/3: prescribed (Rv/Rx-)</p> <p>Accessory/Care 3 sets: 50 anterior tib flex 10 rear foot elevated squats (RF) (per leg) 20 v-ups</p>