

WEEKLY WORKOUT OVERVIEW // 01.05-01.11



EXTRA WEEKLY FITNESS

MONDAY

CORE WORK

WEDNESDAY

AIR BIKE CONDITIONING

FRIDAY

SKI/ROW CONDITIONING

Full details can be found within the Extra Fitness workout track.

MONDAY // 01.05

STRENGTH

BUILD UP TO A 1RM BACK SQUAT

WORKOUT - Son of God

FREEDOM (RX'D)

3 Rounds
25/20 Calorie Air Bike
25 Wall Balls (20/14)
25 GHDs (or V-Ups)
(Scored by Time)
(KG conv: 9/6 WB)

TUESDAY // 01.06

STRENGTH

BUILD UP TO A 1RM SHOULDER PRESS

WORKOUT - Light of the World

FREEDOM (RX'D)

Every 1:00 (16:00)
Odd Minute: 30-second Max Calorie Row
Even Minute: 30-second Max Burpee Over Rower
(Scored by two total sets of Calories/Reps)

WEDNESDAY // 01.07

STRENGTH

EVERY 1:00 (8:00)
3 POWER SNATCHES (SINGLES)
@ RPE 6

WORKOUT - King of Kings

FREEDOM (RX'D)

10-8-6-4-2
Wall Walks
50 Double Unders after each set
(Scored by Time)

THURSDAY // 01.08

STRENGTH

BUILD UP TO A 1RM DEADLIFT

WORKOUT - Good Shepherd

FREEDOM (RX'D)

Every 2:00 (6 sets)
12 Dumbbell Deadlifts (50s/35s)
12 Dumbbell Bench Press (50s/35s)
12 Box Jump Overs (20)
(Scored by time for each set)
(KG conv: 22.5/15 DBs)

FRIDAY // 01.09

WORKOUT - Open 13.5

FREEDOM (RX'D)

AMRAP For As Long As Possible:
3 Rounds
15 Thrusters (95/65)
15 Chest to Bar Pull Ups

If 90 reps (3 rounds) are completed in under 4 minutes, time extends to 8 minutes.

If 180 reps (6 rounds) are completed in under 8 minutes, time extends to 12 minutes.

If 270 reps (9 rounds) are completed in under 12 minutes, time extends to 16 minutes, etc.
(Scored by Rounds + Reps)
(KG conv: 42.5/30)

GYMNASTICS

TOES TO BAR

Level 1:
12 minute EMOM of:
Minute 1: 5-8 Arch to Hollow on Bar with Legs together
Minute 2: 5-8 Arch to Knee Tuck (same arch position but now tucking knees in the kip swing - focus on perfect positions without a double sway)
Minute 3: 10 Anchored Seated Toes to Bar Compressions
Minute 4: Rest minute.

Levels 2 and 3 in Friday's notes below

SATURDAY // 01.10

WORKOUT - Emmanuel

FREEDOM (RX'D)

Teams of 2
6 Rounds (each)
Partner 1:
Max Calorie Air Bike
Partner 2:
15 GHDs (or V-Ups)
200m Run (or 8x50ft Shuttle Run)
-switch when shuttle runs are complete-
(Scored by Time & Calories)

MINI PUMP - Lower Pull

3 SETS

8 Weighted Hip Thrusts @ RPE 8-8.5/10
-rest 30 seconds-
10 Alternating Double DB Step Back Lunges (Front Rack) @ RPE 8-8.5/10
-rest 30 seconds-
12 GHD Hip Extension (or 30 Supremans)
-rest 1 minute between sets-

SUNDAY // 01.11

WORKOUT // OPTION 1

FREEDOM (RX'D)

5 Rounds
20/16 Calorie Ski (or Row)
10 Single Arm Dumbbell Shoulder to Overhead (50/35) (each side)
(Score is time)
(KG conv: 22.5/15)

OPTION 2 - Active Recover

45 Minutes at a Zone 2 Pace:
2,000m Row
25ft Handstand Walk OR 25 Sec Wall Facing Handstand Hold
30 Sec Hollow Hold
1000m Ski (or 60/48 cal AirBike)
25ft Handstand Walk OR 25 Sec Wall Facing Handstand Hold
30 second Sorenson Hold

OPTION 3 - Mayhem Racing

Teams of 2
5 sets
Partner 1: 400m Run
Partner 2: 15 GHDs/V-ups
Once all 5 sets are complete, move immediately on to:
5 sets
Partner 1: 500/450m Row
Partner 2: 25m Sled Push

- Both partners work at the same time and switch when both are complete -