

WEEKLY WORKOUT OVERVIEW // 01.19-01.25



EXTRA WEEKLY FITNESS

MONDAY

SKI/ROW WORKOUT

THURSDAY

AIR BIKE WORKOUT

FRIDAY

MINI PUMP - SHOULDERS & ARMS

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

MONDAY // 01.19

STRENGTH

POWER SNATCH + OVERHEAD SQUAT

Every 1:00 (10:00)
2 Touch-and-Go Power Snatch + 2 Overhead Squats @ RPE 6-7

WORKOUT - Constantly Varied

FREEDOM (RX'D)

25x50ft Shuttle Runs
50 Wall Balls (20/14)
50 V-Ups
50 Wall Balls (20/14)
25x50ft Shuttle Runs
(Scored by Time)
(KG conv: 9/6)

TUESDAY // 01.20

WORKOUT - Fitness in 100 Words

FREEDOM (RX'D)

As few sets as possible to finish
(max 8 sets)
AMRAP 2:00
75 Lateral Burpee Over Bar
100/80 Calorie Row
-rest 1:00 between sets-
(Scored by Total Time)

GYMNASTICS

CHEST TO BAR PULL-UPS / BAR MUSCLE-UPS

Level 1 - 9 min EMOM:
Min 1: 6 Box Butterfly Circle Drill
Min 2: 6 Strict Scap Circles
Min 3: 6-8 Butterfly Small Circles

Level 2 - 9 min EMOM:
Min 1: 6 Box Butterfly Circle Drill
Min 2: 6 Strict Scap Circles
Min 3: 8-10 Butterfly Pull Ups (or 4-6 Chest to Bar Pull Ups)

Level 3:
Perform one set of Max Unbroken Bar Muscle Ups
- Rest 2 minutes, then:
6 min EMOM:
Min 1: 30 Sec Row @ 5k pace
Min 2: 40% of AMRAP unbroken Bar Muscle Ups

WEDNESDAY // 01.21

STRENGTH

DEADLIFT

Every 2:30 x 4
4 Deadlifts @ 70%

WORKOUT - Core to Extremity

FREEDOM (RX'D)

3 sets
2 Rounds
10 Toes to Bar
2 Wall Walks
10 Hang Power Snatches (75/55)
-rest 2:00 between sets-
(Scored by Time for each Set)
(KG conv: 35/25 HPS)

THURSDAY // 01.22

STRENGTH

SHOULDER PRESS

Every 2:00 x 4
4 Shoulder Press @ 65%

WORKOUT - Pukie

FREEDOM (RX'D)

2 sets
21/15 Calorie Air Bike
50 Double Unders
15/12 Calorie Air Bike
50 Double Unders
9/7 Calorie Air Bike
50 Double Unders
-rest 3:00 between sets-
(Scored by Time for each Set)

FRIDAY // 01.23

STRENGTH

BACK SQUAT

Every 2:30 x 5
4 Back Squats @ 70%

WORKOUT - Fran

FREEDOM (RX'D)

21-15-9
Thrusters (95/65)
Pull Ups
(Scored by Time)
(KG conv: 42.5/30)

SATURDAY // 01.24

WORKOUT - Regularly Learn and Play New Sports

FREEDOM (RX'D)

Teams of 2
4 Rounds
1000/850m Row
10 Power Cleans (185/125) (OR 10 Sandbag Cleans (150/100)) (split between partners)
100ft Dumbbell Farmer Carry (70s/50s) (OR 100ft Sandbag Carry (150/100)) (each)
(Scored by Time)
(KG conv: 85/57.5 PC, 70/45 SB, 32.5/22.5 DBs)

MINI PUMP - Arms and Shoulders

4 ROUNDS

10 Standing Alternating Double DB Shoulder Press (each side) @ moderate weight
-rest 30 seconds-
10 Bent Over Lateral Raises @ moderate weight
-rest 30 seconds-
10 Standing KB Crush Grip Bicep Curl @ maintain quality
-rest 30 seconds-
10 Tricep Dips @ moderate weight
-Rest 2 minutes between rounds-

SUNDAY // 01.25

WORKOUT // OPTION 1

FREEDOM (RX'D)

Every 1:00 (15:00)
Minute 1: 30 second Handstand Hold (back to wall)
Minute 2: 12 Kettlebell Swings (53/35)
Minute 3: 5 Box Jumps (30/24)
(Scored by Completion)
(KG conv: 22.5/15 KB)

OPTION 2 - Active Recovery

45 Minutes at Zone 2 Pace:
2,000m Row
3 Turkish Get Up (each arm 53/35)
1,000m Ski or 60/50 cal Air Bike
50ft Bear Crawl
30 Sec Reverse Plank Hold

OPTION 3 - Mayhem Racing

3 Rounds:
400m + 15 Double KB Deadlifts + 30M Farmer Carry
400m + 30M Burpee Broad Jumps
400m + 30M Sandbag Lunges (Score for Time)
For the 400m, athletes will Row one round, Ski one round, and Run one round. Athletes may pick the order. 36 minute timecap.