

WEEKLY WORKOUT OVERVIEW // 01.26-02.01



EXTRA WEEKLY FITNESS

MONDAY

AIR BIKE WORKOUT

WEDNESDAY

SKI OR ROW WORKOUT

THURSDAY

MINI PUMP - UPPER PULL

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

MONDAY // 01.26

STRENGTH

DEADLIFT

Every 2:00 x 4 sets
3 Deadlifts @ 75%

WORKOUT - Engine Company

FREEDOM (RX'D)

4 Sets:
20 Wall Balls (20/14)
10 Box Jump Overs (24/20)
10 Wall Balls (20/14)
5 Box Jump Overs (24/20)
-rest 2:00 between sets-
(Scored by Time)
(KG conv: 9/6 WB)

TUESDAY // 01.27

WORKOUT - Soldiers and Sailors

FREEDOM (RX'D)

Every 1:00 (10:00)
200/175m Row

-rest 2:00-

Every 1:00 (8:00)
1 Clean and Jerk @ RPE 7

-rest 2:00-

Every 1:00 (10:00)
10 Bar Facing Burpees

(Scored by completion. Record barbell weight separately.)

STRENGTH

CLEAN AND JERK

Built into the workout above

WEDNESDAY // 01.28

STRENGTH

BACK SQUAT

Every 2:00 x 4 sets
3 Back Squats @ 75%

WORKOUT - Thin Blue Line

FREEDOM (RX'D)

4 Sets:
3:00 AMRAP
50ft Single Arm Overhead Walking Lunge (50/35)
Max Rounds
10 Ring Rows (Or 5 Strict Pull Ups)
10 Push Ups
10 Abmat Sit Ups
-rest 1:00 between sets-
(Scored by Rounds + Reps)
(KG conv: 22.5/15 DB)

THURSDAY // 01.29

STRENGTH

SHOULDER PRESS

Every 2:00 x 4 sets
3 Shoulder Press @ 70%

WORKOUT - Devil Dogs

FREEDOM (RX'D)

Teams of 2 (1:1)
50-40-30-20-10 Calorie Air Bike*
*40-32-24-16-8 Women's Calories
(Scored by Total Time)

Both athletes complete all sets. The calorie reps are not shared. Partner one completes a set, then Partner two completes the same set.

FRIDAY // 01.30

WORKOUT - Open 11.1

FREEDOM (RX'D)

Open 11.1
10:00 AMRAP
15 Power Snatch (75/55)
30 Double Unders
(Scored by Rounds + Reps)
(KG conv: 35/25)

GYMNASICS

OPEN PREP: TOES TO BAR

Level 1:
EMOM x10:
Odd: 5-8 Arch to Knee Tuck (focus on perfect positions without a double sway)
Even: 10 Anchored Seated Toes to Bar Compressions

Level 2:
EMOM x10:
Odd: 2-8 Toes to Bar
Even: 30 Second Ski or Row @ moderate effort

Level 3:
75 Toes to Bar for Time
*At the top of every minute, perform an 8/6 Calorie Ski or Row (including first minute)
*10 minute Cap

SATURDAY // 01.31

WORKOUT - First on Scene

FREEDOM (RX'D)

Teams of 2
250 Wall Balls (20/14)
200/150 Calorie Row
100 Box Jumps (24/20)
50 Dumbbell Thrusters (50s/35s)
(Scored by Time)
(KG conv: 9/6 WB, 22.5/15 DBs)

MINI PUMP - Lower Body Push/Pull

4 ROUNDS

10 Barbell Romanian Deadlift @ moderate weight - maintain quality
-rest 30 seconds-
15 Seated Dumbbell Calf Raise @ moderate weight
-Rest 1 minute between rounds-

* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

SUNDAY // 02.01

WORKOUT // OPTION 1

FREEDOM (RX'D)

3 rounds
25/20 Calorie Air Bike (or 1000/850m Bike Erg)
10 Strict Weighted Chin Ups (35/25)
(KG conv: SWCU 15/10)
(Scored by Time)

OPTION 2 - Active Recovery

45 Minutes at Zone 2 Pace
2,000m Row
:45 Side Plank (each side)
1,000m Ski
:45 Bear Hug Sandbag Carry (150/100l) (OR Farmers Carry (2x70/53))

OPTION 3 - Mayhem Racing

1000m Run + 25m Sled Push + 25 Wall Balls
800m Run + 25m Sled Push + 25 Wall Balls
600m Run + 25m Sled Push + 25 Wall Balls
400m Run + 25m Sled Push + 25 Wall Balls
(Scored by Time)

Lbs: 20/14 WB, 165/110 Sled
KGs: 9/6 WB, 75/50 Sled