

[Weekly Overview Video Breakdown Here](#)

## EXTRA WEEKLY FITNESS

## MONDAY

AIR BIKE WORKOUT

## TUESDAY

MINI PUMP - UPPER PULL

## WEDNESDAY

ROW WORKOUT

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

## MONDAY // 02.16

## STRENGTH

## BACK SQUAT

Every 2:00 x 4 sets  
3 Back Squats @70%

## WORKOUT - ALPINE SKIING

## FREEDOM (RX'D)

12:00 AMRAP  
10-20-30-40-50...  
Air Squats  
5-10-15-20-25...  
Single Arm Devil Press (50/35)  
(Scored by Total Reps)  
(KG conv: 22.5/15 DB)

## TUESDAY // 02.17

## GYMNASICS

## BAR MUSCLE-UPS

Full details in Tuesday's notes below

## WORKOUT - FIGURE SKATING

## FREEDOM (RX'D)

5 Rounds  
21/16 Calorie Row  
15 GHDs (or V-Ups)  
9 Dumbbell Bench Press (70s/50s)  
(Scored by Time)  
(KG conv: 32.5/22.5 DBs)

## WEDNESDAY // 02.18

## STRENGTH

## POWER SNATCH

CYCLING (SNATCH)  
Every 1:00 (10:00)  
3 Touch-and-Go Power Snatch @  
RPE 6

## WORKOUT - BOBSLEIGH

## FREEDOM (RX'D)

7 sets  
7 Box Jumps (30/24)  
14 Kettlebell Swings (53/35)  
28 Double Unders  
-rest 1:00 between sets-  
(Scored by Time on Each Set)  
(KG conv: 24/16 KB)

## THURSDAY // 02.19

## STRENGTH

## DEADLIFT

Every 2:00 x 4 sets  
3 Deadlifts @70%

## WORKOUT - ICE HOCKEY

## FREEDOM (RX'D)

Teams of 2:  
16:00 AMRAP  
Partner 1:  
1:00 Max Calorie Air Bike  
Partner 2:  
1:00 Rest  
(Scored by Total Calories)

## FRIDAY // 02.20

## STRENGTH

## SHOULDER PRESS

Every 1:30 x 4 sets  
3 Shoulder Press @65%

## WORKOUT - OPEN 21.3

## FREEDOM (RX'D)

15 Front Squats (95/65)  
30 Toes to Bar  
15 Thrusters (95/65)  
-Rest 1:00-  
15 Front Squats (95/65)  
30 Chest to Bar Pull Ups  
15 Thrusters (95/65)  
-Rest 1:00-  
15 Front Squats (95/65)  
30 Bar Muscle Ups  
15 Thrusters (95/65)  
(Scored by Total Time, including rest)  
(KG conv: 42.5/30)

Note: We have extended the time cap to 18:00 for today.

## SATURDAY // 02.21

## WORKOUT - SNOWBOARDING

## FREEDOM (RX'D)

5 sets  
(:45 on/:15 off)  
Minute 1: Calorie Row (or Ski)  
Minute 2: Wall Walks  
Minute 3: Box Step Ups (20)  
Minute 4: Sandbag Cleans (100/70)  
or Power Cleans (135/95)  
Minute 5: Recovery Jog  
(Scoring: keep a running total for stations 1-4. Station 5 is a recovery and is not scored, Score each set's Total Reps)  
(KG conv: 45/32.5 SB, 60/42.5 PC)

## MINI PUMP: LOWER PUSH

## 4 SETS

8 Dumbbell Bulgarian Split Squat (each side) @ RPE 7-7.5  
-rest 30 seconds-  
8 Goblet Hold Lateral Box Step Ups (each side) @ RPE 7-7.5  
-rest 30 seconds-  
10 3-Way Calf Raises (each way)  
-Rest 2:00 between sets-

\* 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 // 02.22

## WORKOUT - OPTION 1

## FREEDOM (RX'D)

4 rounds  
60 Double Unders  
10 Burpee Box Get Overs (30/24)

## WORKOUT - OPTION 2

## ACTIVE RECOVERY

45 Minute Cardio of choice (Run, Row, Bike, or Ski)  
\*Mixed in as you see fit:  
6-8 x 30 second higher effort bouts.  
\*\*Zone 2 pace in remaining times.

## WORKOUT - OPTION 3

## MAYHEM RACING

5 Rounds  
3:00 AMRAP  
300m Run OR 350m Row  
15m Burpee Broad Jumps  
Max Double DB Thrusters (2x35/25)  
in remaining time  
Rest 2:00 between rounds  
(Score is Thruster reps per round)  
(KG conv: 15/10 DBs)