


[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

GYMNASTICS

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)