



[Weekly Overview Video Breakdown Here](#)

EXTRA WEEKLY FITNESS

TUESDAY

SKI OR ROW WORKOUT

THURSDAY

MINI PUMP - SHOULDERS AND ARMS

FRIDAY

AIR BIKE WORKOUT

Full details can be found on the second to last page of this document.

MONDAY // 02.23

STRENGTH

POWER CLEAN AND PUSH JERK

Every 1:00 (8:00)
1 Power Clean + Push Jerk @ RPE 5-6

WORKOUT - CHICKEN NOODLE SOUP

FREEDOM (RX'D)

21-18-15-12-9-6
Dumbbell Push Press (50s/35s)
63-54-45-36-27-18
Double Unders
(Scored by Time)
(KG conv: 22.5/15 DBs)

TUESDAY // 02.24

STRENGTH

BACK SQUAT

Every 2:00 x 3 sets
5 Back Squats @60%

WORKOUT - MINESTRONE

FREEDOM (RX'D)

25/20 Calorie Air Bike
25 Burpees
25/20 Calorie Air Bike
-at 8:00-
25/20 Calorie Air Bike
20 Burpee to Bar (6in)
25/20 Calorie Air Bike
-at 16:00-
25/20 Calorie Air Bike
15 Burpee Box Jump Over (24/20)
25/20 Calorie Air Bike
(Score is Time for each set)

WEDNESDAY // 02.25

STRENGTH

DEADLIFT

Every 2:00 x 3 sets
5 Deadlifts @60%

WORKOUT - CLAM CHOWDER

FREEDOM (RX'D)

3 Rounds
30 Wall Balls (20/14)
20 Pull Ups
10 Power Snatch (135/95)
(Score by Time)
(KG conv: 9/6 WB, 60/42.5 PS)

THURSDAY // 02.26

GYMNASTICS

RING MUSCLE-UPS/STRICT PULL-UPS

Full details in Thursday's notes below

WORKOUT - GAZPACHO

FREEDOM (RX'D)

4 sets:
1:00 Max Calorie Machine
1:00 Max Sit Ups
1:00 Max Step Back Lunges
1:00 Rest
(Score by Total Reps each set)

FRIDAY // 02.27

STRENGTH

SHOULDER PRESS

Every 2:00 x 3 sets
5 Shoulder Press @55%

WORKOUT OPTION 1: OPEN WORKOUT 26.1

CrossFit will announce the details of this Open workout on Thursday at noon Pacific time. After that, we will provide full workout details, warm-up, coach notes, and more here: [click here](#).

WORKOUT OPTION 2: BEEF CHILI

FREEDOM (RX'D)

10:00 AMRAP
2-4-6-8-10...
Dumbbell Hang Power Cleans (50s/35s)
Handstand Push Ups
Box Jumps (30/24)
(Score by Rounds+Reps)
(KG conv: 22.5/15 DBs)

SATURDAY // 02.28

WORKOUT - MULLIGATAWNY

FREEDOM (RX'D)

Teams of 2
20:00 AMRAP
200m Run (together) (or 10x50ft Shuttle Run, together)
Partner 1: 15 Burpee to Bar (6in)
Partner 2: 30 Air Squats
-Switch. Both partners complete Burpees and Air Squats in the round.
(Score by Rounds + Reps)

CORE WORK

3 SETS

Strict Abmat Sit Ups (hands by head or across chest)
15 Pulse Ups
10 V-Ups
30 sec Copenhagen Plank (each side)
-rest 2:00 between sets-

* Super set the movements (no rest between). Instead of resting 2:00, athletes can partner up and go 1:1 on sets.

SUNDAY // 03.01

WORKOUT - OPTION 1

FREEDOM (RX'D)

8 rounds
15 Kettlebell Swings (53/35)
45 Unbroken Single Unders
(Scored by Time)
(KG conv: 24/16 KB)

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

Teams of 2
15 calorie Row
15 calorie Ski
15 calorie Air Bike
30 calorie Row
30 calorie Ski
30 calorie Air Bike
45 calorie Row
45 calorie Ski
45 calorie Air Bike
60 calorie Row
60 calorie Ski
60 calorie Air Bike
(Score is For Time)

All work is shared, with one partner working at a time. Switch any time.