

WEEKLY OVERVIEW

03.02 - 03.08

[Weekly Overview Video Breakdown Here](#)

EXTRA WEEKLY FITNESS

MONDAY

SKI OR ROW WORKOUT

TUESDAY

MINI PUMP - UPPER PULL

FRIDAY

ROW WORKOUT

MONDAY // 03.02

STRENGTH

BACK SQUAT

Every 2:00 × 3 sets
3 Back Squats @65%

WORKOUT - BLUEY AND BINGO

FREEDOM (RX'D)

Every 4:00 (5 sets)
12/10 Calorie Air Bike
12 Dumbbell Front Squats (50s/35s)
12 Toes to Bar
(Score each set for Time)
(KG conv: 22.5/15 DBs)

TUESDAY // 03.03

STRENGTH

DEADLIFT

Every 2:00 × 3 sets
3 Deadlifts @65%

WORKOUT - FOR REAL LIFE!

FREEDOM (RX'D)

15-12-9-6-3
Deadlift (185/125)
Burpee Box Jump Overs (24/20)
(Score by Time)
(KG conv: 85/57.5)

WEDNESDAY // 03.04

STRENGTH

SHOULDER PRESS

Every 2:00 × 3 sets
3 Shoulder Press @65%

WORKOUT - KEEPY UPPY

FREEDOM (RX'D)

3 Sets
9-12-15 Calorie Row
25-50-25ft Handstand Walk (or 2-4-2 Wall Walks)
-rest 3:00 between sets-
(Women Calories: 8-10-12)
(Score each set for Time)

THURSDAY // 03.05

STRENGTH

SQUAT SNATCH

Every 1:00 (8:00)
2 Squat Snatch (singles) @ RPE 5-6

WORKOUT - LUCKY'S DAD

FREEDOM (RX'D)

10:00 AMRAP
50 Double Unders
12 Air Squats
6 Double Dumbbell Ground to Overhead (50s/35s)
(Score by Rounds + Reps)
(KG: 22.5/15 DBs)

FRIDAY // 03.06

GYMNASTICS

BAR MUSCLE-UPS/STRICT PULL-UPS:

Full details in Friday's notes below

WORKOUT OPTION 1: OPEN WORKOUT 26.2

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WORKOUT OPTION 2: DANCE MODE

FREEDOM (RX'D)

10 Rounds
15/12 Calorie Air Bike
5 Bench Press (155/95)
(Score by Time)
(KG conv: 70/42.5)

SATURDAY // 03.07

WORKOUT - MAGIC XYLOPHONE

FREEDOM (RX'D)

Teams of 2
800/725m Row
40 Squat Cleans (95/65)
800/725m Row
30 Squat Cleans (115/85)
800/725m Row
20 Squat Cleans(135/95)
800/725m Row
10 Squat Cleans (155/105)
800/725m Row
(Score by Time)
(KG: 42.5/30, 52.5/37.5, 60/42.5, 70/47.5)

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-

SUNDAY // 03.08

WORKOUT - OPTION 1

FREEDOM (RX'D)

21-18-15-12-9-6
Burpee to Bar (6in)
5x50ft Shuttle Run after each set
(Scored by Time)

WORKOUT - OPTION 2

ACTIVE RECOVERY

45 Minutes at Zone 2 Pace
2000m Row
100m Sandbag Bear Hug Carry (150/100)
1000m Ski or 60/50 calorie Air Bike
100m Farmers Carry (2x70/50)

* Sub 1 min plank hold for Sandbag Carry if sandbags aren't available. Advanced: Plank on low rings.

WORKOUT - OPTION 3

MAYHEM RACING

4 Stations of 6:00 ON / 2:00 OFF
800m-1000m Run
Into
Max Reps in Remaining Time of:
Station 1 - Sled Pull
Station 2 - Sandbag Lunges
Station 3 - Sled Push
Station 4 - Burpee Over Sandbag

Score = Reps in each station
For Sleds: Every 5m = 1 rep