

WEEKLY OVERVIEW

03.09 - 03.15

[Weekly Overview Video Breakdown Here](#)

EXTRA WEEKLY FITNESS

TUESDAY

SKI OR ROW WORKOUT

WEDNESDAY

AIR BIKE WORKOUT

THURSDAY

MINI PUMP - SHOULDERS & ARMS

MONDAY // 03.09

STRENGTH

BACK SQUAT

Every 2:30 x 4 sets
3 Back Squats @72-75%

WORKOUT - OCEAN DRIVE

FREEDOM (RX'D)

Every 8:00 (3 sets)
15/12 Calorie Air Bike
15 Box Jump Overs (24/20)
30 Push Ups
15 Box Jumps Overs (24/20)
15/12 Calorie Air Bike
(Scored by Time each set)

TUESDAY // 03.10

STRENGTH

CLEAN & JERK

Every 1:00 (10:00)
1 Clean and Jerk @ RPE 7

WORKOUT - FLAMINGO PARK

FREEDOM (RX'D)

8 Rounds
12 GHDs (or 15 V-Ups)
4 Deadlifts (225/155)
(Scored by Time)
(KG conv: 102.5/70)

WEDNESDAY // 03.11

STRENGTH

SHOULDER PRESS

Every 2:30 x 4 sets
3 Shoulder Press @72-75%

WORKOUT - MUSCLE BEACH

FREEDOM (RX'D)

2:00 AMRAP
10 Overhead Squat (95/65)
50 Double Unders
Max Wall Walks or Handstand Walk
-rest 1:00 between sets-
*Continue until you have
accumulated 25 Wall Walks or 200ft
Handstand Walk
(Scored by Total Time)
(KG conv: 42.5/30)

THURSDAY // 03.12

STRENGTH

DEADLIFT

Every 2:30 x 4 sets
3 Deadlifts @72-75%

WORKOUT - VERSACE MANSION

FREEDOM (RX'D)

25-50-75
Calorie Row
5-15-25
50ft Shuttle Runs
(Women's Calories: 20-40-60)
(Scored by Time)

FRIDAY // 03.13

GYMNASTICS

RING MUSCLE-UPS/STRICT PULLUPS:

Full details in Friday's notes below

WORKOUT OPTION 1: OPEN WORKOUT 26.3

OPEN WORKOUT 26.3

WORKOUT OPTION 2: LINCOLN ROAD MALL

FREEDOM (RX'D)

10:00 AMRAP
5-10-15-20-25...
Toes to Bar
10 Push Press (95/65) after each set
(Scored by Rounds + Reps)
(KG conv: 42.5/30)

SATURDAY // 03.14

WORKOUT - FONTAINEBLEAU

FREEDOM (RX'D)

Teams of 2
4 sets (each/1:1)
3:00 AMRAP
25/20 Calorie Air Bike
15 Power Cleans (95/65)
Max Burpee over Bar
(Scored by Total Burpees)
(KG conv: 42.5/30)

MINI PUMP: LOWER PULL

3 SETS

8 Weighted Hip Thrusts @ RPE 8/10
-rest 30 seconds-
10 Barbell Good Mornings @ RPE
8/10
-rest 30 seconds-
30 Lying Banded Leg Curls @ RPE
7-8/10
-Rest 2:00 between sets-

SUNDAY // 03.15

WORKOUT - OPTION 1

FREEDOM - Miami Beach Boardwalk

Every 1:00 (10:00)
100m Run
5 Strict Pull Ups
(Scored by Time each set)

WORKOUT - OPTION 2

ACTIVE RECOVERY

45 Minutes at Zone 2 Pace
3000m Bike Erg OR 1200m Run OR
90/72 calorie Air Bike
2000m Row
1000m Ski OR 60/48 cal Air Bike

If possible, try to do 3 different
cardio choices using whatever
options are available to you.

WORKOUT - OPTION 3

MAYHEM RACING

Teams of 2
100 Burpee Box Jumpovers (24/20)
100 Calorie Ski or Row
100 Alternating DB Snatch (50/35)
100 Wall Balls (20/14)
1000m Run (together)
(Scored by Time)
(KG conv: 22.5/15 DB, 9/6 WB)

* Partition any way and perform in
any order. All work is shared, except
for the run. Time cap 30 minutes.