



[Weekly Overview Video Breakdown Here](#)

## EXTRA WEEKLY FITNESS

### MONDAY

SKI OR ROW WORKOUT

### WEDNESDAY

MINI PUMP - UPPER PUSH

### FRIDAY

AIR BIKE WORKOUT

Full details can be found on BTWB

## MONDAY // 03.16

### STRENGTH

#### BACK SQUAT

Every 3:00 × 3 sets  
2 Back Squats @78-82%

### WORKOUT - EMERALD

#### FREEDOM (RX'D)

2 sets  
9-6-3  
Squat Cleans (135/95)  
15-12-9  
Handstand Push Ups  
-rest 3:00 between sets-  
(Scored by Time each set)  
(KG conv: 60/42.5)

## TUESDAY // 03.17

### GYMNASTICS

BAR MUSCLE-UPS/STRICT PULLUPS

### WORKOUT - FOREST GREEN

#### FREEDOM (RX'D)

21-15-9  
Calorie Air Bike  
Kettlebell Swings (53/35)  
-rest till 7:00-  
21-15-9  
Calorie Air Bike  
Toes to Bar  
-rest till 14:00-  
21-15-9  
Toes to Bar  
Kettlebell Swings (53/35)  
(Women's Calories: 16-12-8)  
(Scored by Time each set)  
(KG conv: 24/16)

## WEDNESDAY // 03.18

### STRENGTH

#### SHOULDER PRESS

Every 3:00 × 3 sets  
2 Shoulder Press @78-82%

### WORKOUT - PISTACHIO

#### FREEDOM (RX'D)

Every 2:00 (16:00)  
15/12 Calorie Row  
100m Run or 5x50ft Shuttle Run  
(Scored by Time each set)

## THURSDAY // 03.19

### STRENGTH

#### DEADLIFT

Every 3:00 × 3 sets  
2 Deadlifts @78-82%

### WORKOUT - TURQUOISE

#### FREEDOM (RX'D)

3 sets  
3:00 AMRAP  
100ft Single Dumbbell Walking Lunge (50/35)  
Max Burpee Over Dumbbell  
-rest 2:00 between sets-  
(Scored by Total Reps)  
(KG conv: 22.5/15)

## FRIDAY // 03.20

### STRENGTH

#### CYCLING (SNATCH)

Every 2:00 (10:00)  
2 Touch-and-Go Power Snatch + 1  
Snatch Balance @ RPE 7

### WORKOUT - LIME GREEN

#### FREEDOM (RX'D)

6 Rounds  
3 Wall Walks  
9 Overhead Squats (95/65)  
12 Pull Ups  
(Scored by Time)  
(KG conv: 42.5/30)

## SATURDAY // 03.21

### WORKOUT - SPEARMINT

#### FREEDOM (RX'D)

Teams of 3  
25:00 AMRAP

Partner 1: 400m Run (or 1000m  
Bike Erg or 16x50ft Shuttle Run)

Partner 2: AMRAP  
50ft DB Farmer Carry (70s/50s)  
5 Burpee Box Get Overs (48/42) (or  
8 Burpee Box Get Overs @ 30/24)

Partner 3: Rest

-Rotate when partner finishes the  
400m run. Partner picks up where  
the AMRAP was left off.  
(Scored by Total Rounds + Reps)  
(KG conv: 32.5/22.5 DBs)

### MINI PUMP: CORE

#### 3 SETS

20 Stick Sit Ups  
-rest 30 seconds-  
10 KB Side Bends (each side)  
-rest 30 seconds-  
10 Side Star Plank Reach Throughs  
-Rest 2:00 between sets-

## SUNDAY // 03.22

### WORKOUT - OPTION 1

#### FREEDOM - Olive Green

Every 1:00 (10:00)  
Minute 1: 15 GHDs (or V-ups)  
Minute 2: 10 Toes to Ring (or 8 Toes  
to Bar)  
(Scored by Completion)

### WORKOUT - OPTION 2

#### ACTIVE RECOVERY

30-45 Minute Row @Zone 2 Pace  
\* Every 5 minutes, stop and do 50ft  
Dual Kettlebell Overhead Carry  
(53/35) + 30 sec Hollow Hold

### WORKOUT - OPTION 3

#### MAYHEM RACING

Teams of 2  
P1: 400m Run, P2: 50m Sled Pull  
-Switch when both complete-

P1: 500m Row, P2: 50m Sandbag  
Lunges  
-Switch when both complete-

P1: 400m Run, P2: 50m Sled Push  
-Switch when both complete-

P1 500m Ski, P2: 30 Wall Balls  
-Switch when both complete-

Sled Push: 275/165 (KG: 125/75)  
Sled Pull: 165/110 (KG: 75/50)  
Sandbag: 66/44 (KG: 30/20)  
Wall Ball: 20/14 (KG: 9/6)