

# WEEKLY OVERVIEW

# 03.30 - 04.05

[Weekly Overview Video Breakdown Here](#)

## EXTRA WEEKLY FITNESS

### MONDAY

PLANK HOLDS

### TUESDAY

AIR BIKE WORKOUT

### WEDNESDAY

UPPER BODY DUMBBELL EMOM

### THURSDAY

CORE WORK

### FRIDAY

UPPER PRESS & PULL

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

**PROGRAMING NOTE:** We are currently on a deload week for strength, with a new strength cycle beginning next week. The workouts will take up the majority of the class hour. We have added these optional accessory pieces for each day for athletes looking for more volume.

## MONDAY // 03.30

### WORKOUT - CONQUER

**FREEDOM (RX'D)**

25:00 AMRAP  
400m Run  
5 Rounds of "Strict Cindy"  
5 Strict Pull Ups  
10 Push Ups  
15 Air Squats  
(Scored by Rounds + Reps. For the run, each 100m = 1 rep)

## TUESDAY // 03.31

### WORKOUT - ROD OF IRON

**FREEDOM (RX'D)**

3-3-3-4:00 AMRAP  
5 Wall Walks  
20 Toes to Bar  
Max Box Jump Overs (24/20)  
-rest 1:00 between sets-  
(Scored by Total Reps)

## WEDNESDAY // 04.01

### WORKOUT - WATCH & WAIT

**FREEDOM (RX'D)**

Every 10:00 (2 sets)  
15-12-9 Calorie Air Bike  
5-4-3 Power Cleans (185/125)  
Womens calories: 12-10-8  
(Scored by Time each set)  
(KG conv: 85/57.5 PC)

## THURSDAY // 04.02

### WORKOUT - CLEAN HOUSE

**FREEDOM (RX'D)**

8 sets:  
300m Run  
10 Strict Handstand Push Ups  
-rest 1:00 between sets-  
(2:00 Time Cap)  
(Scored by Time each set)

## FRIDAY // 04.03

### WORKOUT - GOOD FRIDAY

**FREEDOM (RX'D)**

100-80-60-40-20  
Double Unders  
50-40-30-20-10  
Single Dumbbell Squat (35/25)  
(Scored by Time)  
(KG conv: 15/10 DB)

## SATURDAY // 04.04

### WORKOUT - SEALED STONE

**FREEDOM (RX'D)**

Teams of 2  
400m Run (together)  
120 Deadlifts (135/95)  
400m Run (together)  
90 Hang Power Cleans (135/95)  
400m Run (together)  
60 Shoulder to Overhead (135/95)  
400m Run (together)  
(Scored by Time)  
(KG conv: 60/42.5)

### MINI PUMP: SHOULDERS AND ARMS

**4 SETS**

5 Shoulder Press @ RPE 8/10  
-rest 30 seconds-  
8 Bottom-Up Single Arm Standing  
KB Press (each side) @ RPE 8/10  
-rest 30 seconds-  
10 Seated Dumbbell Balboas @  
RPE 8/10  
-rest 30 seconds-  
10 Dumbbell Snow Angel Raise @  
RPE 8/10  
-Rest 2:00 between sets-

## SUNDAY // 04.05

### WORKOUT - OPTION 1

**FREEDOM** - Easter Sunday

4 sets  
100ft Walking Lunge  
20 Alternating V-Ups  
100ft Farmer Carry (70s/50s)  
20 Alternating V-Ups  
100ft Sandbag Carry (100/70) (or  
DB Front Rack Carry 70s/50s)  
20 Alternating V-Ups  
-rest 1:00 between sets-  
(Scored by Time each set)  
(KG: 32.5/22.5 DBs, 45/32.5 SBag)

### WORKOUT - OPTION 2

**ACTIVE RECOVERY**

45 Minutes at Zone 2 Pace  
4,000m Bike Erg OR 120/100  
calorie Air Bike OR 1 mile Run  
400ft DB Farmers Carry (2x50/35)

### WORKOUT - OPTION 3

**MAYHEM RACING**

The Mayhem Racing workout is now part of the Mayhem Affiliate Endurance track. We have turned this into a 3-day a week HYROX/HYBRID Training track.