

WEEKLY WORKOUT OVERVIEW // 01.12-01.18



EXTRA WEEKLY FITNESS

MONDAY

SKI/ROW WORKOUT

WEDNESDAY

MINI PUMP - UPPER PUSH

FRIDAY

AIR BIKE WORKOUT

Full details can be found within the Extra Fitness workout track.

MONDAY // 01.12

STRENGTH

DEADLIFT

Every 2:30 x 4 sets
5 Deadlifts @ 65%

WORKOUT - Little House on the Prairie

FREEDOM (RX'D)

30 Toes to Bar
30 Back Squats (95/65)
30 Burpees

-Rest 1:00-

20 Toes to Bar
20 Front Squats (115/80)
20 Burpee to Bar

-Rest 1:00-

10 Toes to Bar
10 Overhead Squats (135/95)
10 Bar Facing Burpees
(Scored by Total Time)
(KG conv: 42.5/30 BS, 52.5/35 FS, 60/42.5 OHS)

TUESDAY // 01.13

WORKOUT - Home Improvement

FREEDOM (RX'D)

4 sets:
25/20 Calorie Air Bike
75 Double Unders
15 Dumbbell Push Press
(50s/35s)
-rest 2:00 between sets-
(Scored by Time)
(KG conv: 22.5/15 DBs)

GYMNASTICS

HANDSTAND PUSH-UPS

Level 1 - 9 min EMOM:
Min 1: 12 Double DB Seated Strict Press with legs extended
Min 2: 20-30 sec Double DB Overhead Hold with legs extended
Min 3: Rest

Level 2 - 9 min EMOM:
Min 1: AMRAP unbroken Pike on Box Strict HSPUs (20 sec cap)
Min 2: 4 Strict HSPUs with 4 sec negative (lowering from extension to the floor)
Min 3: Rest

Level 3 - 9 min EMOM:
Min 1: AMRAP Strict HSPUs to floor in 30 sec
Min 2: AMRAP unbroken Strict HSPUs to 2" riser in 30 sec
Min 3: Rest

WEDNESDAY // 01.14

STRENGTH

POWER CLEAN & JERK

Every 1:00 (8:00)
3 Power Clean and Jerks (singles)
@ RPE 6

WORKOUT - Family Matters

FREEDOM (RX'D)

12:00 AMRAP
15 Kettlebell Swings (53/35)
15 GHDs (Or Stick Sit Ups)
15 Box Jumps (24/20)
(Scored by Rounds + Reps)
(KG conv: 24/16 KB)

THURSDAY // 01.15

STRENGTH

BACK SQUAT

Every 2:30 x 5 sets
4 Back Squats @ 65%

WORKOUT - The Brady Bunch

FREEDOM (RX'D)

For Time:
150 Air Squats
*Every minute on the minute
(Including 0:00) perform 10/8
Calorie Row"
(Scored by Time)

FRIDAY // 01.16

STRENGTH

SHOULDER PRESS

Every 2:00 x 4 sets
5 Shoulder Press @ 62%

WORKOUT - Open 18.4/20.3

FREEDOM (RX'D)

21-15-9
Deadlifts (225/155)
Handstand Push Ups
-into-
21-15-9
Deadlifts (315/205)
50ft Handstand Walk (Or 4 Wall Walks) after each set of Deadlifts
(KG conv: 102.5/70, 142.5/92.5)

Scored by reps completed at 9 minute time cap. If finished, note time of completion.

For full CrossFit Open movement standards and scaling options: [click here](#)

SATURDAY // 01.17

WORKOUT - Malcolm in the Middle

FREEDOM (RX'D)

Teams of 2
4 Rounds
400m Run together (or 50/40 Calorie Air Bike, shared)
25 Strict Pull Ups
50 Bench Press (135/85)
(Scored by Time)
(KG conv: 60/37.5 BP)

MINI PUMP - Glutes and Core

3 SETS

10 Weighted Hip Thrust @ moderate weight
-rest 30 seconds-
10 Kneeling Banded Hip Extension @ moderate weight
-rest 30 seconds-
10 Lateral Band Walk @ moderate weight
-rest 30 seconds-
10 Standing Banded Pallof Press (each side)
-rest 30 seconds-
12 Strict Hanging Leg Raise
-Rest 2 minutes between rounds-

* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

SUNDAY // 01.18

WORKOUT // OPTION 1

FREEDOM (RX'D)

4 rounds
60 Double Unders
10 Burpee Box Get Overs
(30/24)

OPTION 2 - Active Recovery

45 Minutes at a Zone 2 Pace:
2,000m Row
50ft Single Arm Overhead Carry (per arm, 50/35)
1,000m Ski
30 Sec GHD Hollow Hold or Superman Hold
30 Sec Sorenson Hold

OPTION 3 - Mayhem Racing

Strength/Accessory:
3 Rounds:
10 Tempo Double Dumbbell RDLs (3 seconds down)
20 Farmer Carry Steps
15 Calf Raises

Workout:
5 sets
2:00 AMRAP
200m Run
10m Burpee Broad Jumps
Max Calorie Ski in remaining time
-Rest 2:00 between sets-
(Scored by calories for each set)