

# 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)

### GYMNASICS

#### 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)