

# WEEKLY WORKOUT OVERVIEW // 12.15-12.21



## EXTRA WEEKLY FITNESS

Coming the week of January 5th.

## MONDAY // 12.15

### STRENGTH

#### BENCH PRESS

4 sets  
8 Bench Press  
-build across sets by feel-  
-rest 1:00-2:00 between sets-

### WORKOUT

#### FREEDOM (RX'D)

3 sets  
10 Strict Handstand Push Ups  
30/24 Calorie Air Bike  
15 Kipping Handstand Push Ups  
-rest 3:00 between sets-  
(Scored by time each set)

## TUESDAY // 12.16

### WORKOUT

#### FREEDOM (RX'D)

3 rounds  
12/10 Calorie Row  
10 Toes to Bar  
8 Box Jump Overs (30/24)  
-rest until 8:00-  
For Time:  
36/30 Calorie Row  
30 Toes to Bar  
24 Box Jump Overs (30/24)  
(Scored by Time, each set)

### GYMNASTICS / ACCESSORY

#### 4 MINUTE AMRAP + 1 MINUTE REST + 3 MINUTE AMRAP - START WHERE YOU LEFT OFF

**Level 1:**  
8 Hanging Knee Raises  
100-foot farmers carry  
[35/25]  
8 Plank Shoulder Taps  
[right/left = 2 reps]  
(KG: 15/10)

## WEDNESDAY // 12.17

### WORKOUT

#### FREEDOM (RX'D)

2-2-2-3 min AMRAP  
75 Double Unders  
Max Squat Cleans in the time remaining (135/95)  
-rest 1:00 between AMRAPs-  
  
\* Go until you get 40 squat cleans or hit the cap  
(Score is total time, including rest)  
(KG conv: 60/42.5)

### MINI PUMP - ARMS

#### 5 SETS

12 Dumbbell Alternating Skull Crushers (each side) @ RPE 7/10  
-rest 30 secs-  
12 Dumbbell Alternating Curls (each side) @ RPE 7/10  
-rest 1 minute between sets-

\* 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.

## THURSDAY // 12.18

### WORKOUT

#### FREEDOM (RX'D)

7 Rounds  
200m Run  
15 GHDs (or V-Ups)  
50ft Walking Lunge  
(Scored by Time)

## FRIDAY // 12.19

### STRENGTH

#### SNATCH

5 sets  
1 Snatch (@70-75%)  
-rest 1:00-2:00 between sets-

### WORKOUT

#### FREEDOM (RX'D)

21-15-9  
Power Snatch (115/85)  
Burpee Over Bar  
(Scored by Time)

## SATURDAY // 12.20

### WORKOUT

#### FREEDOM (RX'D)

SURPRISE SURPRISE:)

## SUNDAY // 12.21

### WORKOUT // OPTION 1

#### FREEDOM (RX'D)

5 sets  
1:00 Max Burpees (or Sand Ball Slams (50/30))  
1:00 Max Double Unders  
1:00 Max Stick Sit Ups  
1:00 Rest  
(KG conv 25/15)

### WORKOUT // OPTION 2

#### ACTIVE RECOVERY

45 minutes at a steady pace:  
800m Run (or 1000m Row)  
:30 Side Plank Rotations (each side)  
1,600m Bike Erg (or 50/40 calorie Air Bike)  
15 GHD Hip Extensions (or Supermans)

### WORKOUT // OPTION 3

Teams of 2  
5 sets (each/1:1)  
250m Row  
25m Sled Push  
(Score is time)  
\* Sled weight: 60-70% of weight found in part 1