

# WEEKLY OVERVIEW

# 04.06 - 04.12

[Weekly Overview Video Breakdown Here](#)

## EXTRA WEEKLY FITNESS

### MONDAY

**DUMBBELL SPIDER CURLS & SKULL CRUSHERS**

### TUESDAY

**AIR BIKE WORKOUT**

### WEDNESDAY

**CORE AND DUMBBELL ACCESSORY**

### THURSDAY

**TABATA ACCESSORY**

### FRIDAY

**CORE ACCESSORY**

## MONDAY // 04.06

### STRENGTH

#### TEMPO BACK SQUAT

Every 2:00 x 5 sets  
3 Tempo Back Squats @ 65%  
(3 seconds down, 3 in the hole)

### WORKOUT - DAFFODIL

#### FREEDOM (RX'D)

50 Wall Balls (20/14)  
35 Toes to Bar  
50 Box Jumps (24/20)  
35 Toes to Bar  
50 Wall Balls (20/14)  
(Scored by Time)  
(KG conv: 9/6)

## TUESDAY // 04.07

### STRENGTH

#### SNATCH COMPLEX

Every 2:00 x 7 sets  
1 Snatch Pull + 1 Hang Squat Snatch  
+ 1 Overhead Squat @ 60-65% OR  
RPE 6  
\*Complex completed unbroken

### WORKOUT - CHERRY BLOSSOM

#### FREEDOM (RX'D)

9:00 AMRAP  
3, 6, 9, 12...  
Power Snatch (95/65)  
Burpee Over Bar  
(Scored by Rounds + Reps)  
(KG conv: 42.5/30)

## WEDNESDAY // 04.08

### WORKOUT - PEONY

#### FREEDOM (RX'D)

20:00 AMRAP  
200m Run  
5 Wall Walks  
400m Run  
10 Wall Walks  
600m Run  
15 Wall Walks  
800m Run  
Max Wall Walks in remaining time  
(20 Wall Walk Cap)  
(Scored by Reps in max set of Wall Walks)

### ACCESSORY

#### PLANK

Accumulate 3:00 minutes:  
Plank Hold (elbows)

Rest as needed. Score is total clock time at finish.  
There is a 10:00 time cap.

Scaling options:

- Knee Plank Hold (elbows)
- Top of the Push Up Hold
- Can scale down to accumulating 2 minutes instead of 3.

## THURSDAY // 04.09

### STRENGTH

#### POWER CLEAN + PUSH JERK

Every 1:30 x 8 sets  
2 Power Cleans + 1 Push Jerks @  
65% OR RPE 6

### WORKOUT - FREESIA

#### FREEDOM (RX'D)

3 sets  
4:00 AMRAP  
75 Double Unders  
15 Front Squats (135/95)  
75 Double Unders  
Max Power Cleans (135/95) in the remaining time.  
-rest 2:00 between sets-  
(Scored by Total Reps each set)  
(KG conv: 60/42.5)

## FRIDAY // 04.10

### GYMNASTICS

#### HANDSTAND WALKS

Full details in Friday's notes below

### WORKOUT - HYACINTH

#### FREEDOM (RX'D)

15:00 AMRAP  
500/450m Row  
25 Push Ups  
(Scored by Rounds + Reps)

## SATURDAY // 04.11

### WORKOUT - MAGNOLIA

#### FREEDOM (RX'D)

Teams of 2  
100-80-60-40-20  
Calorie Air Bike  
-100ft Single Dumbbell Lunge  
(50/35) after each set (together)-  
(Women Calories: 80-64-48-32-16)  
(Scored by Time)  
(KG conv: 22.5/15)

### MINI PUMP: CORE

#### 4 SETS

10 Single Arm KB Situps (Left)  
10 Single Arm KB Situps (Right)  
-rest 30 seconds-  
7 Around the Worlds (each side)  
-rest 30 seconds-  
10 Standing Banded Pallof Press  
(each side)  
-Rest 2 minutes between rounds-

## SUNDAY // 04.12

### WORKOUT - OPTION 1

#### FREEDOM - Primrose

20:00 AMRAP  
400m Run (or 1000m Bike Erg or  
30/24 cal Air Bike)  
10 Ring Muscle Ups (or 10 Burpee  
Pull Ups)  
(Scored by Rounds + Reps)

### 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 Kettlebell Front Rack Carry  
(2x50/35)