

WEEKLY OVERVIEW

04.20 - 04.26

[Weekly Overview Video Breakdown Here](#)

	MONDAY // 04.20	TUESDAY // 04.21	WEDNESDAY // 04.22
	GYMNASTICS	STRENGTH	STRENGTH
	Handstand walk	Every 2:00 x 5 sets 3 Deadstop Deadlifts @ 70% OR RPE 7	Every 2:00 x 6 sets 1 Squat Snatch + 2 Overhead Squats @ 70-72% OR RPE 7
	WORKOUT - Super Mario	WORKOUT - Yoshi	WORKOUT - Luigi
	FREEDOM (RX'D) 4 sets 4:00 AMRAP 400m Run Max Rounds 10 Pull Ups 20 Push Up 30 Air Squats -rest 2:00 between sets- (Scored by Rounds + Reps each set)	FREEDOM (RX'D) For Time: 90/70 Calorie Air Bike 45 Deadlifts (225/155) (Scored by Time) (KG conv: 102.5/70)	FREEDOM (RX'D) 10:00 AMRAP 30 Double Unders 15 Overhead Squats (75/55) (Scored by Rounds + Reps) (KG conv: 35/25)

THURSDAY // 04.23	FRIDAY // 04.24	SATURDAY // 04.25	SUNDAY // 04.26
STRENGTH	STRENGTH	ACCESSORY	OPTION 1 - WORKOUT
No Strength or Gymnastics	Every 2:00 x 6 sets 1 Power Clean + 1 Hang Power Clean + 1 Push Jerk @ 70-72% OR RPE 7	Mini Pump - Lower Pull 3 sets 15 Hip Extensions on GHD (or 25 Supermans) -rest 30 seconds- 20 Dumbbell Glute Bridges -rest 1 minute between sets-	FREEDOM (RX'D) 5 Sets 1:00 Calorie Bike (Bike Erg or Air Bike) 1:00 Dumbbell Snatch (50/35) 1:00 Walking Lunge Steps 1:00 Rest (Scored by Total Reps each Round) (KG conv: 22.5/15)
WORKOUT - Wario	WORKOUT - "Classic GWEN"	WORKOUT - "Mayhem Classic Chipper"	OPTION 2 - RECOVERY WORKOUT
FREEDOM (RX'D) 10 sets 2:00 AMRAP 10 Box Jumps (30/24) Max Calorie Row -rest 2:00 between sets- (Scored by Calories per set)	FREEDOM (RX'D) 15-12-9 Clean and Jerk (155/105) *sets must be completed unbroken (touch and go) (Scored by Time) (KG conv: 70/47.5)	FREEDOM (RX'D) Teams of 2 25 Burpee Box Get Over (48) 50/40 Calorie Air Bike 50 GHDS 25 Bar Muscle-Up 50 GHDS 50/40 Calorie Air Bike 25 Burpee Box Get Over (48) (Scored by Time)	OPTION 2 - RECOVERY WORKOUT 3-4 Rounds @Smooth Zone 2 Effort: 3 Min Run 3 Min Row 3 Min Ski 3 Min Bike Movement & Mobility 2-3 Rounds 5 World's Greatest Stretch (per side) 8 Jefferson Curl (light) 1:30 Deep Squat Hold 10 Thoracic Rotations (per side) World's Greatest Stretch Jefferson Curl Deep Squat Hold Wall Thoracic Rotations