

MONDAY

WARM-UP -
Hip Halo Warm Up
-into-
3 sets
30-second Bike (easy pace)
10 Banded Pull Through (Left)
10 Banded Pull Through (Right)
10 Banded Pull Through (Both)
10 Hollow Rocks
5 Back Squats (empty bar-build across sets)

WORKOUT PREP -
2 sets:
3 Back Squats (build-in weight)
5 Air Squats
20-second Bike (build-in pace)

WORKOUT - Madagascar
Freedom (RX'd)

5 sets:
Minute 1: 10 Back Squats (60-65%)
Minute 2: Max Air Squats
Minute 3: Recovery Bike (Slow-Moderate)

-rest 3 minutes before going to accessory-

ACCESSORY -

4 sets:
10 Rear Foot Elevated Split Squats (each side)
10 Single Leg RDLs (each side)
-rest 1:00 between sets-

* Both movements are with a single dumbbell.

MOBILITY -
1 min foot smash w/ lacrosse ball (each side)
1 min Couch Stretch (each side)
1 min Seal Pose

TUESDAY

PROGRAMMING NOTE
We have squatting in the strength today after all the squatting on Monday. The purpose of this is to flush the lower body, with the strength being more skill-based, resulting in the squats being light. If some athletes feel this is too much, please disregard the Front Squats in the strength and just do Clean High Pulls and Hang Power Cleans.

WARM-UP -

2 sets:
10 Banded Pull Aparts
10 Banded Pass Throughs
-into-
7:00 AMRAP
5 Inch Worms + Dynamic Squat Stretch
5 Clean Grip Deadlifts (empty bar)
4 High Hang Muscle Cleans (empty bar)
3 Front Squats (empty bar)

STRENGTH -
5 Unbroken sets:
3 Clean High Pulls + 3 Hang Power Cleans + 3 Front Squats
* Building Sets (Don't exceed 70% of 1RM Power Clean)

WORKOUT PREP -

3 sets:
2 Devils Press (build in weight)
4 Sit Ups

WORKOUT - Alex and Marty
Freedom (RX'd)

15-12-9-6-3
Devil Press (2x50/35)
45-36-27-18-9
Sit Ups
(KG conv: 22.5/15 DBs)

MOBILITY -
1 min seal pose
1 min bicep stretch on wall
1 min tricep lacrosse ball smash (each side)

WEDNESDAY

WARM-UP -
Hinshaw Warm-Up

WORKOUT PREP -

Every minute (3 sets)
100m Run
* Start slow and build into a comfortable pace *

WORKOUT - King Julian
Freedom (RX'd)

5-4-3-2-1 minute
Max Distance Run
-Rest 1:00 Between sets-
Repeat from March 31, 2022

* Switch to Shuttle Run, Row, or Bike if needed.

RING MUSCLE UP SKILL WORK

Advanced:
EMOM8: Ring Muscle Ups
* Choose a number (1-5) based on your level that is a repeatable, unbroken set throughout the EMOM.

Intermediate:
EMOM8: 2-3 Box Ring Muscle Ups

Beginner:
Emom8: 5 Assisted Ring Dips

* Video that demos each progression is in the notes.

MOBILITY -

1 min Calf Smash (each)
1 min Foam roll Hamstrings
1 min Barbell quad smash (each side)

THURSDAY

WARM-UP -
2 sets:
10 Banded Fire Hydrants
10 Banded Squats
-into-
3 sets:
10 PVC Pass Throughs
10 PVC Around the Worlds (left and right)
5 PVC Snatch Push Press
4 PVC Overhead Squats
3 PVC Pressing Snatch Balance
2 PVC Snatch Balance

STRENGTH -
Every 2:00 (5 sets)
5 Snatch Push Press + 1 Snatch Balance (Don't exceed 70% of 1RM Snatch)

WORKOUT PREP -

3 sets
3 Power Cleans (build-in weight)
2 Burpee Broad Jump (Build in distance)

WORKOUT - Skipper

5-4-3-2-1
Power Cleans (185/125) 10-8-6-4-2
Burpee Broad Jumps (4'/3') (KG conv: 83/56 PC)

MOBILITY -

1 min foot smash w/ lacrosse ball (each side)
1 min calf stretch against wall (each side)
1 min foam roll upper back

FRIDAY

WARM-UP -
2:00 Machine
-into-
3 sets:
5 Single Arm Dumbbell Push Press (left and right)
5 Single Arm Dumbbell Bench Press (left and right)
10 Alternating V-Ups
5 Knee Hand Release Push Ups

WORKOUT PREP-

2 sets:
100m Ski (Or Row)
2 Strict Handstand Push Ups
2 Dumbbell Bench Press (Build in weight)

WORKOUT - Melman

Freedom (RX'd)

7:00 AMRAP

1000/850m Ski (OR Row)
In remaining time:
Max reps Strict Handstand Push Ups

-rest 5:00-

7:00 AMRAP

1000/850m Ski (OR Row)
In remaining time:
Max reps Push Ups
-rest 5:00-

7:00 AMRAP

1000/850m Ski (OR Row)
In remaining time:
Max Dumbbell Bench Press (2x50/35)
(KG conv: 22.5/15 DBs)

MOBILITY -

1 min lacrosse ball pec smash (each side)
1 min overhead elbow grab tricep stretch (each side)
1 min tricep lacrosse ball smash (each side)

SATURDAY

WARM-UP-
3:00 Machine
-into-
10:00 AMRAP
20-second Single Unders
1 Zombie Rope Climb
5 PVC Muscle Snatch
5 PVC Push Press
5 PVC Overhead Squats

WORKOUT PREP-

3 sets
10 Double Unders
1 Rope Climb (build-in height)
3 OVHS (Build in weight)

WORKOUT - "I like to move it, move it"
Freedom (RX'd)

Teams of 2

8 sets (each/1:1)
50 Double Unders
1 Rope Climb (Or 5 Strict Pull Ups)
5 Overhead Squats (155/105) (KG conv: 70/48 OHS)

OPTIONAL: Mayhem Mini-Pump – Core

4 rounds:

15 Stick Sit Ups

30 Flutter Kicks (each side)
8 Around the Worlds (each side)
30 yd Isolateral DB Farmers Carry (left)
30 yd Isolateral DB Farmers Carry (right)

*Rest 3 minutes b/t rounds

MOBILITY -

1 min Barbell Quad Smash (each side)
1 min Couch Stretch (each side)
1 min Trap Smash (each side)

SUNDAY

WORKOUT - OPTION 1
Private

Freedom (RX'd)

Every 2:00 (8 sets)
15/12 Calorie Air Bike
25ft Handstand Walk (Or 2 Wall Walks)

WORKOUT - OPTION 2

-Zone 2/Recovery

You can use the first part of the 2,000m Row as the warm-up.

Complete this as a 45-60 Min @Easy/Zone 1-2:
2000m Row

5 Half Kneeling Kettlebell Windmill (each side)
3000m Bike Erg OR 1200m Run OR 90/72 cal Air Bike
45 Sec Passive Hang
5 ATG Split Squats (each leg)
- no weight - 3 sec pause in bottom working ROM