

MONDAY

WARM-UP -
1 Round Through
10 yd walk on toes
10 yd walk to toes backwards
10 yd walk on heels
10 yd walk feet turned out
10 yd walk feet turned in
10 yd lunge walk-arms locked out overhead
10 yd lunge walk - torso twist towards forward leg
10 yd butt kickers
10 yd high knees
-into-
Crossover Symmetry Warm-up or
Banded 7's
* If you have time, go through more of the Hinshaw Warm Up *

WORKOUT PREP -
1 set
100m Run (workout pace)
3 Pull-Ups
6 Push-Ups
9 Air Squats

PULL-UP EFFICIENCY SKILL REVIEW -
With today being the start of Murph prep, now is a great time to work on form and efficiency in whatever pull-up option you plan to use when we do full Murph in 5 weeks.

Level 1: jumping pull-ups
Level 2: kipping or butterfly pull-ups
Level 3: vested

WORKOUT - Half Murph

Freedom (RX'd)

800m Run
50 Pull-Ups
100 Push-Ups
150 Air Squats
800m Run

The pull-ups, push-ups, and air squats can be partitioned in any way. The runs must be done unbroken. Advanced athletes can choose to add a weighted vest.

MOBILITY -

1 min Seal Pose
1 min Bicep stretch on wall
1 min Tricep lacrosse ball smash (each side)

TUESDAY

WARM-UP -
8:00 AMRAP
25-sec Air bike (easy) 25-sec Air bike (moderate)
10-sec Air bike (hard)
5 Jumping Squats
5 Down Dog/Seal Pose Transitions
5 World's Greatest Stretch (each side)

WORKOUT PREP -
1:1 With Partner (Each perform then move to the next set)
30-second Bike (easy) into
20-second Bike (moderate) into
10-second Bike (hard)

WORKOUT - Guava
Freedom (RX'd)

Teams of 2 (1:1)
50-40-30-20-10 Calorie Air Bike*
*40-32-24-16-8 Women's Calories
-Repeat from Jan 5th, 2023

Mayhem Mini-Pump – Shoulders and Glutes
4 rounds:

10 Double DB Prone Row (moderate weight)
10 Lying DB Hamstring Curl (moderate-light weight)

*Rest 1 minute b/t rounds

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

WEDNESDAY

WARM-UP -
Burgener Warm Up (10-15 mins) (Snatch) + Skill Transfer (if time allows)
* 10 minutes with a PVC or Empty Barbell
* Perform 3-5 reps at each movement
-into-
3x High Hang Snatch + 3x Hang Snatch + 3x Snatch (PVC or Empty Barbell)
* 5 minutes, 2-3 times through
* Focus on footwork and finishing the pull

STRENGTH -
Every 3:00 (5 sets)
3 Squat Snatch + 5 Overhead Squats (Touch and Go, Build in weight, don't exceed 65%)

WORKOUT PREP -

3 sets:
10 Double Unders
10ft Lunge Walk Variation*
*Set 1: Farmer Carry Lunge
*Set 2: Front rack Lunge
*Set 3: Single Arm Overhead Lunge

WORKOUT - Papaya
Freedom (RX'd)

8:00 AMRAP
300 Double Unders
50ft Dumbbell Farmer Carry Lunge (50's/35's)
50ft Dumbbell Front Rack Lunge (50s/35s)
50ft Single Arm Dumbbell Overhead Walking Lunge (50/35) (25ft Left/25ft Right) (KG conv: 22.5/15 DBs)

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

THURSDAY

WARM-UP -
10:00 AMRAP
45-Second Ski (or Row)
10 Roll and Reach
10 Iron Cross
10 Scorpions
10 Downward Dog to Seal Pose

WORKOUT PREP -

2 sets:
5/4 Calorie Ski (or Row) 5 GHD's
5 V-Ups

WORKOUT - Dragonfruit

Teams of 2
5 sets: (1:1)
12/10 Calorie Ski (Or Row)
10 GHD's (Or Stick Sit Ups)
12/10 Calorie Ski (Or Row)
10 V-Ups

-rest at least 3:00 before beginning accessory -

Mayhem Mini-Pump – Core
4 rounds:
15 Pulse Ups
60 sec Superman Hold
30yd Offset Overhead Farmer Carry (left overhead/right farmer hold)
30yd Offset Overhead Farmer Carry (right overhead/left farmer hold)

*Rest 2 minutes b/t rounds

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

FRIDAY

WARM-UP -
2:00 Row
-into-
3 sets:
5 Inch Worms
4 Muscle Cleans and Shoulder Press (empty bar)
3 Hang Power Clean and Push Press (empty bar)
2 Clean and Jerks (empty bar)

STRENGTH -

"Gwen"
15-12-9 Clean and Jerk (For Load)
*Every 4:00, complete 1 set. Each set must be unbroken, touch and go.

WORKOUT PREP-

2 sets:
2 Burpee Box Jump Overs (build-in height)

WORKOUT - Acai

Freedom (RX'd)
100 Burpee Box Jump Overs (24/20)
- Repeat from April 19th, 2023

MOBILITY -

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

SATURDAY

WARM-UP-
3:00 Machine
-into-
Every minute (7:00)
5/4 Calorie Row
4 Wall Ball Thrusters
3 Box Step Ups

WORKOUT PREP-
3 sets:
20 Second Row (workout pace)

5 Wall Balls
3 Dumbbell Box Step Ups (work up in weight and height)

WORKOUT - Lychee
Freedom (RX'd)

Teams of 2
2000/1750m Row (MF 1900m)

200 Wall Balls (20/14)
2000/1750m Row (MF 1900m)
100 Dumbbell Box Step Ups (24/20)(50s/35s)
2000/1750m Row (MF 1900m)
(KG Conv: WB 9/6, DB 22.5s/15s)
-Repeat from January 7th, 2023

OPTIONAL: Mayhem Mini-Pump – Shoulders/Glutes

4 Rounds

10 Standing Single Arm DB Press @ moderate weight
10 Standing DB Lateral Raise @ moderate weight
10 GHD Hip Raise @ maintain quality

-Rest 3 min b/t rounds-

MOBILITY -

1:00 Barbell Quad Smash (each side)
1:00 Couch Stretch (each side)
1:00 Trap Smash (each side)

SUNDAY

WORKOUT - OPTION 1
Passionfruit
Freedom (RX'd)

30-20-10
Dumbbell Power Cleans (50s/35s)
Burpee Over Dumbbells (KG conv: 22.5/15 DBs)

WARM UP

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

WORKOUT - OPTION 2

-Zone 2/Recovery
45-60 Min Easy @Zone 1-2

2,000m Row
50ft Mini Band Bear Crawl
3,000m Bike Erg
20 Sec L-sit Hang
5 ATG Split Squats (per leg)
- no weight w/3 Sec pause in bottom working ROM.

If Bike Ergs are not available, the 3,000m Bike Erg can be changed to 90/72 cal Air Bike or 1200m Run.