

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>WARM-UP</b> - Burgener Warm Up + Skill Transfer: * 10 minutes with a PVC or Empty Barbell * Perform 3-5 reps at each movement - into- 3x High Hang Clean + 3x Hang Clean + 3x Clean (PVC or Empty Barbell) * 5 minutes, 2-3 times through * Focus on footwork and finishing the pull</p> <p><b>STRENGTH</b> - 15:00 to Find 1RM Clean and Jerk (build across sets)</p> <p><b>WORKOUT PREP</b> - 2 sets: 4 Wall Balls 4 Sit Ups 2 Clean and Jerks (build in weight)</p> <p><b>WORKOUT</b> - <b>Capital of Grit</b> Freedom (RX'd) 4 sets (1 set every 5:00) 24 Wall Balls (20/14) 16/13 Calorie Bike Erg (or 12/10 Calorie Air Bike) 8 Clean and Jerks (115/80) (all singles) (KG conv: 9/6 WB, 52.5/35 C&amp;J)</p> <p><b>COOL DOWN/MOBILITY</b> - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 20x 90/90 Rotations 2x 10 Reverse Leg Raises (each side) 2 Minute Bench Stretch for Lats</p>	<p><b>WARM-UP</b> - 2:00 JumpRope into 8:00 AMRAP 5 Cat/Cow 10 Box Step Overs 5 Jumping Squats 2x50ft Shuttle Run</p> <p><b>WORKOUT PREP</b> - 2 sets: 2 Burpee Box Jump Overs 2x50ft Shuttle Run</p> <p><b>WORKOUT</b> - <b>Erastus Corning</b> Freedom (RX'd) 15:00 AMRAP 1-2-3-4-5-6-7-8-9-10..... Burpee Box Jump Overs (20) 4x50ft Shuttle Runs after each set</p> <p><b>ACCESSORY</b> - Turkish Get-Ups 5 x 2 reps (each side) *Use a weight that is challenging but allows for good form throughout reps</p> <p><b>COOL DOWN/MOBILITY</b> - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 20x Shoo the Cat 2x 1 Minute Pec Stretch 1 Minute Barbell Forearm Stretch</p>	<p><b>WARM-UP</b> - 2:00 Machine -into- 8:00 AMRAP 10 Banded Good Mornings 10 Deadbugs 5 Kip Swings 10 Single Arm Dumbbell Suitcase Deadlifts (each) 5 Tuck Jumps</p> <p><b>STRENGTH</b> - 15:00 to Find 1RM Deadlift + Max Distance Broad Jump (build across sets)</p> <p><b>WORKOUT PREP</b> - 3 sets: 2 Deadlifts 3 Toes to Bar 10ft Handstand Walk (Or 1 Wall Walk) Set 1: 3 Pull Ups Set 2: 2 Chest to Bar Set 3: 1 Muscle Up</p> <p><b>WORKOUT</b> - <b>1777</b></p> <p>Freedom (RX'd)</p> <p>3 Rounds 8 Toes to Bar 8 Deadlifts (185/125) 25ft Handstand Walk (Or 2 Wall Walks) -straight into- 2 Rounds 12 Toes to Bar 12 Deadlifts (185/125) 25ft Handstand Walk (Or 2 Wall Walks) -straight into- 16 Ring Muscle Ups (Or 32 Chest to Bar Pull Ups) (KG conv: 85/57.5 DL)</p> <p><b>COOL DOWN/MOBILITY</b> - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 1 Minute Forearm Smash 1 Minute Cat Cow 2x 10 Down Dog</p>	<p><b>WARM-UP</b> - Banded 7's -into- 8:00 AMRAP 1:00 Ski (or Row 5 Single Arm Dumbbell Bench (each) 5 Alternating Single Arm Bent Over Dumbbells Rows (each) 10 Deadbugs</p> <p><b>WORKOUT PREP</b> - 2sets: Set 1 5/4 Calorie Ski (Or Row) 4 Dumbbell Bench Set 2 5/4 Calorie Ski (Or Row) Freedom (RX'd)</p> <p><b>WORKOUT</b> - <b>Erie Canal</b> Freedom (RX'd) 21-15-9-9 Calorie Ski OR Row Dumbbell Bench Press (2x35/25) -rest 5:00- 21-15-9-9 Calorie Ski or Row Bench Press (95/55) *Female Calories: 16-12-8-8 (KG conv: 15/10 DBs, 42.5/25 Barbell)</p> <p><b>MAYHEM MINI-PUMP</b> - <b>Upper Body Anterior</b> 3-4 Rounds 10 Resistance Band Chest Fly - High to Low @moderate weight -maintain quality RPE 7 -rest 30 seconds- 15 Barbell Drag Curls @ moderate weight - maintain quality RPE 7 -rest 1 minute b/t rounds- * Instead of resting 30 seconds, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes. Rest 2 minutes between rounds.</p> <p><b>COOL DOWN/MOBILITY</b> - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 20x Scorpion Kicks (each side) 1 Minute Ring Lat Stretch 1-2 minute Squat Rack Pec Minor</p>	<p><b>WARM-UP</b> - 10:00 AMRAP 30-second Jump Rope 10 Roll and Reach 3 Inchworms 3 Snatch Deadlifts 3 Hang Muscle Snatch 3 Overhead Squats 3 Squat Snatch -PVC to Empty Bar-</p> <p><b>WORKOUT PREP</b>- 3 sets: 10 Double Unders 2 Squat Snatches (build in weight)</p> <p><b>GYMNASTICS:</b> Handstand Push Ups 5 rounds of 90 seconds of work followed by 90 seconds of rest (15 minutes total) Level 1: Buy in of 30 single unders into Max unbroken push-ups with hands on a box Level 2: Buy in of 30 double unders into Max unbroken box handstand push-ups Level 3: Buy in of 50 double unders into Max unbroken strict handstand push-ups * The sets of push-ups are unbroken. Work until you have to break the set, or cap at 90 seconds if you don't need to break.</p> <p><b>WORKOUT</b> - <b>Times Union Center</b> Freedom (RX'd) Every 1:30 (8 sets) 50 Double Unders 4 Squat Snatches (50-60%)</p> <p><b>COOL DOWN/MOBILITY</b> - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 20x Scorpion Kicks (each side) 1 Minute Ring Lat Stretch 1-2 minute Squat Rack Pec Minor</p>	<p><b>WARM-UP</b>- Hinshaw Warm Up -into- 8:00 AMRAP 100m Run 10 Banded Good Mornings 10 Alternating V-Ups 5 Single Arm Ring Rows (each) 3 Sandbag Deadlifts</p> <p><b>WORKOUT PREP</b>- 2 sets: 100m Run (together) 4 Sandbag Cleans over Box (each) *build in weight</p> <p><b>WORKOUT</b> - <b>Karner Blue Butterfly</b> Freedom (RX'd) Teams of 2 3200m Run (together) 100 Sandbag Cleans over Box (48/40) (100/70) (or Power Cleans (135/95)) (KG conv: 45/32.5 SB, 60/42.5 PC)</p> <p><b>CORE WORKS:</b> 15 Kettlebell Side Bend (each side) -rest 30 seconds- 7 Alligator Roll (each side) -rest 30 seconds- 10 Landmine Windmills (each side) -rest 2 minutes b/t rounds- * Instead of resting 30 seconds, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes. Rest 2 minutes between rounds.</p>	<p><b>WORKOUT</b> - <b>OPTION 1 New York Freedom</b> (RX'd) 150 Single Unders 30 Hang Dumbbell Clean and Jerk (50/35) 100 Double Unders 30 Hang Dumbbell Clean and Jerk (50/35) 50 Crossovers (KG conv: 22.5/15 DBs)</p> <p><b>WORKOUT</b> - <b>OPTION 2: Machine Workout</b> 2 Sets 2 Min at RPE3 45 Sec at RPE8 -30 Sec Rest- 45 Sec at RPE8 -1 Min Rest- 2.5 Min at RPE3 45 Sec at RPE8 -30 Sec Rest- 45 Sec at RPE8 -1 Min Rest- 3 Min at RPE3 45 Sec at RPE8 -30 Sec Rest- 45 Sec at RPE8 -1 Min Rest- 3.5 Min at RPE3 45 Sec at RPE8 -30 Sec Rest- 45 Sec at RPE8 *Rest 5 minutes between sets.</p> <p><b>WORKOUT</b> - <b>OPTION 3: Mayhem Racing</b> Warm-up: 2 Rounds 400m Ski in Round 1 / 400m Run in Round 2 10 Bootstrappers (Air Squat holding feet) 10 Kettlebell Deadlifts (light) 10 Scap Pull-ups 10 Alternating V-ups</p> <p>Accessory: 3 Sets 8 Double DB Romanian Deadlifts with a 3 second negative 5 Negative Pull-ups (as slow as possible) :30 Hollow Hold Rest 1 minute between sets</p> <p>Pre-Workout: 100m Ski 10 Kettlebell Swings 8 Sit-ups 6 Burpees</p> <p>Workout: For Time Buy-in: 1000m Ski</p> <p>Then 3 Rounds of 20 Air Squats 20 Kettlebell Swings (53/35) 20 Sit-Ups 20 Burpees</p> <p>Cash-Out: 1000m Run</p>