

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>WARM-UP - Banded 7s - into- 8:00 AMRAP 30-second Row Easy 10 Birddogs 10 Deadbugs 5 Inchworms 5 Dynamic Squat Stretch 5 Strict Press (empty bar) STRENGTH - 5 sets 6 Shoulder Press -build across sets by feel- WORKOUT PREP - 2 sets: 10-second Row (build in pace) 2 Thrusters (build in weight) 2 Chest to Bar</p> <p>WORKOUT - Jack Frost</p> <p>Freedom (RX'd)</p> <p>4 Sets</p> <p>15/12 Calorie Row</p> <p>15 Thrusters (75/55)</p> <p>15 Chest to Bar Pull Ups</p> <p>-rest 1:1 between sets- (KG conv: 35/25)</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)</p> <p>1 Minute Cat Cow</p> <p>1 Minute Barbell Forearm Stretch</p> <p>2x 10 Seated External Rotations (each side)</p>	<p>WARM-UP - 10:00 AMRAP 1:00 Jump Rope 10 Sit Ups 10 Box Step Ups 4x50ft Shuttle Runs</p> <p>WORKOUT PREP - 2 sets: 2 Box Steps 2 Box Jumps 2 Box Jump Overs 2 GHDs (or Stick Sit-ups) 2 V-Ups</p> <p>WORKOUT - Hermey the Elf Freedom (RX'd)</p> <p>25 Box Step Ups (24/20)</p> <p>50 GHDs (Or Stick Sit Ups)</p> <p>25 Box Jumps (24/20)</p> <p>50 V-Ups</p> <p>25 Box Jump Overs (24/20)</p> <p>50 Sit Ups</p> <p>25 Box Step Ups (24/20)</p> <p>MINI PUMP - Lower Push 4 sets</p> <p>30 Second Wall Sit</p> <p>-rest 30 seconds-</p> <p>20 Front Foot Elevated Split Lunge (6") (10 each side) @ RPE 7/10</p> <p>-rest 1:00 between sets-</p> <p>* 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 1 minute between sets.</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)</p> <p>1 Minute Couch Stretch</p> <p>1 Minute Calf Foam Rolling</p> <p>1 Minute Calf & Big Toe Stretch</p>	<p>WARM-UP - Hip Halo Warm Up + Banded 7s -into- 7:00 AMRAP 30-second Machine 10 Alternating V-Ups 3 Snatch Deadlifts (empty bar)</p> <p>3 Hang Muscle Snatch (empty bar)</p> <p>3 Snatch Push Press (empty bar)</p> <p>3 Overhead Squats (empty bar)</p> <p>1 Squat Snatch (empty bar)</p> <p>STRENGTH - 5 sets</p> <p>2 Snatch @ 75-80%</p> <p>-complete a set every 2:00-</p> <p>WORKOUT PREP - 2 sets: 10-second Calorie Bike 2 Dumbbell Snatch (build in weight)</p> <p>2 Burpee Over Dumbbell</p> <p>WORKOUT - The Winter Warlock Freedom (RX'd)</p> <p>2:00 AMRAP</p> <p>15/12 Calorie Air Bike</p> <p>12 Alternating Dumbbell Snatches (50/35)</p> <p>Max Burpee over Dumbbell in remaining time</p> <p>-rest 1:00 between sets-</p> <p>* Continue until 75 Burpee over Dumbbell are complete (KG conv: 22.5/15 DB)</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)</p> <p>4x5 Quad Foam Rolling each leg</p> <p>2 Minute Bench Stretch for Lats</p> <p>1 Minute Seated Biceps Stretch</p>	<p>WARM-UP - 10:00 AMRAP 30-second Machine 30-second Jump Rope 5 Worlds Greatest Stretch (each side) 5 Roll and Reach 5 Air Squats</p> <p>WORKOUT PREP - 2 sets: 5 Air Squats 10 Double Unders</p> <p>WORKOUT - Bumble Freedom (RX'd)</p> <p>Every 2:00 (6 sets)</p> <p>15 Air Squats</p> <p>50 Double Unders</p> <p>15 Air Squats</p> <p>ACCESSORY - "Shock Method" 3 sets: 6 Bench Press (Heavy) 12 Push Ups 25 Bench Dumbbell Fly (light)</p> <p>-Rest 2:00 to 2:30 between sets-</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)</p> <p>1 Minute Posterior Hip Stretch</p> <p>2x 10 Down Dog</p> <p>1 Minute Band Biceps Stretch</p>	<p>WARM-UP - 2:00 Machine -into- 8:00 AMRAP 10 Banded Good Mornings 10 Banded Shoulder Press 10 Deadbugs 5 Deadlifts (empty bar, build across sets) 5 Kip Swings 5 Hanging Knee Raises</p> <p>WORKOUT PREP - 3 sets: 2 Deadlifts (build in weight) 2 Handstand Push Ups 2 Toes to Bar</p> <p>GYMNASTICS - HANDSTAND/GRIP (WEEK 6)</p> <p>7-minute AMRAP</p> <p>Ascending ladder of reps 1-2-3-4-5-6-etc...</p> <p>Level 1: Box Pike to Hollow Plank Shoulder Taps [right/left =1 rep]</p> <p>After EVERY round, complete 100-foot farmers carry [35s/25s] (KG conv: 15/10)</p> <p>Level 2: Walk Walk Plank Shoulder Taps [right/left =1 rep]</p> <p>After EVERY round, complete 100-foot farmers carry [50s/35s] (KG conv: 22.5/15)</p> <p>Level 3: Walk Walk + Shoulder Taps [right/left =1 rep]</p> <p>After EVERY round, complete 100-foot farmers carry [70s/50s] (KG conv: 32.5/22.5)</p> <p>WORKOUT - Yukon Cornelius Freedom (RX'd)</p> <p>3 Rounds</p> <p>7 Deadlifts (275/185)</p> <p>14 Handstand Push Ups</p> <p>21 Toes to Bar (KG conv: 125/85)</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)</p> <p>1 Minute Adductor Rockbacks 20x</p> <p>Scorpion Kicks (each side) 1</p> <p>Minute Biceps Stretch on Rig</p>	<p>WARM-UP - 3:00 Machine -into- 9:00 AMRAP 4 Lunge Matrix 10-second Handstand Hold 4 Wall Balls (light) 2x50ft Shuttle Run 4 Hang Muscle Cleans (empty bar)</p> <p>WORKOUT PREP - 2 sets: 3 Wall Balls 10ft Handstand Walk 2x50ft Shuttle Run 2 Hang Power Cleans (build in weight)</p> <p>WORKOUT - Snow Miser Every 1:00 (24:00)</p> <p>MMinute 1 - 20 Wall Balls (20/14)</p> <p>Minute 2 - 25ft Handstand Walk (or 2 Wall Walks)</p> <p>Minute 3 - 8x50ft Shuttle Runs</p> <p>Minute 4 - 5 Hang Power Cleans (185/125)</p> <p>(KG conv: 9/6 WB, 85/57.5 HPC)</p> <p>ACCESSORY 3 sets</p> <p>10 Weighted Pull Ups (or Banded Strict) @ RPE 7/10</p> <p>-rest 30 secs-</p> <p>12 Dumbbell Lateral Raises @ RPE 7/10</p> <p>-rest 30 secs-</p> <p>15 Banded Pull Aparts @ RPE 5/10</p> <p>-rest 1:00 between sets-</p> <p>* 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>WORKOUT - Scrooge McDuck Freedom (RX'd)</p> <p>30-25-20-15-10-5</p> <p>Kettlebell Swings (53/35)</p> <p>50ft Walking Lunge (KG conv: KB 22.5/15)</p> <p>WORKOUT - OPTION 2: RecoveryWorkout</p> <p>45 minutes at a steady pace: 800m Run (or 1000m Row or Ski)</p> <p>30 Sec Wall Facing Plate Step Up</p> <p>1,600m Bike Erg or 120/100 calorie Air Bike</p> <p>30 Sec Side Plank (each side)</p> <p>WORKOUT - OPTION 3: Mayhem Racing</p> <p>Warm-up: 3 minute row, bike, or run -Then- 2 rounds: 10 glute bridges 5 inchworm push-ups 10 alternating lunges 15m light sled push -Then- 2 rounds: 15m sled push (build sled weight towards workout weight) 150m row (build in pace)</p> <p>Workout: Teams of 2: 6 sets (each, 1:1) 50m Sled Push 500m Row</p> <p>Prescribed Sled Weights: Females: three 45# plates (three 20 kg plates) Males: four 45# plates (four 20 kg plates)</p>