

| MONDAY | TUESDAY | WEDNESDAY | THURSDAY | FRIDAY | SATURDAY | SUNDAY |
|---|--|---|--|---|--|---|
| <p>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</p> <p>STRENGTH - 4 sets 1 Snatch + 1 Snatch Balance (@75-80%) -complete a set every 1:30-2:00-</p> <p>WORKOUT PREP - 2 sets: 5/4 Calorie Ski 3 Overhead Squats 3 Toes to Bar</p> <p>WORKOUT - The Unknown</p> <p>Freedom (RX'd) 21-15-9 Calorie Ski (OR Row) (Female Calories: 16-12-7) Toes to Bar -@8:00- 21-15-9 Calorie Ski (OR Row) (Female Calories: 16-12-7) Overhead Squats (75/55) -@16:00- 21-15-9 Toes to Bar Overhead Squats (75/55) (KG conv: 35/25 OHS)</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 1 Minute Ring Lat Stretch 10x 5 Second Cobra 2x 10 Down Dog</p> | <p>WARM-UP - 2:00 JumpRope -into- 8:00 AMRAP 10 Banded Good Mornings 10 Deadbugs 5 Roll and Reach 10 Suitcase Deadlifts (each) 10 Skater Jumps</p> <p>STRENGTH - 2 sets 1 Deadlift @95% + 4 Bounding Jumps -complete 1 set every 1:30- 2:00-</p> <p>WORKOUT PREP - 2 sets: 10ft Dumbbell Walking Lunge (build in weight) 2 Burpee Box Get Overs (build in height)</p> <p>WORKOUT - The Unknowable Freedom (RX'd) 5 Rounds 50ft Dumbbell Walking Lunge (50s/35s) 6 Burpee Box Get Overs (48/40) (Or 10 Burpee Box Get Overs (30/24) (KG conv: 22.5/15 DBs)</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 15x Bootstrappers 1 Minute Barbell Forearm Stretch 20x Scorpion Kicks (each side)</p> | <p>WARM-UP - Hinshaw Warm Up (10:00-12:00) -into- 8:00 AMRAP 50m Jog 5 Scap Pullups 3 Kipping Pull ups/Chest to Bars 3 Inch Worms 10-second Handstand Hold</p> <p>WORKOUT PREP - 2 sets: 50m Run (at workout pace) 1 Bar Muscle Ups 1 Wall Walk</p> <p>GYMNASTICS:</p> <p>Handstand Walk/Hold EMOM 10 Level 1: Even minute: 30 seconds of wall walks to a height of comfort level Odd Minute: Double KB Overhead Static Hold [light weight] Level 2: Even minute: 30 seconds of wall walks with OPEN standards [hands on the line] Odd Minute: Double KB Overhead Static Hold (53/35 lbs)(24/16 kg) Level 3: Even minute: Max unbroken handstand walk within 30 seconds [goal is to not come down for 30 seconds] Odd Minute: Double KB Overhead Static Hold (70/53 lbs)(32/24 kg)</p> <p>WORKOUT - MVP Arena Freedom (RX'd) 3 sets: 5:00 AMRAP 400m Run into 2, 4, 6, 8... reps in remaining time of: Bar Muscle Ups (Or 2x Chest to Bar) Wall Walks -rest 2:00 between sets-</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 1 Minute Dorsiflexion Matrix 2x 45 Second Ring Tricep Stretch 20x 90/90 Rotations</p> | <p>WARM-UP - Hip Halo Warm Up -into- 8:00 AMRAP 30 Single Unders 5 Box Step Up 2 Box Jumps 10 Deadbugs 10 Sit Ups 3 Front Squats (empty bar) STRENGTH - 2 sets of 1 Front Squat @93% + 3 Box Jumps (moderate-high) -Complete 1 set every 1:30- 2:00- WORKOUT PREP - 2 sets: 10 Double Unders 5 Air Squats 3 GHDs</p> <p>WORKOUT - The OPEN Freedom (RX'd) 200 Double Unders 75 Air Squats 50 GHDs (Or V-Ups) 75 Air Squats 200 Double Unders</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 1 Minute Calf Foam Rolling 2x 10 Seated External Rotations (each side)</p> | <p>WARM-UP - 10:00 AMRAP 45-second Row 10 Roll and Reach 3 Inchworms 3 Hang Muscle Clean 3 Hang Power Cleans 3 Strict Press 3 Push Press 3 Push Jerks -PVC to Empty Bar-</p> <p>WORKOUT PREP - 3 sets: 5/4 Calorie Bike Erg (build in pace) 2 Hang Power Cleans + 2 Push Jerks (build in weight)</p> <p>WORKOUT - The Ranch</p> <p>Freedom (RX'd) Every 2:00 (16:00) 15/12 Calorie Bike Erg (Or 12/10 Calorie Air Bike) 6 Hang Power Cleans + 4 Push Jerks (50-60%)</p> <p>ACCESSORY - "Shock Method" 3 sets: 6 Bench Press (Heavy) 12 Push-ups 25 Bench Dumbbell Fly (light) -Rest 2:00 between sets- Score = weight of the Bench Press. You can increase weight or stay the same across all 3 sets.</p> <p>COOL DOWN/MOBILITY - 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.) 1 Minute Calf & Big Toe Stretch 20x Shoo the Cat</p> | <p>WARM-UP- 3:00 Machine -into- Banded 7's + Hip Halo -into- 10:00 AMRAP 100m Run (build in pace) 5 Wall Balls 5 Pike Push Ups 10 Deadbugs</p> <p>WORKOUT PREP- 2 sets: (with partner) 100m Partner Run 5 Synchro Wall Balls 2 Handstand Push Ups (each)</p> <p>WORKOUT - Madtown Freedom (RX'd) Teams of 2 200m Partner Run 20 Synchro Wall Balls (20/14) 40 Handstand Push Ups 200m Partner Run 20 Synchro Wall Balls (20/14) 30 Handstand Push Ups 200m Partner Run 20 Synchro Wall Balls (20/14) 20 Handstand Push Ups 200m Partner Run 20 Synchro Wall Balls (20/14) 10 Handstand Push Ups (KG conv: 9/6 WB)</p> <p>MAYHEM MINI-PUMP - ARMS AND CORE - 4 sets: 10 Ring Row - Feet Elevated @ moderate weight RPE 7 -rest 30 seconds- 10 Standing KB Crush Grip French Press @ moderate weight RPE 7 -rest 30 seconds- :30 sec Side Plank (each side) -rest 30 seconds- 10 Alt. V-Ups + V-Up -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>WORKOUT - OPTION 1 Alliant Energy Freedom (RX'd)</p> <p>Every 2:00 (8 sets) 50 Double Unders 10 Line Fencing Burpees</p> <p>WORKOUT - OPTION 2: Machine Workout 30 Min at Zone 2 (or RPE3)</p> <p>-Rest 2 Min-</p> <p>6 Sets 15 Sec at RPE9-10 5 Sec Gradual Slowing *Rest 90 seconds between sets.</p> <p>WORKOUT - OPTION 3: Mayhem Racing Warm-up: AMRAP 10: 200m Jog OR (Sled Push + Sled Pull) 10 Alternating Samson Lunges (reach overhead, open hips) 5 Inchworm Push-ups 10 Air Squats 200m Jog OR (Sled Push + Sled Pull) *Athletes should partner up with one partner starting on the run and the other on the sled. Sled weight should be light/moderate.</p> <p>Accessory: 3 Sets: 25m Sled Push 25m Sled Pull * Alternate sets with a partner. Sled weight should start moderate and increase each set to a heavy load.</p> <p>Pre-Workout: 100m Run 5 Burpee Broad Jumps 5 DB Thrusters 5 Burpees Over DB</p> <p>Workout: For Time: 800m Run 40 Burpee Broad Jumps 600m Run 30 DB Thrusters (35/25) 400m Run 20 Burpee Lateral Over DB 200m Sprint</p> |