

# WEEKLY WORKOUT OVERVIEW // 12.08-12.14



## EXTRA WEEKLY FITNESS

### SKI ERG OR ROW WORKOUT

#### 3 ROUNDS

4x (90 Sec at RPE7, 30 Sec Rest)  
- Rest 3 minutes between rounds -

### RUN WORKOUT

5x 200m at RPE7 into 200m  
Recovery Jog  
- Rest 2 Min -  
3x 200m at RPE7 into 200m  
Recovery Jog  
- Rest 2 Min -  
200m at RPE8

### MINI PUMP // UPPER PULL

#### 5 SETS

10 Dumbbell Seal Rows @ RPE 7/10  
- rest 30 secs -  
10 Dumbbell Crush Grip Lat  
Pulldowns @ RPE 7/10  
- rest 1 minute between sets -

#### 3 SETS

8 Strict Pull Ups  
- rest 30 secs -  
12 Seated Incline Bench Curls (both  
arms, same time) @ RPE 7/10  
- rest 1 minute between sets -

\*\*score is total time for the mini pump\*\*

## MONDAY // 12.08

### STRENGTH

#### FRONT SQUAT

4x8, build in sets based on feel

### WORKOUT

#### FREEDOM (RX'D)

2 sets:  
25/20 Calorie Air Bike  
25 Hang Power Cleans (95/65)  
25/20 Calorie Air Bike  
25 Chest to Bar Pull-ups  
- Rest until 10:00, repeat -  
(KG conv: 42.5/30)

## TUESDAY // 12.09

### WORKOUT

#### FREEDOM (RX'D)

15:00 AMRAP  
3 Wall Walks  
12 Dumbbell Bench Press  
(50s/35s)  
15 Abmat Sit Ups  
(KG conv: 22.5/15 DBs)

### GYMNASTICS / ACCESSORY

#### 8-MINUTE EMOM

**Level 1:**  
Odd minute: 30 seconds of  
elbow plank hold  
Even minute: 7-10 Ring  
Rows  
**Level 2:**  
Odd minute: 30 seconds of  
barbell "ab rollers"  
Even minute: 1 Rope  
Climbs (sub 6-8 Strict Chin  
Ups, if needed)  
**Level 3:**  
Odd minute: 30 seconds of  
barbell "ab rollers"  
Even minute: 2 Rope  
Climbs (sub 10 Strict Chin  
Ups, if needed)

## WEDNESDAY // 12.10

### WORKOUT

#### FREEDOM (RX'D)

2 Rounds  
15 Box Jumps (24/20)  
9 Overhead Squats (115/85)  
- rest 1:1 -  
2 Rounds  
15 Box Jumps (24/20)  
12 Overhead Squats (95/65)  
- rest 1:1 -  
2 Rounds  
15 Box Jumps (24/20)  
15 Overhead Squats (75/55)  
(KG conv: 52.5/35, 42.5/30,  
35/25)

### GYMNASTICS / ACCESSORY

#### 3 SETS

20 Russian Kettlebell Swings @  
RPE 7/10  
- rest 30 seconds -  
20 Dumbbell Glute Bridges

## THURSDAY // 12.11

### WORKOUT

#### FREEDOM (RX'D)

25x50ft Shuttle Run  
100/80 Calorie Row  
25x50ft Shuttle Run

### GYMNASTICS / ACCESSORY

#### 3-4 SETS:

10 Landmine Press (each) @  
Moderate weight - maintain  
control and quality  
10 Landmine Twists @ Moderate  
weight - maintain control and  
quality  
10 Landmine RDL (each) @  
Moderate weight - maintain  
control and quality  
- Rest 2:00 between sets -

## FRIDAY // 12.12

### STRENGTH

#### CLEAN & JERK

Clean + Jerk (5x2 @ 75-80%)

### WORKOUT

#### FREEDOM (RX'D)

1-2-3-4-5-5-4-3-2-1  
Power Cleans (185/125)  
30 Double Unders after each set  
(KG conv: 85/57.5 PC)

## SATURDAY // 12.13

### WORKOUT

#### FREEDOM (RX'D)

Teams of 2  
5 sets (each/1:1)  
15/12 Calorie Air Bike  
25ft Dumbbell Lunge (35s/25s)  
100m Run  
1 Rope Climb (Or 3 Strict Pull  
Ups)  
(KG conv: 15/10 DBs)

### GYMNASTICS / ACCESSORY

#### 3 SETS

15 V-Ups  
-rest 30 secs-  
10 Rotational Medball Throw  
(each side)  
- rest 30 secs -  
10 Single-Arm Dumbbell  
Overhead Extensions (both arms  
same time) @ RPE 7/10  
- rest 30 secs -  
20 alternating Zottman Curl @  
RPE 7/10 (10 each side)  
- rest 1 minute between sets -

## SUNDAY // 12.14

### WORKOUT // OPTION 1

#### FREEDOM (RX'D)

3 rounds  
500/450m Row  
50ft Handstand Walk (Or 4 Wall Walks)  
25 GHD's (or 25 V-Ups)

### WORKOUT // OPTION 2

#### ACTIVE RECOVERY

45:00 AMRAP  
800m Run  
3 Turkish Get Up (per arm, 53/35)  
1,600m Bike Erg  
30 Sec GHD Hollow Hold

### WORKOUT // OPTION 3

#### 3 SETS

250m Ski  
**3 SETS**  
20m Burpee Broad Jump  
**3 SETS**  
250m Row  
**3 SETS**  
50m Farmers Carry  
**3 SETS**  
25m Sandbag Lunge  
**3 SETS**  
25 Wall Balls

- Rest 0:30 between sets -  
- Rest 1 minute when switching  
stations -