



WEEKLY OVERVIEW

04.27 - 05.01

Monday // 04.27	Tuesday // 04.28	Wednesday // 04.29	Thursday // 04.30	Friday // 05.01
STRENGTH	GYMNASTICS	ACCESSORY	STRENGTH	STRENGTH
Every 2:00 x 5 Sets 3 Back Squats @ 72-75% or RPE 7-8	Rope Climbs	Monthly Challenge For Time: 100 Toes to Bar (Cap: 10:00)	Every 2:00 x 6 Sets 1 Squat Clean + 1 Hang Squat Clean @ 72-75% or RPE 7-8	Every 1:00 x 8 Sets 2 Power Snatch (singles) @ 72-75% or RPE 7-8
WORKOUT - LA Lakers	WORKOUT - Golden State Warriors	WORKOUT - San Antonio Spurs	WORKOUT - New York Knicks	WORKOUT - Miami Heat
FREEDOM (RX'D) 10 Rounds 200m Run 2 rounds of "Cindy" 5 Pull Ups 10 Push Ups 15 Air Squats (Score by Rounds + Reps)	FREEDOM (RX'D) 10:00 AMRAP 15 Push Press (75/55) 15 Box Jump (24/20) (Score by Rounds + Reps) (KG conv: 35/25)	FREEDOM (RX'D) 3 x 4:00 AMRAP 18/15 Calorie Air Bike 15 Burpee to Bar Max Distance Body Weight Lunge (25 ft sections) - rest 1:00 between AMRAPs - (Scored by distance each set)	FREEDOM (RX'D) 75 Wall Balls (20/14) 25 Power Cleans (165/110) 75 Wall Balls (20/14) (Score by Time) (KG conv: 75/50 PC, 9/6 WB)	FREEDOM (RX'D) 50-40-30-20-10 Calorie Row 100-80-60-40-20 Double Unders (Score by Time) (Women's Calories: 40-32-24-16-8)



ACCESSORIES & COOL DOWNS

Weekdays

Monday		Tuesday		Wednesday													
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