

# WEEKLY OVERVIEW

04.13 - 04.19

[Weekly Overview Video Breakdown Here](#)

EXTRA WEEKLY FITNESS	MONDAY // 04.13	TUESDAY // 04.14	WEDNESDAY // 04.15
	<b>STRENGTH</b>	<b>STRENGTH</b>	<b>GYMNASTICS</b>
	No Strength or Gymnastics	Every 2:00 x 6 sets 1 Clean Pull + 1 Hang Squat Clean + 1 Front Squat @ 65-70% OR RPE 6-7	Rope Climbs
	<b>WORKOUT – Half Murph</b>		<b>WORKOUT – Aston Martin DB5</b>
	<b>FREEDOM (RX'D)</b>	<b>WORKOUT – VW Beetle</b>	<b>FREEDOM (RX'D)</b>
	800m Run -into- 10 rounds 5 Strict Pull-Ups (or 1 Rope Climb) 10 Push-Ups 15 Air Squats -into- 800m Run (Scored by Time)	4 sets 3:00 AMRAP 20 Box Step Overs (20) 10 Deadlifts (155/105) -rest 1:00 between sets- *start where you left off each time (Scored by Rounds + Reps) (KG conv: 70/47.5)	7 Rounds 21 Shoulder Press (75/55) 21 Sit Ups (Scored by Time) (KG conv: 35/25)

THURSDAY // 04.16	FRIDAY // 04.17	SATURDAY // 04.18	SUNDAY // 04.19
<b>STRENGTH</b>	<b>STRENGTH</b>	<b>ACCESSORY</b>	<b>OPTION 1 – WORKOUT</b>
Every 1:00 x 10 sets 2 Power Snatch (singles) @ 65% OR RPE 6	Every 2:00 x 5 sets 5 Bench Press @ 70% OR RPE 7	Mayhem Mini-Pump – Glutes 4 Rounds: 10 Weighted Hip Thrust @ moderate weight -rest 30 seconds- 10 Back Rack Box Step Ups (each side) @ moderate weight	<b>FREEDOM (RX'D)</b> 15:00 AMRAP 3-6-9-12... Kettlebell Swings (53/35) Air Bike Calories *30ft Bodyweight Lunge between rounds (women's calories: 2-4-6-8...) (Scored by Rounds + Reps)
<b>WORKOUT – Porsche 911</b>	<b>WORKOUT – Chevy Bel Air</b>		<b>OPTION 2 – RECOVERY WORKOUT</b>
<b>FREEDOM (RX'D)</b> 75/60 Calorie Row 50 Burpee Over Bar 25 Power Snatch (135/95) (Scored by Time) (KG conv: 60/42.5)	<b>FREEDOM (RX'D)</b> 9-7-5 Front Squats (155/105) Ring Muscle Up -@10:00- 5-7-9 Front Squats (155/105) Ring Muscle Up (Scored by Time each set) (KG conv: 70/47.5)	<b>WORKOUT – Team Jerry</b> <b>FREEDOM (RX'D)</b> Teams of 2 1 Mile Run (together) 2000m Row (split) 1 Mile Run (together) (Scored by Time)	45 Minutes at Zone 2 Pace 4,000m Bike Erg OR 120/100 calorie Air Bike OR 1 mile Run 3 Turkish Get Up (per arm 53/35) 1500m Row 30 Sec Wall Facing Handstand Hold (KG conv: 24/16)