



Monday Feb 24th



General Fitness

A. Back Squat:

- 10-8-5-3-2-1

Increasing Load

B. For Time:

- 1-2-3-4-5-6-7-8-9-10 Reps:

Snatch 95/65

- 10-9-8-7-6-5-4-3-2-1 Reps:

Box Jump

Overs 24/20

Modified

A. Back Squat:

- 10-8-5-3-2-1

Increasing Load

B. For Time:

- 1-2-3-4-5-6-7-8-9-10 Reps:

Snatch 65/35

- 10-9-8-7-6-5-4-3-2-1 Reps:

Box Step

Overs 24/20

Competitors

A. Back Squat:

- 10-8-5-3-2-1

Increasing Load

B. For Time:

- 1-2-3-4-5-6-7-8-9-10 Reps:

Snatch 135/95

- 10-9-8-7-6-5-4-3-2-1 Reps:

Box Jump

Overs 30/24



Tuesday Feb 25th



General Fitness

A. AMRAP 12:

- 250m Row
- 10 Hang Power Cleans 95/65
- 5 Burpees Over Bar

Rest 5 Minutes

B. AMRAP 6:

- 2 Strict Pull-ups
- 2 Squat Clean 115/80

Modified

A. AMRAP 12:

- 250m Row
- 10 Hang Power Cleans 75/45
- 5 Burpees Over Bar

Rest 5 Minutes

B. AMRAP 6:

- 4 Ring Rows
- 2 Squat Clean 75/45

Competitors

A. AMRAP 12:

- 250m Row
- 10 Hang Power Cleans 135/95
- 5 Burpees Over Bar

Rest 5 Minutes

B. AMRAP 6:

- 2 Muscle-ups
- 2 Squat Clean 185/115



Wednesday Feb 26th



General Fitness

A. EMOM 8:

- 2 Strict Press
- 3 Push Press

Go Immediately Into Push Press From Strict. Use 70-80% 1RM Strict Press.

B. 5 Rounds For Time

- 12 ALT DB Snatch 40/25
- 15/12 Cal Bike
- 18 Med Ball Sit-ups

Modified

A. EMOM 8:

- 2 Strict Press
- 3 Push Press

Go Immediately Into Push Press From Strict. Use 70-80% 1RM Strict Press.

B. 5 Rounds For Time

- 12 ALT DB Snatch 30/20
- 15/12 Cal Bike
- 18 Sit-ups

Competitors

A. EMOM 8:

- 2 Strict Press
- 3 Push Press

Go Immediately Into Push Press From Strict. Use 70-80% 1RM Strict Press.

B. 5 Rounds For Time

- 12 ALT DB Snatch 50/35
- 15/12 Cal Bike
- 18 GHD Sit-ups



Thursday Feb 27th



General Fitness

10 Rounds Every 2
Minutes Alt

Between:

- 25/20 Cal Row
- AMRAP 90Sec:
5 Pull-ups, 10 Push-
Ups, 15 Squats

Modified

10 Rounds Every 2
Minutes Alt

Between:

- 20/15 Cal Row
- AMRAP 90Sec:
5 Banded Pull-ups,
10 Push-Ups, 15
Squats

Competitors

10 Rounds Every 2
Minutes Alt

Between:

- 25/20 Cal Row
- AMRAP 90Sec:
5 C2B Pull-ups, 10
Push-Ups, 15
Squats



Friday Feb 28th



General Fitness

AMRAP 20:

Ascending Reps

1,2,3,4,5,6,7,etc...

- Wall Balls 20/14
- Toes to Bar
- Over Head Squat 45/35

Modified

AMRAP 20:

Ascending Reps

1,2,3,4,5,6,7,etc...

- Wall Balls 14/10
- Toes toward Bar
- Over Head Squat 45/35

Competitors

AMRAP 20:

Ascending Reps

1,2,3,4,5,6,7,etc...

- Wall Balls 30/20
- Toes to Bar
- Over Head Squat 75/55



Saturday Feb 29th



General Fitness

Teams of 2 Complete:

- 100 Double Unders
- 50 Burpees
- 50 KB Swing 53/35
- 40 Burpees
- 40 KB High Pulls 53/35
- 30 Burpees
- 30 Devil Press 40/20
- 100 Double Unders (25 Min Time Cap)

Modified

Teams of 2 Complete:

- 200 Single Unders
- 50 Burpees
- 50 KB Swing 35/25
- 40 Burpees
- 40 KB High Pulls 35/25
- 30 Burpees
- 30 Devil Press 25/15
- 200 Single Unders (25 Min Time Cap)

Competitors

Teams of 2 Complete:

- 150 Double Unders
- 50 Burpees
- 50 KB Swing 70/53
- 40 Burpees
- 40 KB High Pulls 70/53
- 30 Burpees
- 30 Devil Press 50/35
- 150 Double Unders (25 Min Time Cap)