

Monday January 7th

GF

A. 5x3 Front Squat
(across 80-85%)

B. AMRAP 10:

- 10 Hang Power Cleans 115/75
- 5 Front Squat
- 3 Shoulder to Overhead

GFL

A. 5x3 Front Squat
(across 80-85%)

B. AMRAP 10:

- 10 Hang Power Cleans 75/55
- 5 Front Squat
- 3 Shoulder to Overhead

Competitors

A. 5x3 Front Squat
(across 80-85%)

B. AMRAP 10:

- 10 Hang Power Cleans 135/95
- 5 Front Squat
- 3 Shoulder to Overhead

Tuesday January 8th

GF

“Vader”

3 Rounds:

- 24 cal row
- 21 wallballs 20/14
- 18 DB Snatches
40/20
- 15 Burpees over
rower

GFL

“Vader”

3 Rounds:

- 24 cal row
- 21 wallballs 14/10
- 18 DB Snatches
30/20
- 15 Burpees over
rower

Competitors

“Vader”

3 Rounds:

- 24 cal row
- 21 wallballs
20/14
- 18 DB Snatches
50/35
- 15 Burpees over
rower

Wednesday January 9th

GF

A. Deadlift 3x5
(Across 80-85%
1rm no bounce)

- B. AMRAP 12:
- 10 Pull ups
 - 3 Deadlifts
225/155
 - 20 Push ups

GFL

A. Deadlift 3x5
(Across 80-85% 1rm
no bounce)

- B. AMRAP 12:
- 10 Ring Rows
 - 3 Deadlifts 135/95
 - 10 Push ups

Competitors

A. Deadlift 3x5
(Across 80-85%
1rm no
bounce)

- B. AMRAP 12:
- 10 Chest to Bar
Pull ups
 - 3 Deadlifts
275/185
 - 20 Push ups

Thursday January 10th

GF

For Time:

- 50 Double Unders
- 5 Snatches 115/75
- 50 Double Unders
- 4 Snatches
- 50 Double Unders
- 3 Snatches
- 50 Double Unders
- 2 Snatches

GFL

For Time:

- 75 Single Unders
- 5 Snatches 85/55
- 75 Single Unders
- 4 Snatches
- 75 Single Unders
- 3 Snatches
- 75 Single Unders
- 2 Snatches

Competitors

For Time:

- 50 Double Unders
- 5 Snatches 155/95
- 50 Double Unders
- 4 Snatches
- 50 Double Unders
- 3 Snatches
- 50 Double Unders
- 2 Snatches

Friday January 11th

GF

Tabata:

- Toes to bar
- Sit Ups
- Step Ups 24/20
- Lunges

GFL

Tabata:

- Toes to Bar
- Sit Ups
- Step Ups
- Lunges

Competitors

Tabata:

- Toes to Bar
- Sit Ups
- Step Ups 24/20
- Lunges

Saturday January 12th

GF

Teams of 2:

AMRAP 20

- 50 Cal row
- 40 Wall balls
- 20 Syncro Burpees

GFL

Teams of 2:

AMRAP 20

- 50 Cal row
- 40 Wall balls
- 20 Syncro Burpees

Competitors

Teams of 2:

AMRAP 20

- 50 Cal row
- 40 Wall balls
- 20 Syncro Burpees

Sunday January 13th

GF

For Time:

- 30 Power Cleans
115/75
- 30 Box Jumps
- 20 Power cleans
- 20 Box Jumps
- 10 Power Cleans
- 10 Box Jumps

GFL

For Time:

- 30 Power Cleans
75/55
- 30 Step Ups
- 20 Power cleans
- 20 Step Ups
- 10 Power Cleans
- 10 Step Ups

Competitors

For Time:

- 30 Power Cleans
135/95
- 30 Box Jumps
- 20 Power cleans
- 20 Box Jumps
- 10 Power Cleans
- 10 Box Jumps