

Monday February 11th

GF

A. 5x3 Back Squat
(across 85%)

B. AMRAP 10

- 10 Push Press
95/65
- 10 Alt Front Rack
Lunges 95/65

GFL

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

B. AMRAP 10

- 10 Push Press
65/45
- 10 Alt Front Rack
Lunges 65/45

Competitors

A. 5x3 Back Squat
(across 85-90%)

B. AMRAP 10

- 10 Push Press
115/80
- 10 Alt Front
Rack Lunges
115/80

Tuesday February 12th

GF

A. “Double Bubble”

AMRAP 15:

- 25 Double Unders
- 5 Power Snatch
- 95/65
- 25 Double Unders
- 5 Chest to Bar
- Pull-ups / or box muscle ups

(*scale to pull-ups)

GFL

A. “Double Bubble”

AMRAP 15:

- 25 Single Unders
- 5 Power Snatch
- 65/45
- 25 Single Unders
- 5 Banded Pull-ups

Competitors

A. “Double Bubble”

AMRAP 15:

- 25 Double Unders
- 5 Power Snatch
- 135/95
- 25 Double Unders
- 5 Bar Muscle Ups

Wednesday February 13th

GF

A. Every 1:30 for 10 Rounds:

- 1 Squat Clean + 1 Hang Squat Clean (increasing load)

B. Double Tabata

- Power cleans @70% of final weight from part A.

GFL

A. Every 1:30 for 10 Rounds:

- 1 Squat Clean + 1 Hang Squat Clean (increasing load)

B. Double Tabata

- Power cleans @70% of final weight from part A.

Competitors

A. Every 1:30 for 10 Rounds:

- 1 Squat Clean + 1 Hang Squat Clean (increasing load)

B. Double Tabata

- Power cleans @70% of final weight from part A.

Thursday February 14th

GF

A. “Heart Breaker”
(Teams of 2)

AMRAP10:

- 2 Wallballs 20/14
- 2 Synchro Burpees
- 2 Wallballs
- 2 Synchro Burpees
- 4 Wallballs
- 4 Synchro Burpees
- 4 Wall Balls
- 4 Synchro Burpees
- Etc.....

GFL

A. “Heart Breaker”
(Teams of 2)

AMRAP10:

- 2 Wallballs 14/10
- 2 Synchro Burpees
- 2 Wallballs
- 2 Synchro Burpees
- 4 Wallballs
- 4 Synchro Burpees
- 4 Wall Balls
- 4 Synchro Burpees
- Etc.....

Competitors

A. “Heart Breaker”
(Teams of 2)

AMRAP10:

- 2 Wallballs 20/14
- 2 Synchro Burpees
- 2 Wallballs
- 2 Synchro Burpees
- 4 Wallballs
- 4 Synchro Burpees
- 4 Wall Balls
- 4 Synchro Burpees
- Etc.....

Friday February 15th

GF

A. Bench Press 3x5

B. Reps 10-1

- Deadlift 185/135
- Push-ups
- DB Curls 25/15

GFL

A. Bench Press 3x5

B. Reps 10-1

- Deadlift 135/95
- Push-ups
- DB Curls 20/10

Competitors

A. Bench Press 3x5

B. Reps 10-1

- Deadlift 225/155
- Push-ups
- DB Curls 35/20

Saturday February 16th

GF

AMRAP 20:

- 5 Toes to Bar
- 10 KB Swings
53/35
- 15 Alt Lunges

GFL

A. AMRAP 20:

- 5 Leg Raises
- 10 KB Swings
35/25
- 15 Alt Lunges

Competitors

- AMRAP 20:
- 5 Toes to Bar
- 10 KB Swings
70/53
- 15 Alt Lunges

Sunday February 17th

GF

A. EMOM 10

- 5 Barbell Rows
95/65
- 5 Burpees

B. Tabata

- Thruster 45/35

GFL

A. EMOM 10

- 5 Barbell Rows
65/45
- 5 Burpees

B. Tabata

- Thruster 45/35

Competitors

A. EMOM 10

- 5 Barbell Rows
135/85
- 5 Burpees

B. Tabata

- Thruster 45/35