

# Monday April 15<sup>th</sup>

## GF

A. Front Squat 3x5  
@85%

B. AMRAP 5  
(3 Cycles)

- 5 Burpee Box  
Jump Overs
- 10 Toes to bar
- 15 Russian KB  
Swings 53/35

## GFL

A. Front Squat 3x5  
@85%

B. AMRAP 5  
(3 Cycles)

- 5 Burpee Box  
Jump Overs
- 10 Toes toward  
bar
- 15 Russian KB  
Swings 35/25

## Competitors

A. Front Squat 3x5  
@85%

B. AMRAP 5  
(3 Cycles)

- 5 Burpee Box  
Jump Overs
- 10 Toes to bar
- 15 Russian KB  
Swings 70/53

# Tuesday April 16<sup>th</sup>

## GF

- A. 3 Rounds :
- 15 Power Snatch  
75/55
  - 15 Thrusters  
75/55

Rest 3 Minutes Then

- B. 5 Rounds:
- 10 Deadlifts 75/55
  - 10 Push Press  
75/55

## GFL

- A. 3 Rounds :
- 15 Power Snatch  
55/35
  - 15 Thrusters  
55/35

Rest 3 Minutes Then

- B. 5 Rounds:
- 10 Deadlifts 55/35
  - 10 Push Press  
55/35

## Competitors

- A. 3 Rounds :
- 15 Power Snatch  
95/65
  - 15 Thrusters  
95/65

Rest 3 Minutes Then

- B. 5 Rounds:
- 10 Deadlifts  
95/65
  - 10 Push Press  
95/65

# Wednesday April 17<sup>th</sup>

## GF

- A. EMOM 10
- 1 Power Clean
  - 1 Hang Squat Clean
  - 1 Front Squat
- 70-75% Power Clean
- B. AMRAP 10
- 5 Pull-ups
  - 3 C2B Pull-ups
  - 5 Hang Power Cleans 115/80
  - 3 Front Squat 115/80

## GFL

- A. EMOM 10
- 1 Power Clean
  - 1 Hang Squat Clean
  - 1 Front Squat
- 70-75% Power Clean
- B. AMRAP 10
- 8 Banded Pull-ups
  - 5 Hang Power Cleans 75/55
  - 3 Front Squat 75/55

## Competitors

- A. EMOM 10
- 1 Power Clean
  - 1 Hang Squat Clean
  - 1 Front Squat
- 70-75% Power Clean
- B. AMRAP 10
- 5 C2B Pull-ups
  - 3 Bar Muscle-ups
  - 5 Hang Power Cleans 155/105
  - 3 Front Squat 155/105

# Thursday April 18<sup>th</sup>

## GF

A. For time:

- 250 Double Unders or 700 Single Unders (Every time you break/Trip perform)
- 5 push-ups
- 10 sit-ups
- 10 Squats

## GFL

A. For time:

- 500 Single Unders (Every time you break/Trip perform)
- 5 push-ups
- 10 sit-ups
- 10 Squats

## Competitors

A. For time:

- 500 Double Unders (Every time you break/Trip perform)
- 5 push-ups
- 10 sit-ups
- 10 Squats

Extra Credit 6x5 Strict Pull-ups

# Friday April 19<sup>th</sup>

## GF

“Face Off”

5 Rounds on the 4:00

- 10 Deadlifts  
185/135
- 12 Bar Facing  
Burpees
- 15/12 Cal Bike

## GFL

“Face Off”

5 Rounds on the 4:00

- 10 Deadlifts  
135/95
- 12 Bar Facing  
Burpees
- 10 Cal Bike

## Competitors

“Face Off”

5 Rounds on the 4:00

- 10 Deadlifts  
225/155
- 12 Bar Facing  
Burpees
- 15 Cal Bike

# Saturday April 20<sup>th</sup>

## GF

For Time:

- 500m Row
- 30 Alt DB Snatch  
40/25
- 500m Row
- 30 Alt DB Hang  
Clean & Jerk  
40/25
- 500m Row
- 30 DB to Shoulder  
75/55
- 500m Row

## GFL

For Time:

- 500m Row
- 30 Alt DB Snatch  
20/15
- 500m Row
- 30 Alt DB Hang  
Clean & Jerk  
20/15
- 500m Row
- 30 DB to Shoulder  
45/35
- 500m Row

## Competitors

For Time:

- 500m Row
- 30 Alt DB Snatch  
50/35
- 500m Row
- 30 Alt DB Hang  
Clean & Jerk 50/35
- 500m Row
- 30 DB to Shoulder  
85/65
- 500m Row

# Sunday April 21<sup>st</sup>

## GF

GI Jane:

100 Burpee Pull-ups

Or.....

For time:

100 Toes to Bar  
(Every Time You  
Break 50 Double  
Unders)

## GFL

GI Jane:

100 Burpee Jumping  
Pull-ups

Or.....

For time:

100 Toes toward Bar  
(Every Time You  
Break 50 Single  
unders)

## Competitors

GI Jane:

100 Burpee Pull-ups

Or.....

For time:

100 Toes to Bar  
(Every Time You Break  
50 Double Unders)