

Monday March 11th

GF

A. Back Squat 3x5
@80%

B. 3 Rounds For
Time:

- 10 Front Squats
115/80
- 20 Pull-ups
- 25 Double Unders

GFL

A. Back Squat 3x5
@80%

B. 3 Rounds For
Time:

- 10 Front Squats
75/55
- 20 Banded Pull-
ups
- 50 Single Unders

Competitors

A. Back Squat 3x5
@80%

B. 3 Rounds For
Time:

- 10 Front Squats
155/105
- 20 Pull-ups
- 50 Double Unders

Tuesday March 12th

GF

AMRAP 15

- 9 Deadlifts
155/115
- 12 Push-ups
- 9 Toes to Bar

GFL

A. AMRAP 15

- 9 Deadlifts 95/65
- 12 Push-ups
- 9 Hanging
leg/knee raises

Competitors

AMRAP 15

- 9 Deadlifts
185/135
- 12 Push-ups
- 9 Toes to Bar

Wednesday March 13th

GF

A. Strict Press 5x5
@75%

B. 27-21-15-9

- Calorie Row
- Burpees Over Rower

GFL

A. Strict Press 5x5
@70%

B. 21-15-9

- Calorie Row
- Burpees

Competitors

A. Strict Press 5x5
@75-80%

B. 27-21-15-9

- Calorie Row
- Burpees Over Rower

Thursday March 14th

GF

Teams of 2 AMRAP

20:

- 20 Cal Bike
- 40 Back Rack
Lunges 95/65
- 60 V-ups

GFL

Teams of 2 AMRAP

20:

- 16 Cal Bike
- 40 Back Rack
Lunges 45/35
- 60 Situps

Competitors

Teams of 2 AMRAP

20:

- 20 Cal Bike
- 40 Back Rack
Lunges 105/75
- 50 GHD Situps

Friday March 15th

GF

- 19.4

GFL

- 19.4

Competitors

- 19.4

Saturday March 16th

GF

A. Dead Lift 5x5
@80%

B. 5 Rounds:

- 10 Push-ups
- 15 Wallballs 20/14
- 10 Barbell Rows
95/65

GFL

A. Dead Lift 5x5
@75%

B. 5 Rounds:

- 10 Push-ups
- 15 Wallballs 12/10
- 10 Barbell Rows
65/55

Competitors

A. Dead Lift 5x5
@80%

B. 5 Rounds:

- 10 Push-ups
- 15 Wallballs
20/14
- 10 Barbell Rows
135/95

Sunday March 17th

GF

“Luck of the Irish”

5 Rounds:

- 17 KB Swings
53/35
- 17 Box Jumps
24/20
- 17 Sumo Deadlift
High Pulls 53/35
- 17 Goblet Squats
53/35

GFL

“Luck of the Irish”

5 Rounds:

- 17 KB Swings
35/25
- 17 Box Step-ups
20/20
- 17 Sumo Deadlift
High Pulls 35/25
- 17 Goblet Squats
35/25

Competitors

“Luck of the Irish”

5 Rounds:

- 17 KB Swings
53/35
- 17 Box Jumps
24/20
- 17 Sumo Deadlift
High Pulls 53/35
- 17 Goblet Squats
53/35