

Monday April 22nd

GF

- A. Back Squat 3x10
@60-65%
- B. For Time:
- 50 Alt Lunges
 - 21 Pull-ups
 - 21 Sit-ups
 - 50 Alt Lunges
 - 18 Pull-ups
 - 18 Sit-ups
 - 50 Alt Lunges
 - 15 Pull-ups
 - 15 Sit-ups
 - 50 Alt Lunges
 - 12 Pull-ups
 - 12 Sit-ups
 - (etc.. Until 3)

GFL

- A. Back Squat 3x10
@60-65%
- B. For Time:
(Same starting at 18 with
banded pullups)

Competitors

- A. Back Squat 3x10
@60-65%
- B. For Time:
- Same as GF

Tuesday April 23rd

GF

3 Rounds:

- 20 Power Clean
95/65
- 20 Burpees
- 20 Box Jumps
24/20

GFL

3 Rounds:

- 20 Power Clean
65/45
- 20 Burpees
- 20 Step-ups 24/20

Competitors

3 Rounds:

- 20 Power Clean
135/95
- 20 Burpees
- 20 Box Jumps
24/20

(Extra Credit: death
by push-ups 3-6-9-
12-15-18-21)

Wednesday April 24th

GF

A. Bench Press 4x5
@ 75-80%

B. For Time:

- 800m Run
- 40 Wall balls
20/14
- 400m Run
- 20 Devil Press
30/20
- 800m Run

GFL

A. Bench Press 4x5
@ 75-80%

B. For Time:

- 400m Run
- 40 Wall balls
14/10
- 400m Run
- 20 Devil Press
15/12
- 400m Run

Competitors

A. Bench Press 4x5
@ 75-80%

B. For Time:

- 800m Run
- 40 Wall balls
30/20
- 400m Run
- 20 Devil Press
50/35
- 800m Run

Thursday April 25th

GF

- A. For Time:
10-9-8-7-6-5-4-3-2-1
- Deadlift 95/65
 - Shoulder to Overhead 95/65

- B. AMRAP 5:
- Bike Calories

GFL

- A. For Time:
10-9-8-7-6-5-4-3-2-1
- Deadlift 75/55
 - Shoulder to Overhead 75/55

- B. AMRAP 5:
- Bike Calories

Competitors

- A. For Time:
10-9-8-7-6-5-4-3-2-1
- Deadlift 95/65
 - Shoulder to Overhead 135/95

- B. AMRAP 5:
- Bike Calories

Friday April 26th

GF

A. Overhead Squat
work up to a
heavy set of 5

- B. AMRAP 15:
- 60 Cal Row
 - 45 Thrusters
55/35
 - 30 Pull-ups
 - 15 HSPU

GFL

A. Overhead Squat
work up to a
heavy set of 5

- B. AMRAP 15:
- 40 Cal Row
 - 25 Thrusters
45/35
 - 10 Pull-ups
 - Push-ups

Competitors

A. Overhead Squat
work up to a
heavy set of 5

- B. AMRAP 15:
- 60 Cal Row
 - 45 Thrusters
65/45
 - 30 Pull-ups
 - 15 HSPU

Saturday April 27th

GF

Partner Triathlon

- 3000m row (split)
- 2 Mile Bike (Split)
- 1 Mile Run
(Together)

GFL

Partner Triathlon

- 2000m row (split)
- 1 Mile Bike (Split)
- 1 Mile Run (Split)

Competitors

Partner Triathlon

- 3000m row (split)
- 2 Mile Bike (Split)
- 1 Mile Run
(Together)

Sunday April 28th

GF

EMOM 24

- Min 1: Max KB Swings 35/25
- Min 2: Max Toes to Bar
- Min 3: Max Sit-ups
- Min 4: Rest

GFL

EMOM 24

- Min 1: Max KB Swings 25/20
- Min 2: Max Toes towards bar
- Min 3: Max Sit-ups
- Min 4: Rest

Competitors

EMOM 24

- Min 1: Max KB Swings 53/35
- Min 2: Max Toes to Bar
- Min 3: Max GHD Sit-ups
- Min 4: Rest