

# Tuesday June 25<sup>th</sup>

## GF

AMRAP 5:

- 5 Ab-mat HSPU or Wall Walks
- 10 Squat Cleans 95/65

REST 3 Min

AMRAP 5:

- 10 DB Push Press 40/25
- 5 Squat Cleans 115/75

Rest 3 Min

AMRAP 3:

- Squat Cleans 135/85

## GFL

AMRAP 5:

- 5 Push-ups
- 10 Power Cleans 65/45

REST 3 Min

AMRAP 5:

- 10 DB Push Press 20/15
- 5 Power Cleans 75/55

Rest 3 Min

AMRAP 3:

- Power Cleans 85/65

## Competitors

AMRAP 5:

- 5 Strict HSPU
- 10 Squat Cleans 135/95

REST 3 Min

AMRAP 5:

- 10 DB Push Press 50/35
- 5 Squat Cleans 185/115

Rest 3 Min

AMRAP 3:

- Squat Cleans 205/135

# Wednesday June 26<sup>th</sup>

## GF

For Time:

- 80 Cal Row
- Rest 2 Min
- 60 Cal Row
- Rest 90 Sec
- 40 Cal Row
- Rest 1 Min
- 20 Cal Row

Finish with 100 Sit-ups

## GFL

For Time:

- 60 Cal Row
- Rest 90 Sec
- 40 Cal Row
- Rest 1 Min
- 20 Cal Row

Finish with 50 Sit-ups

## Competitors

For Time:

- 80 Cal Row
- Rest 2 Min
- 60 Cal Row
- Rest 90 Sec
- 40 Cal Row
- Rest 1 Min
- 20 Cal Row

Finish with 100 Sit-ups

# Thursday June 27<sup>th</sup>

## GF

5 rounds:

- 12 Deadlifts 85/55
- 9 Overhead Squats 85/55
- 6 Hang Power Snatch 85/55

Tabata DB Curls at the end.

## GFL

5 rounds:

- 12 Deadlifts 65/45
- 9 Overhead Squats 65/45
- 6 Hang Power Snatch 65/45

Tabata DB Curls at the end.

## Competitors

5 rounds:

- 12 Deadlifts 115/80
- 9 Overhead Squats 115/80
- 6 Hang Power Snatch 115/80

Tabata DB Curls at the end.

# Friday June 28<sup>th</sup>

## GF

A. Back Squat 5x3  
85%

B. AMRAP 10

- 5 Push Press  
105/75
- 15 Toes to Bar
- 10 Box Jumps  
24/20

## GFL

A. Back Squat 5x3  
85%

B. AMRAP 10

- 5 Push Press  
75/55
- 15 Toes towards  
Bar
- 10 Step-ups 24/20

## Competitors

A. Back Squat 5x3  
85%

B. AMRAP 10

- 5 Push Press  
135/95
- 15 Toes to Bar
- 10 Box Jumps  
30/24

# Saturday June 29<sup>th</sup>

## GF

Teams of 2(Split Evenly)

- 50 Power Cleans 105/75
- 50 Burpees over the Bar
- 40 Front Squats 105/75
- 40 Burpees over the Bar
- 60 WallBalls 20/14
- 60 Cal Bike

## GFL

Teams of 2(Split Evenly)

- 40 Power Cleans 75/55
- 40 Burpees over the Bar
- 30 Front Squats 75/55
- 30 Burpees over the Bar
- 50 WallBalls 14/10
- 50 Cal Bike

## Competitors

Teams of 2(Split Evenly)

- 50 Power Cleans 135/95
- 50 Burpees over the Bar
- 40 Front Squats 135/95
- 40 Burpees over the Bar
- 60 WallBalls 20/14
- 60 Cal Bike

# Sunday June 30<sup>th</sup>

## GF

### “Midline Madness”

5 Rounds For time:

- 20 Barbell Good Mornings 45/35
- 10 GHD Sit-ups
- 20 Mountain Climbers
- 10 V-ups

## GFL

### “Midline Madness”

5 Rounds For time:

- 20 Barbell Good Mornings 45/35
- 10 Ab-mat Sit-ups
- 20 Mountain Climbers
- 10 V-ups

## Competitors

### “Midline Madness”

5 Rounds For time:

- 20 Barbell Good Mornings 45/35
- 10 GHD Sit-ups
- 20 Mountain Climbers
- 10 V-ups