



PINE BUSH
SWEAT LAB

Monday December 9th



PINE BUSH
SWEAT LAB

GF

A. Back Squat 5x5
Increasing Load
Starting at 65%

B. For Time:

- 1000m Row
- 1 Mile Bike
- 500m Row
- .5 Mile Bike
- 50 Double Unders

GFL

A. Back Squat 5x5
Increasing Load
Starting at 65%

B. For Time:

- 1000m Row
- 1 Mile Bike
- 500m Row
- .5 Mile Bike
- 100 Single Unders

Competitors

A. Back Squat 5x5
Increasing Load
Starting at 65%

B. For Time:

- 1000m Row
- 1 Mile Bike
- 500m Row
- .5 Mile Bike
- 100 Double Unders



PINE BUSH
SWEAT LAB

Tuesday December 10th



PINE BUSH
SWEAT LAB

GF

A. Power Snatch
Increasing Load
3-3-2-2-2-1-1

B. AMRAP 5:
• 10 Pull-ups
• 5 Over-Head
Squats 75/55

Rest 2 Minutes

AMRAP 5:
• 10 Push-ups
• 5 Power Snatch
75/55

GFL

A. Power Snatch
Increasing Load
3-3-2-2-2-1-1

B. AMRAP 5:
• 10 Banded Pull-ups
• 5 Over-Head
Squats 45/35

Rest 2 Minutes

AMRAP 5:
• 10 Push-ups
• 5 Power Snatch
45/35

Competitors

A. Power Snatch
Increasing Load
3-3-2-2-2-1-1

B. AMRAP 5:
• 10 Pull-ups
• 5 Over-Head
Squats 95/65

Rest 2 Minutes

AMRAP 5:
• 10 Push-ups
• 5 Power Snatch
115/80



PINE BUSH
SWEAT LAB

Wednesday December 11th



PINE BUSH
SWEAT LAB

GF

EMOM 20:

- Min 1: 10
Wallballs 20/14
- Min 2: 10 Burpees
- Min 3: 10 KB
Swings 53/35
- Min 4: 10 ALT DB
Snatch 40/25

GFL

EMOM 20:

- Min 1: 10
Wallballs 14/10
- Min 2: 8 Burpees
- Min 3: 10 KB
Swings 35/25
- Min 4: 10 ALT DB
Snatch 30/20

Competitors

EMOM 20:

- Min 1: 10
Wallballs 30/20
- Min 2: 10
Burpees
- Min 3: 10 KB
Swings 70/53
- Min 4: 10 ALT DB
Snatch 50/35



PINE BUSH
SWEAT LAB

Thursday December 12th



PINE BUSH
SWEAT LAB

GF

A. Clean

Power or Squat/
Increasing Load
10x1

B. AMRAP 12:
3-6-9-12-15-etc..

- Front Squats
95/65
- Cal Row

GFL

A. Clean

Power or Squat/
Increasing Load
10x1

B. AMRAP 12:
6-9-12-15-etc..

- Front Squats
75/55
- Cal Row

Competitors

A. Clean

Power or Squat/
Increasing Load
10x1

3- B. AMRAP 12:
3-6-9-12-15-

- etc..
- Front Squats
115/75
- Cal Row



PINE BUSH
SWEAT LAB

Friday December 13th



PINE BUSH
SWEAT LAB

GF

A. Push Press 5x5
Increasing Load

B. AMRAP 15:

- 10 ALT DB Hang
C&J 40/25
- 15 Box Jumps
24/20
- 20 Sit-Ups

GFL

A. Push Press 5x5
Increasing Load

B. AMRAP 15:

- 10 ALT DB Hang
C&J 30/20
- 15 Step Ups 20/20
- 20 Sit-Ups

Competitors

A. Push Press 5x5
Increasing Load

B. AMRAP 15:

- 10 ALT DB Hang
C&J 50/35
- 15 Box Jumps
24/20
- 20 Sit-Ups



PINE BUSH
SWEAT LAB

Saturday December 14th



PINE BUSH
SWEAT LAB

GF

Teams of 2:

AMRAP 20

- 20 Cal Row
 - 20 WallBalls
- 20/14

Partners must
alternate
movements each
round

GFL

Teams of 2:

AMRAP 20

- 20 Cal Row
- 20 WallBalls 14/10

Partners must
alternate movements
each round

Competitors

Teams of 2:

AMRAP 20

- 20 Cal Row
 - 20 WallBalls
- 20/14

Partners must
alternate
movements each
round