

MONDAY 7/12/21 (WEEK 3)

Situational Awareness

1. You own your implement. Never drop a barbell or implement into another person's workspace. When you fail a rep, it is your responsibility to stop that implement from rolling or bouncing into someone else's space. You are responsible for whatever that implement does and wherever it goes.
2. Never walk in front of someone as they perform a heavy lift. A lifter's field of view is very important to their success and safety. If someone is chambering for a lift, do not enter their field of view.
3. Never pick up someone else's equipment or take their space during a workout, unless you and the other athlete have discussed it. This includes Wallball station, Pull-Up bar station, Handstand space, and all implements. Unless you have discussed sharing equipment or space, do not intrude on someone else's workout set-up.
4. Be respectful of working athletes and their space. Do not walk through peoples' spaces while they work. Do not migrate your reps into someone else's space. If you are arriving to a busy class and walk through the room, navigate around working athletes with awareness and respect to their workspace.

Shoulder to Overhead Day!

Push Jerk 3RM

1. 00:00-6x30%
2. 02:00-6x40%
3. 04:00-5x50%
4. 06:00-5x60%
5. 08:30-4x70%
6. 11:00-4x80%
7. 14:00-3x80-90% (successful thru here)
8. 17:00-3RM

PART 2

AMRAP 10

-10 Thrusters 115/85

-70 Double Unders

As written

95/65, 60 DUs

75/55, 50 DUs

65/45, 30 DUs, or attempts

55/35, 20 DUs or 40 sec of DU practice

All barbells controlled to the ground.

Simple.... Traditional.... This is going to hurt. Especially if you are good at Double Unders and aren't limited by coordination.... Get your game face on!

TUESDAY 7/13/21 (WEEK 3)

Squat Day!

Back Squat

-5RM on an 8-set approach

1) 0:00-6x30% (3 reps 3SN3SH)

2) 2:00-6x40% (3 reps 3SN3SH)

3) 4:30-6x50% (2 reps 3SN3SH)

4) 7:00-6x60% (1 rep 3SN3SH)

5) 10:00-5x70%

6) 13:00-5x75-80%

7) 17:00-5x75-90%

8) 21:00-5x80-100%

"3SN3SH" means: 3 sec negative and 3 sec pause in the bottom

-3 sec negative helps activate all your muscles by giving more time under tension. Take a deep breath and brace yourself, then start going down, and in your head, count "3, 2, 1". When you get to "1", you should be bottomed-out and the pause count begins.

-3 sec pause in the bottom helps loosen the right muscles, tendons and ligaments in your legs and hips while the right muscles in your back and core are active (it is the best way to stretch for a Squat) Do not breath in the bottom while holding. Hold your breath you took in at the top and maintain tension in your core while you sit down there. Let the weight push you down, opening your legs and hips, but keep your core engaged. By the count of "3", you should feel like you're about to pop.

This slow eccentric (way down) and pause in the bottom when it's moderate is a great way to warm up your muscles and get loose for optimal position. You'll do it for the listed amount of reps, and then perform the rest as normal squats.

Plan your approach to be successful through at least Set 7. If you fail on the last set, so be it, but do your best for success thru Set 7.

PART 2

AMRAP 12

-12 Wallballs

-12 Pull-Ups

20/14 to 10/9, Chest to Bar

20/14 to 10/9, Pull-Ups

20/14 to 10/9, Assisted Pull-Ups

The most challenging medball you can use to still do a full squat and get the ball to 10/9, Challenging Pull-Ups

The most challenging medball you can use to still do a full squat and get the ball to 10/9, Vertical ring rows

You'll notice the Wallball standard maintains today a little longer than usual and doesn't scale down with the Pull-Ups.... That is because it is SQUAT DAY and not Gymnastics Day.

Even if you don't have Pull-Ups today, strive to be working your way towards the traditional Rx Wallball standard (20/14 to 10/9). Even if the Wallballs get broken up into 3-4 sets today, if you can get a full squat and throw that ball to 10/9, do it!

WEDNESDAY 7/14/21 (WEEK 3)

Gymnastics Day!

Three 8-minute workouts with 5-8 minutes in between each effort.

1: AMRAP 8

-16 Toes to Bar

-16 Single Handed DB Thrusters 50/35

Switch hands on Thrusters every 8 reps.

T2B element should be moderate difficulty. Work on kipping rhythm instead of swinging. You should be able to perform the 16 reps in 1-3 sets.

As written

Toes close to bar

Knees to 90, heavier than 30/20

Hanging Knee Raises, 30/20

Toes to KB, as able DB

2: AMRAP 8

-16 Kipping Handstand Push-Ups

-16 KB Sumo Deadlift High Pulls 70/53

HSPUs should be moderate difficulty. You should be able to perform the 16 reps in 1-3 sets.

As written

Abmat HSPU 53/44

Abmat x 2 or negatives, 44/35

HSPU from box, 35/26

Pike Push-Ups, as able KB

3: AMRAP 8

-8x10' HSW Shuttles

-16 Box Jump Overs 24/20

For the shuttles, you must have your hands start behind the line and then have both hands cross the next line. Even if you can do 80 feet unbroken, you must come down and kick up and do 10' shuttles.

As written

4x10' HSW Shuttles

8 Wall Walks

4 Wall Climbs, Step Overs

16 Inch Worms, Step Overs

THURSDAY 7/15/21 (WEEK 3)

Snatch Day!

NOT TOUCH N GO

Power Snatch 4x2

-Last time we Power Snatched, it was a 5x3, so try to go a little heavier today!

-Last time we Squat Snatched, we did a 4x2, and this "should" be a little lighter than that

0:00-5x30%

2:00-5x40%

4:00-4x50%

6:30-4x60%

9:00-3x70%

12:00-3x80%

15:00-2x85-90%

18:00-2x85-90%

21:00-2x85-90%

24:00-2x85-90%

All four sets are at 85%ish, but the SAME WEIGHT, striving for successful, sexy reps!

PART 2

AMRAP 10

-5 Heavy Snatches

-10 Burpees to Standing

Burpees to standing: no standard on hands or jump, just make sure you've stood back up, with hips and knees extended and feet together.

Please recall dropping etiquette with your barbell. It's heavy. You can drop.... But only with the right plates and under some control to minimize bouncing.

135/95

115/75

95/65

75/55

55/35

FRIDAY 7/16/21 (WEEK 3)

Calisthenics Day!

5 Rounds through 6 Stations; 30 min

-40 sec on, 20 sec off to transition

Stations (listed with options):

- 1) Lunges: Regular, Jumping, Back, Side, Deficit Jumping
- 2) Sit-Ups: Deficit, Strict, XFit Sit-Ups
- 3) Hang: from Rings w/ feet, from Bar, Flexed Arm
- 4) Burpees: Regular, to Target, Double, Triple
- 5) Box Jumps: Regular, Lateral, Overs, Single Leg, High
- 6) Hold: Plank, Side Plank, Boat Hold, Hollow Hold

No score, just work! Feel free to mix movements as you go. You do NOT have to do the same movements for all 5 rounds.

For the hang: no chalk or grip! The purpose of this is grip strength, so no tools!

SATURDAY 7/17/21 (WEEK 3)

4 Person Teams

AMRAP 40

-40 Heavy Thrusters

-40 Toes to Bar

-40 Kettlebell Swings

-40 Weighted DB Box Step Ups

For this workout, reps may be split however the four athletes decide. One athlete will work through some reps at a time. Meanwhile, two will rest and one will row. The partner on the row must row 20/15 calories.

At the go signal, one athlete will begin rowing and the other three athletes will head to the barbell. One athlete will start doing Thrusters. The other two will wait. After a few reps, the working athlete tags in a non-working athlete to start doing Thrusters. Meanwhile, one partner is rowing to 20/15 calories. After a few rotations on the Thrusters, the athlete hits their calories and comes back to the group. One of the non-working athletes will then head to the rower and begin their 20/15 calories.

SOMEONE MUST ALWAYS BE ON THE ROWER, and three people will be at the movements, with one person working at a time. The rower is committed to the 20/15 calories.

For DB Box Step Ups, use two DBs and hold them by your side.