

10/19/20	Mvmnt	5 Sets	Weight	Type	Intensity
Strength	Deadlift	5		Hinge	Low-mod
Metcon	Darcel's Deadly Day	8min AMRAP	Weight	Type	Intensity
	Deadlift	12	185/135	Hinge	Low-mod
	Double Unders / SU	30/60		Cardio	High
		3min Rest			
		8min AMRAP			
	Run or Row	200/250m		Hinge+pull	Mod
	Row or Ball Pike Ups	12		Core	Low-mod
10/20/20	Mvmnt	E2MOM -	Weight	Type	Intensity
Strength	2SumoDeadlifts+2RDLs +2Thrusters	6 Sets, 1 every 2 minutes, Work up to a challenging weight for the complex		squat	Mod
Metcon	"A Haunted Coach"	5rounds	Weight	Type	Intensity
	Bent Over Row	5	95/65	Pull	Low-mod
	Hang Cleans	7		Hinge+pull	High
	Front Squats	9		Squat	Mod
	Rest 30-60s				
10/21/20	Mvmnt	Heavy Single	Weight	Type	Intensity
Strength	Floor press	"Test" Day	Go for a challenging 1-3 reps, not a true max	Push	Mod
Metcon	"Fright Night"	3 Rounds of 30sOn 30sRest	Weight	Type	Intensity
	Push press		115/75	Vet. Push	Mod
	Roll outs			Core	Low-mod

	V-ups/tuck-ups			Core	Low-mod
	Burpees			Full body	High
10/22/20	Mvmnt	5 Rounds	Weight	Type	Intensity
Strength	DB FR Rack Rev Lunge	12 (6/6)		Hinge+sqt	Low-mod
	Bicep curls	10(5/5)			
Metcon	"Trick OR Treat?"	4 Rounds	Weight	Type	Intensity
	Run/row	400m/500m			Mod-high
	DB Goblet Sqt	10			Mod
	DB Snatch	10			Mod
	DB Renegade Row	10 (5/5)		Core+pull	Mod
10/23/20	Mvmnt	5 Sets	Weight	Type	Intensity
Strength	Strict press	5		Push	Low-mod
	Plank	20sec		Core	Low-mod
Metcon	"Pit of Despair"	15min AMRAP	Weight	Type	Intensity
	Ground 2 Overhead	20	95/65	Hinge+pull+push	High
	Back squats	30		Squat	Mod
	Lateral Burpees over bar	40		Full body	High
	Sit Ups	50		Core	Low-mod
	PARTNERS. 1 work. 1 rest				