

<b>01/11/21</b>	<b>Mvmnt</b>	<b>20min E2MOM</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
<b>Strength:</b>	Power Snatch	3	Build up weight over the 20min		mod-high	Warm Up: 10-15min		
	Squat Snatch	3			mod-high	Strength: 20min		
<b>Metcon:</b>	<b>Annie</b>	<b>For Time</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
	Double Unders/ Singles	50-40-30-20-10	Body Weight	Cardio	Mod-high	WOD: 10min		
	Sit Ups	50-40-30-20-10	Body Weight	Core	low-mod	Clean up: 5-10min		
						Total: ~50-55min		
<b>01/12/21</b>	<b>Mvmnt</b>	<b>5 Sets</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
<b>Strength:</b>	Double DB Fr. Squat	10		Squat		WU: 10-15min		
	Bent Over Row	10 each side		Pull				
						ST:		
<b>Metcon:</b>		<b>12min AMRAP</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
	Hang Power Clean	12 (6 on each side)	RX: 50 / 35					
	Front Squats	9	L3: 40 / 25					
	Front rack Rev Lunge	6 (3 each side)	L2: 35 / 20					
			L1: 25 / 15					
<b>01/13/21</b>	<b>Mvmnt</b>	<b>5 Sets</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
<b>Strength:</b>	Floor Press	8 Reps	55-60% of 1RM	Horizontal Push	low-mod	WU: 10-15min		
	Windshield Wipers	10		Core	low-mod			
						ST: 15-20min		
<b>Metcon</b>	<b>Hard Boiled Quads</b>	<b>4 Rounds</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
	Run / Row	400m / 500m	RX: 95 / 75					
	Push Press	10	L3: 75 / 65					
	Burpees Over bar	5	L2: 65 / 55					
	Leg Raises	10	L1: 55 / 35			WOD: 15min Cap		
						Clean Up: 5-10min		
						Total: ~50-55min		
<b>01/14/21</b>	<b>Mvmnt</b>	<b>5 rounds</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
<b>Strength:</b>	Power Clean	3		Hinge	mod	WU: 10-15min		
	Front Squat	5		Squat	low-mod	ST: 20min		
<b>Metcon:</b>	<b>"Fool in the Rain"</b>	<b>For Time 10min CAP</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
	Wall Balls	30-20-10	RX: 20 / 14	Squat + Press	mod-high			
	Deadlifts	21-15-9	RX: 185 / 125	Hinge	low-mod			
			L3: 155 / 105			WOD: 10min		

			L2: 135 / 95			Clean Up: 5-10min		
			L1: 115 / 75			Total: ~50-55min		
<b>01/15/21</b>	<b>Mvmnt</b>	<b>5 Sets</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
<b>Strength:</b>	Bicep Curls	10				WU: 10-15min		
	Tricep Curls	10				ST: 15-20min		
	Hollow Rocks	10						
<b>Metcon:</b>	<b>Short Cindy</b>	<b>10min</b>	<b>Weight</b>	<b>Type</b>	<b>Intensity</b>	<b>Time</b>		
	Pull Ups	5	Body Weight	Pull	mod			
	Push Ups	10		Horizontal Push	low-mod	WOD: 10min		
	Air Squats	15		Squat	low-mod	Clean Up: 5-10min		
						Total: ~50min		
*We will run this WOD in heats. While one heat is doing the WOD indoors socially distanced, the rest of the class will either be rowing or biking outside								
*If you do not have 3-5 strict pull ups, cleared by the coach, you may NOT kip your pull ups								