

Week 1 Post Virus (anticipated May 18th)

*Note abbreviated class times, space needs, and limited equipment.

Monday:

Strength Option (Limit 6 per class on cage / People living together may share weights)

Wendler Back Squat + Accessory

- A. 5 Back Squat @ 65% 5 Back Squat @ 75% 5+ (Max Rep) Back Squat @ 85%
- For the percentages take them 1RM and multiply it by 90% to find a training max. Then calculate the percentages. This will help due to time off and it is recommended for Wendler anyway. Example: 1RM=100#, $100\# \times .90 = 90\# \times .65 = \sim 60\#$ for set 1
- B. Accessory
- 4x10 Weighted Good Morning
 - 4x12 Weighted Calf Raise
 - 4x12 Weighted Lunge
 - All of these accessory movements use the bar and allow the member to stay in one space, outside of weight changes. Consider moving weights to inside the cage for this day to avoid members walking to and from the weight storage area.
 - The weight for all these can be building, start light as these movements are semi unfamiliar to most members. Reinforce good technique and time under tension rather than working as fast as possible.

Metcon Option

Lower Body Push + Core

- A. AMRAP 15
- 30 Air Squats
 - 20 Sit-Ups
 - 10 Box Jumps 24/20
- B. Coaches Choice Core Accessory (Ex. Tabata plank/ v-ups / deadbugs / Russian twists)
- Anything that doesn't require equipment

Tuesday:

- Include a brief roll-out session as part of the warm-up many members are likely to be more sore than usual due to time off / inconsistent workouts.

Vertical Pull + Horizontal Press

*Each Station will require one of the following pieces of equipment. Recommend leaving equipment at each station and sanitizing it with the station between classes.

- Dumbbell 50/35 + Scaled weights

- Barbell 95/65 + Scaled weights

- Slamball 40/20

A. 10 Rounds For Time... CAP 20

8 Barbell Snatches or 12 Dumbbell Snatches or 15 Slam Ball

10 Push-Ups

6 Lateral Burpee over Bar, Dumbbell, or Ball

Wednesday:

Lunge + Hinge + Rotate

Strength Option

Wendler Deadlift * Same as Backsquat *

*While this is the same program as the squat it's a great tool for intro lifters to use to get started lifting. Its relatively low volume and generally provides good strength gains. For our purposes we will be using it to get members back in the groove of lifting heavy after around a month off. This should push them closer to their old 1RM's and be a safe way to begin lifting again.

A. 5 Deadlift @ 65% 5 Deadlift @ 75% 5+ (Max rep) Deadlift@ 85%

- For the percentages take them 1RM and multiply it by 90% to find a training max. Then calculate the percentages. This will help due to time off and it is recommended for Wendler anyway. Example: 1RM=100#, $100\# \times .90 = 90\# \times .65 = \sim 60\#$ for set 1
- Watch members max rep set and tell them to drop if form changes to an unsafe position.

B. 3x8 RDL w/ 3 sec descent @ 30% of 1RM DL

3x30 Banded Goodmorning

3x10 Single Leg Glute Bridge w/ pause at extension

Metcon Option

2 Rounds

42-30-15

Step Back Lunges

21-15-9

SDLHP (1.5/1.0 or 50/35 or 75/55)

Russian Twists w/ Plate (25/15)

Thursday:

*Long workout – quick warmup

Gait + Core + Vertical Press + Pull Variants

Chipper

5 Rounds

10 Hang DB Clean & Jerks (50/35) or 8 KB Hang C&J (1.5/1.0) or 10 Barbell Hang C&J 95/65

12 Alternating Leg V-Ups

-into-

5 Rounds

40 Double Unders

10 Push Press (same weight as previous)

-into-

5 Rounds

15 Sit-Ups

10 Bent Over Row (5 per side or 10 total w/ Barbell)

Friday:

Horizontal Pull + High Skill Movements + Intensity

These are intended to be fast workouts with max intensity given in each AMRAP Long periods of rest are for maximum recovery, but also give coaches time to sanitize between efforts*

Complete all 3 stations in any order * rest 3min between stations*

Station 1:

AMRAP 5

8 Pull-Ups

15 Air Squats

Station 2:

AMRAP 5

Max Cal Row

Station 3:

AMRAP 5

6 Box Jumps 30/24

12 KBS 1.5/1.0

*With 3 stations and assuming a limit of 12 per class, that is 4 people per station. This leaves enough room to be spread out on the pull-up bar. Also, with 3min rest between stations coaches need to be diligent in quickly sanitizing equipment used by members. This workout has no movements where members are on the ground so wipes should be adequate for cleaning. In between rounds wipe pull-up bars, rowers, kettlebell handles and areas around boxes. This will be a tough one to manage but allows members to move about the gym more and do movements they may not have been able to do for a while. It also will allow coaches to show how serious cleaning measures are being taken.