

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

Monday:

“MURPH”

You can scale however you'd like these are just some options

Variations and Scaling Options:

RX –

1 Mile Run - Buy In

100 Pull-Ups

200 Push-Ups

300 Air Squats

1 Mile Run – Cash Out

*Wear a Weighted Vest

**Partion Reps as needed

Scaled Option 1-

800m Run

50 Pull-Ups

100 Push-Ups

150 Air Squats

800m Run

Scaled Option 2 (No Equipment)-

1 Mile Run

100 Sit-Ups

200 Push-Ups

300 Air Squats

100 Sit-Ups

1 Mile Run

Scaled Option 3

1200m Run

75 Pull-Ups

125 Push-Ups

200 Air Squats

1200m Run

Tuesday:

15min of coach led mobility

Option 1: Emom 15

0- 12 KBS

1- :30 Plank

2- 20 Mountain Climbers

Option 2: Emom 15

0- 20 DB or KB Snatch – not alternating

1- 12 V-Ups

2- 10 Burpee

Wednesday:

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

Wendler Back Squat + Accessory

A. 3 Back Squat @ 70% 3 Back Squat @ 80% 3+ (Max Rep) Back Squat @ 90%

- 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

3x12 Single Leg Squat (light) Back foot elevated on a box

3x16 Box Step-Up w/ Barbell (8 per leg)

- Only requires Barbell and a box

C. Movement

4x 50m Lateral Sled drag, step feet together (2 left leading, 2 right)

2x50m Reverse Sled Drag

2x50m Sled Drag

Metcon Option

12-10-8-6

Kettlebell Snatch R/L

Goblet Squat

*** This may be better thought as 12-12-10-10-8-8-6-6, First round you do 12 snatches with your right arm, 12 goblet squat, 12 snatches with your left arm, 12 goblet squat, and so on.

Accessory / Part 2: Coaches choice of Tabata or some form of short core work – should be optional as some members who did Murph may still be pretty beat up. Be encouraging and get everyone engaged!

Thursday:

CAP 6

5 Rounds of DT @ 95/65

Choose a weight that you can come close to finishing under the cap with

@**Minute 10** CAP 5 (15min mark)

Light “Grace” 30 Clean and Jerks @ 95/65

@**Minute 20** *Pick an achievable distance that will take no more than 5min*

1000m Run

***Optional** After the 1000m Run continue to walk or jog slowly another 1000m

Friday:

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. 3 Deadlift @ 70% 3 Deadlift @ 80% 3+ (Max rep) Deadlift @ 90%
 - 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. Build to a heavy complex 3 Part Clean: 1 High Hang Power Clean + 1 Hang Power Clean + 1 Power Clean
- C. 3x8 RDL w/ 3 sec descent @ 33% of 1RM DL

Metcon Option:

AMRAP 10

6 Hang Clean 135/95

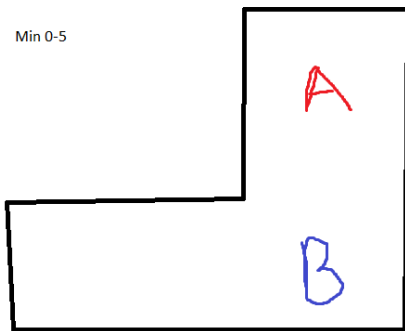
8 Burpee Over Bar

-rest 2min-

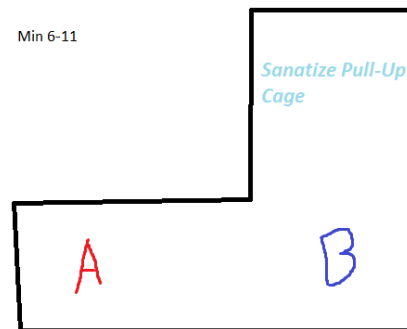
Min 12-22

Build to a 1 RM Hang Power Clean

Min 0-5



Min 6-11



Min 12-17

