

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

## **Monday:**

### Strength Option:

#### Wendler 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 Back Squat @ 75% 3 Back Squat @ 85% 1+ (Max rep) Back Squat @ 95%
  - 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. Movement
  - 4x 50m Lateral Sled drag, step feet together (2 left leading, 2 right)
  - 2x50m Reverse Sled Drag
  - 2x50m Sled Drag

### Metcon Option

#### Lower Body Push + Hinge

- A. 8 Rounds For Time:
  - 4 Box Jump 30/24
  - 8 Goblet Squat 1.5/1.0
  - 12 KettleBell Swing
- B. Coaches Choice Core Accessory (Ex. Tabata plank/ v-ups / deadbugs / Russian twists)  
Anything that doesn't require equipment

**Tuesday: (Layout Image Included At Bottom) \* Holding off on team WoDs until Week 5 of return– June 16<sup>th</sup>\***

#### Vertical Pull + Horizontal Press

AMRAP 5 (Group A Start)

5 Pull-Ups

5 Burpee-2-Target

-rest 1 min-

AMRAP 5 (Group B Start)

10 Single Arm DB Hang C&J

10 Sit-Up

-rest 1 min-

AMRAP 5

10 DB Snatch

10 Push-Up

**Wednesday:**

Lunge + Core + 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 @ 75% 3 Deadlift @ 85% 1+ (Max rep) Deadlift@ 95%

-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.

C. 3x8 RDL w/ 3 sec descent @ 35% of 1RM DL

D. Rollout as needed

Metcon Option

5 Rounds For Time:

8 T2B or V-Up

10 Double DB or KB Deadlift 2.0/1.5 or 65/50

12/9 Cal Row

Accessory:

Tabata: 8min alternating sit-ups and Glute Bridges \*Hold Glute bridges rest in static position :10\*

\*The Tabata works as the first 20 second block you do max effort sit-ups the second you do max rep glute bridges, the only stipulation is during the 10 second rest period after the glute bridges you hold the static position of the bridge. You repeat this for 8 minutes.\*

### **Thursday:**

\*Long workout – quick warmup\*

AMRAP 25

25 Step-Ups

25 Burpee

25 DB Jerks (2x50/35)

25 Sit-Up

### **Friday:**

A. Build to 75% of your 1RM Snatch or Clean

B. AMRAP 3 – Max Snatch or Clean Reps @75% of 1RM

### Strength Option

Build to a heavy complex:

2 Power Snatch + 1 Hang Power Snatch

\*Accumulate 30 Strict Pull-Ups while building\*

### Engine Option

3 Sets of...

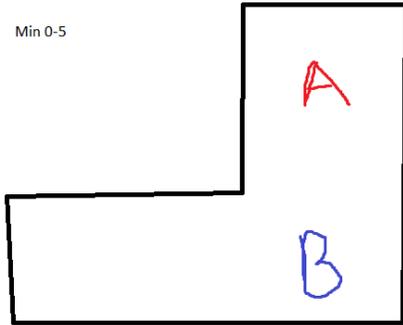
AMRAP 3

4 Snatch or Clean 95/65 or 135/95

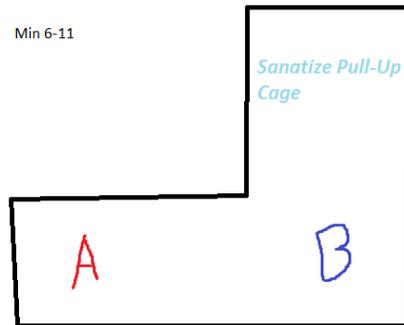
8 Burpee over Bar

-Rest 1min Between set 1 and 2. Rest 2min Between set 2 and 3. -

Min 0-5



Min 6-11



Min 12-17

