

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

## **Monday:**

### Strength Option:

**Back Squat** Week 4: Build to 90-95% of 1RM, include between 6-10 Sets above 50% of your 1RM, repeating the same weight does not count as a set, you must go up unless you are already at 90-95%.

### Metcon Option

E3MOM for 15minutes (5 sets)

8 Double KB/DB Front Squat

12 Goblet Squat

20 Air Squat

\*Go light, your aim should be to go unbroken and finish in around 1 minute. \*

Weight recommendations based on Back Squat 1RM

400+ 45# DB's

350-400 40# DB's

300-350 35# DB's

275-300 30# DB's

250-275 25# DB's

200-250 20# DB's

150-200 15# DB's

<150 Modify Workout

### Accessory for all:

1 Mile weighted walk

**Tuesday: \* Holding off on team WoDs until Week 5 of return– June 16<sup>th</sup>\***

Vertical Pull + Horizontal Press

WarmUp: Rollout quads and stretch low back and hamstrings.

AMRAP 20

5 Pull-Up / SandBag Over Shoulder / Bent Over Row (Use the modification that best targets your weakest point in the pull-up)

10 Push-Up

15 Sit-Up

### **Wednesday:**

Lunge + Core + Hinge + Rotate

#### Strength Option

Build to a heavy single Deadlift

Acc:

Superset:

3x8 (per leg) single leg RDL w/ DB

3 sets (per leg) of 3 single leg standing broad jump

Accumulation:

3x30 Banded Good morning – rest as needed between sets -

#### Metcon Option

200m Run

15 Deadlifts (255/175)

400m Run

75 Double unders

600m Run

75 Double unders

400 m Run

15 Deadlifts (255/175)

200m Run

**Thursday:**

3 Rounds of...

AMRAP 4

4 Box Jump 30/24

12 Double KB/DB Push Press (Choose a weight that allows you to go fast and unbroken for at least the first round)

-rest 1 min between rounds-

After 3 rounds -rest 3min

2 Rounds of...

AMRAP 3

40 Double Under

10 V-Ups

-rest 1 min between rounds-

**Friday:**

A. Build to 80% of your 1RM Snatch or Clean

B. AMRAP 3 – Max Snatch or Clean Reps @80% of 1RM

Strength Option (Done at the cage)

Accumulate: 30 Strict Pull-Ups, 90 Push Downs, and 6 Heavy OHS or Front Squat Singles

Engine Option

6x500m Row \*1min rest between rows\*

