

	M	T	W	Th	F	S	Su		
Date	11/2/2020	11/3/2020	11/4/2020	11/5/2020	11/6/2020	11/7/2020	11/8/2020	Date	
CrossFit	<p>Power Clean & Jerk 5x3</p> <p>*Building. Start light on first working set. Leave plenty of room to build. 5-10# jumps between sets</p> <p>-ss w-</p> <p>RKC Plank 4x40s</p>		<p>Box Step-up 3x6 Per Side</p> <p>*3sec ecc. Add a light load this week (goblet position)</p> <p>-ss w-</p> <p>Ring Row Complex 3x1</p> <p>Complex: 5 Overhand Grip 5 Underhand Grip ME Neutral Grip</p>			<p>HK Landmine Press 3x10 per side</p> <p>SL Landmine RDL 3x10 per side</p> <p>*No tempo. Controlled reps. Building. Leave 1-2 reps in the tank each set.</p>		<p>Tempo OH Squat x 6 (3,3,1)</p> <p>-ss-</p> <p>50M Suitcase Carry / Side (35,26)</p>	Strength
	Metcon	<p>For time 30-20-10 SDHP (45, 35) Push-ups *Rx+ (65, 45)</p>	<p>24min AMRAP 50 DUs 10 Slam Balls (20, 14) 10 DB Hang Clean & Jerk (35, 25) 10 Box Jumps (24, 20) 10 Alt DB Burpees (35, 25) *Rx+ (50, 35)</p>	<p>4min AMRAP 10 SA Front Squats (35, 25) 20 Tuck-ups -rest 1min- 4min AMRAP 10 Pull-ups 20 Russian Twists (20, 14)</p>	<p>On a 24min Clock: 1min sprint, 1min rest. Plank KZE Scoop Toss (20, 14) Battle Rope (alt waves) Air Bike *3 total rotations</p>	<p>10min Ladder 5-10-15-20.... Cal Row Medball Push-ups RKBS (53, 35) *Rx+ SL Medball Push-up</p>	<p>-Partner Relay- 10 Rounds for time: 20 Wall Balls (20, 14) 15 Deadlifts (95, 65) 10 Burpees Over Bar *Rx+ (135, 95) *35min time cap. One partner completes a full round while the other rests.</p>	<p>3 Rounds for time: ---- Run 400M 20 SA RKBS (35,26) 10 STO (95,65)</p>	Metcon
At-Home	<p>4 Rounds: 2 TGU (right) 2 TGU (left) *40sec RKC Plank</p>		<p>Box Step-up 3x6 Per Side</p> <p>*3sec ecc. Add a light load this week (goblet position)</p> <p>-ss w-</p> <p>SA Row Complex 3x1</p> <p>Complex: 5 Overhand Grip 5 Underhand Grip ME Neutral Grip</p>			<p>HK SA Press 3x10 per side</p> <p>SL RDL 3x10 per side</p> <p>*No tempo. Controlled reps. Building. Leave 1-2 reps in the tank each set.</p>		Strength	
	Metcon	<p>For time: 30-20-10 SA SDHP Push-ups *Switch hands every 5 on SDHP</p>	<p>24min AMRAP 50 DUs 10 DB Snatch (35, 25) 10 DB Hang Clean & Jerk (35, 25) 10 Box Jumps (24, 20) 10 Alt DB Burpees (35, 25) *Rx+ (50, 35)</p>	<p>4min AMRAP 10 SA Front Squats (35, 25) 20 Tuck-ups -rest 1min- 4min AMRAP 10 Plank Row (alt, 35, 25) 20 Russian Twists (20, 15)</p>		<p>10min Ladder 5-10-15-20.... Up / Downs Push-up Shoulder Tap RKBS (53, 35)</p>	<p>-Partner Relay- 10 Rounds for time: 20 Thrusters (45, 35) 15 Deadlifts (95, 65) 10 Burpees Over Weight *35min time cap. One partner completes a full round while the other rests. **Individual Option: Work/Rest 1:1</p>		Metcon