

# PROJECT CLASSIC

6th-11th September

Monday 6th	Tuesday 7th	Wednesday 8th	Thursday 9th	Friday 10th	Saturday 11th
<b>Hang Power Snatch</b>	<b>Paused Bench Press</b>	<b>Strict Pull Ups</b>	<b>DBL KB Front Rack Lunge</b>	<b>Paused Deadlifts</b>	In Pairs
6x3 Increasing weight each set	7x4 @70% of 1rm	5 Sets	5x16 (8R+L)	10x3 @65% of 3rm	7 Min AMRAP
000,130,300,430,600,730	000,200,400,600,800,1000,1200	5-10 Strict Pull Ups +	+ 10 DBL DB Romanian DL	000,130,300,430,600,730,900,1030,1200,1330	10 Back Squats 5 TTB
Hang Squat Snatch	*Pause 1 second at chest	10-15 Ring Rows	000,230,500,730,1000	*Pausing 2 seconds at the knee	Rest 2 mins
5x1 @70% of 1rm Snatch	For Time (16-18 min cap)	20 Min AMRAP	*Work Heavy	For Time (12-14 min cap)	7 Min AMRAP
900,1030,1200,1330,1500	4 Rounds	1K Run Buy In	Intervals	21-15-9-9-15-21	10 Thrusters 5 C2B/ Pull Ups
12 Min AMRAP	400m Run	16/12 Cal Bike	4 Rounds	Single DB Box Step Ups Pull Ups	2 Mins rest
40 Double Unders	10 Thrusters	8 Single Arm Hang DB Clean and Jerk (R)	4 Mins on 2 mins off	@22.5/15 (50/35) @60/50cm (24/20)	7 Min AMRAP
8 DBL DB Hang Snatches	10 Burpee Box Jumps	8 Single Arm Hang DB Clean and Jerk (L)	200m Row		10 Front Squats 5 Bar MU/ Burpee Pull Ups
2 Rope Climbs	@50/35 (115/75)		15 Front Squats		
8 DBL DB Squats	@60/50cm (24/20)		200m Row		
@22.5/15 (50/35)			ME Push Press		
			@42.5/30 (95/65)		
			*Score = Total number of push press		

# PROJECT CLASSIC

13th-18th September

Monday 13th	Tuesday 14th	Wednesday 15th	Thursday 16th	Friday 17th	Saturday 18th
<b>Strict HSPU</b>  10 Min EMOM  5-10 Reps  or  Pike HSPU  5-10 Reps  For Time (15-8 min cap)  21-18-15-12-9-6  Cal Row DBL DB Hang Squat Cleans DBL DB Push Press  @22.5/15 (50/35)	<b>DBL DB Bench Press</b>  6x8 + 20 Second Ring Support Hold + 10 DBL DB Prone Flys  000,300,600,900,1200,1500  10 Min AMRAP  15/12 Cal Bike 10 C2B/ Pull Ups	<b>Tempo Front Rack Lunges</b>  6x12 (6R+L) + 30 Second Wall Sit  000,230,500,730,1000,1230  12 Min AMRAP  10 KB Snatches 20 Wall Balls 30 Double Unders  Rest 30 seconds between rounds  @32/24 (70/53) @9/6 (20/14)	<b>TTB</b>  5 Sets  5 Strict TTB + 5-10 Kipping TTB  Rest 90 seconds between sets  Intervals  3 Full Rounds  3 Mins  400m Run ME Bar Facing Burpees  2 Mins Rest  3 Mins  400m Run ME Overhead Squats  2 Mins Rest	<b>Paused Hang Power Cleans</b>  4x3 @70% of 1rm Clean  000,200,400,600  Hang Squat Cleans  4x2 @80% of 1rm Clean  900,1100,1300,1500  *pause for 2 seconds in hang  11 Min AMRAP  3 Bar Muscle Ups 6 High Box Jump Overs 9 Shoulder to Overhead  @52.5./35 (115/75) @70/60cm (30/24)	For Time (24-27 min cap)  In Pairs  6 Rounds  400m Run 5 Sync TTB 10 Sync Bar Facing Burpees 15 Sync Overhead Squats  @42.5/35 (95/65)

# PROJECT CLASSIC

September 20th-25th

Monday 20th	Tuesday 21st	Wednesday 22nd	Thursday 23rd	Friday 24th	Saturday 25th
<b>Bench Press</b>  7x3 @75% of 1rm + 3 Weighted Pull Ups  000,200,400,600,800,1000,1200  For Time (11-14 min cap)  3 Rounds  150 Double Unders 12 Thrusters 12 OH Barbell Lunges  @60/42.5 (135/95)	<b>Legless Rope Climbs</b>  10 Min cap  5x2  Rest 60 seconds between sets  or  Regular Rope Climbs  (Same format)  For Time (24-27 min cap)  8 Rounds  10 Lateral Burpees Over Bar 15/12 Cal Bike 5 Power Cleans  Rest 1 min after each round	<b>DBL KB Front Rack Lunge</b>  5x16 (8R+L) + 10 DBL DB Squats  000,230,500,730,1000  *Work Heavy  For Time (14-17 min cap)  30 DBL DB Box Step Overs  3 Rounds  21 TTB 21 HSPU  30 DBL DB Box Step Overs  @22.5/15 (50/35) @60/50cm (24/20)	<b>Hang Squat Snatches</b>  8x2 @75% of 1rm  000,200,400,600,800,1000,1200,1400  11 Min AMRAP  15/12 Cal Row 10 Power Snatch  @35/25 (75/55)	<b>Strict Pull Ups</b>  5x5 (Weighted if Possible) + 20 Hollow Rocks + 20 Alternating V-sit Crunches  000,300,600,900,1200  20 Min AMRAP  "Nicole"  400m Run ME Pull Ups  *Restart run when drop off the bar	24 Min AMRAP  35 Cal Row 35 Burpees Over Rower 35 Wall Balls 35 DB Snatches  @9/6 (20/14) @22.5/15 (50/35)  *Share workload however

# PROJECT CLASSIC

September 27th-October 1st

Monday 27th	Tuesday 28th	Wednesday 29th	Thursday 30th	Friday 31st	Saturday 1st
<b>1+1/4 Bench Press</b>  6x6 (Work Heavy) + 12 DBL DB Bent Over Rows  000,230,500,730,1000,1230  For Time (13-15 min cap)  75 Double Unders 20 Single DB Box Step Ups 10 Strict/ 15 Kipping HSPU  @22.5/15 (50/35) @60/50cm (24/20)	<b>Front Rack Lunges</b>  5 Sets  1 Min Weighted Wall Sit + 12 Front Rack Lunges (6R+L)  000,300,600,900,1200  For Time (12-14 min cap)  10 Rounds  5 Hang Power Cleans 10 DBL DB Thrusters  @52.5/35 (115/75) @22.5/15 (50/35)	For Time (15-18 min cap)  1k Row 30 C2B/ Pull Ups 30 Power Snatches 750m Row 20 C2B/ Pull Ups 20 Power Snatches 500m Row 10 C2B/ Pull Ups 10 Power Snatches  @35/25 (75/55)  <b>Midline</b>  3 Sets  30 Second Weighted Plank 30 Second Side Plank (R) 30 Second Side Plank (L)  Rest 1 min	<b>Tempo Deadlifts</b>  10x3 @70% of 3rm  000,130,300,430,600,730,900,1030,1200,1330  *2 Second tempo to the knee  For Time (12-15 min cap)  3 Rounds  250m Row 20 Wall Balls 250m Row 20 Shoulder to Overhead  @9/6 (20/14) @52.5/35 (115/75)	<b>Bench Press</b>  10-8-6-4-2-2  Build to heavy set of 2  000,230,500,730,1000,1230  Intervals (18 min cap)  5 Sets  2 mins on 2 mins off  200m Single DB Run ME Push Ups  @22.5/15 (50/35)	For Time (26-30 min cap)  In Pairs  2 Rounds  800m Run (Both Run) 100 Wall Balls 50 DBL DB Box Step Overs 25 Bar MU  @9/6 (20/14) @60/50cm (24/20) @22.5/15 (50/35)  Athletes can work at same time on different movements

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