

July 4th-9th

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th
15 Min AMRAP	Interval (20 min total cap)	For Time (15-18 min cap)	15 Min AMRAP	Interval (15 min total cap)	
5-10-15-20 etc	4 Sets	800m Run	30/24 Calorie Row	5 Sets	
Bar Facing Burpees	3 Min As Many Reps as Possible	40 Push Ups	30 Burpee Deadlifts	2 Mins on 1 Min off	
Hang Power Cleans	5 TTB	800m Run	20 Calorie Row	20 Wall Balls	
Single Arm DB OH	10 Box Jump Overs	30 Push Ups	20 DBL DB Hang	10 TTB/ Med Ball Sit Ups	
Lunges	5 Shoulder to Overhead	800m Run	Snatcches	ME 10m Shuttle Runs	
@52.5/35 (115/75)	@52.5/35 (115/75)	-----	@20/12.5 (45/30)	10m= 1 Rep	
-----		Holds/ Carries	-----		
Midline	2 Mins rest between sets	3 Sets	Midline	-----	
4 Sets	-----	30 Second ring support hold	3 Sets	Bi's + Tri's	
10 Second hollow hold	Movement	30 Second dead hang hold	10 Single DB side bends (R+L)	3 Sets	
10 Seconds rest	4 Sets	30 Second DBL DB OH hold	30 Russian twists	5 Supinated pull ups	
10 Secondds ME alt v-sit crunches	30 Second dead hang hold	Rest 90 seconds between sets	10 Hanging side crunches (R+L)	10 DBL DB hammer curls	
10 seconds rest	3 Wall walks		Rest 90 seconds between sets	15 DBL DB bent over rows	

July 11th-16th

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th
For Time (15-18 min cap) 33-27-21-15-9 Wall Balls Calorie Row Burpees Over Rower @9/6 (20/14) ----- Midline Tabata 8x 20:10 Hollow hold	15 Min AMRAP 3 Wall Walk 10 DBL DB Deadlifts 10/7 Calorie Bike 10 DBL DB Hang Clean and Jerk @22.5/15 (50/35) ----- Movement 4 Sets 3 Skin the cats 60 Second plank hold Rest 60 seconds between sets	Interval (15 min total cap) 5 Sets 2 Mins on 1 Min off 100 or 75 Double Unders ME DBL DB Box Step Overs @22.5/15 (50/35) ----- Holds/ Carries 4 Sets 30 Second ring support hold 30 Second HS hold Rest 90 seconds between sets	For Time (16-20 min cap) 4 Rounds 400m Run 21 KB Swings 12 Burpee Pull Ups @32/24 (70/53) ----- Midline 3 Sets 10 GHD sit ups 30 Second face up GHD hold 10 Hip extensions 30 Second Sorenson hold Rest 2 mins between sets	18 Min AMRAP 5x10m Shuttle runs 5 Power Cleans 10 Wall Balls 3 Rope Climbs @52.5/35 (115/75) @9/6 (20/14) ----- Bi's + Tri's 4 Sets 12 Banded tricep pull downs 6 Negative close grip push ups Rest 90 seconds between sets	

July 18th-23rd

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
Interval (20 min total cap)	For Time (17-20 min cap)	20 Min AMRAP	Interval (20 Min total cap)	For Time (20 Min cap)	
5 Sets	200m DBL KB Farmers Carry	Cindy	4 Sets	10 Rounds	
230 on 130 min off	10-20-30-40-50 Box Jump Overs	5 Pull Ups 10 Push Ups 15 Squats	3 Mins on 2 mins off	10 DBL DB Hang Clean and Jerk 10 DBL DB Front Rack Lunges 100m Run	
10 Burpee Pull Ups 15/10 Cal Bike ME DB Snatches in remaining time	@24/16 (53/35)	-----	75 Double Unders 25/20 Cal Row ME Burpee Box Jump Overs	@22.5/15 (50/35)	
@22.5/15 (50/35)	Movement	Holds/ Carries	@60/50cm (24/20)	-----	
-----	In as little sets as possible	5 Sets	-----	Bi's + Tri's	
Midline		1 Min on 1 min off		3 Sets	
4 Sets	Accumulate 3 min free standing HS hold	DBL KB front rack hold	Midline	10 Ring rows 10 BB bicep curls ME narrow grip push ups	
10 Second weighted hollow hold 10 Second hollow hold 40 Second plank hold	Rest as needed between sets		4 Sets	Rest 90 seconds between sets	
	*Scale to wall HS hold		5 Strict TTB 20 Second seated L-sit		
			Rest 60 seconds between sets		

July 25th-30th

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
15 Min AMRAP 1.2k Run In Remaining Time AMRAP 15 Box Jump Overs 10 DBL DB Squats 5 Devil Press @60/50cm (24/20) @20/12.5 (45/30) ----- Midline 4 Sets 10 Weighted side bends R+L 30 Second hollow hold REst 90 seconds between sets	Interval (14 mins total) 6 Sets 90 Seconds on 60 seconds off 75 Double Unders ME Squat Cleans @52.5/35 (115/75) ----- Movement 5 Mins Max distance HS walk or 1 min on 1 min off ME wall walks	For Time (14-16 min cap) 3 Rounds 30/24 Cal Row 200m DBL DB Farmers Carry 30 Wall Balls @22.5/15 (50/35) @9/6 (20/14) ----- Holds/ Carries 4 Sets 40 Second DBL KB front rack hold 20 Second rest 40 Second DBL KB OH hold 1:20 rest	20 Min AMRAP 400m Run 15-10-5 DBL DB Front Rack Lunges DBL DB Box Step Overs @22.5/15 (50/35) ----- Midline 5 Sets 15 GHD sit ups Rest 2 mins between sets	Interval (19 Min total cap) 5 Mins ME Cal Row 2 Mins Rest 5 Mins ME Burpee To Target 2 Mins rest 5 Mins ME Cal Bike ----- Bi's + Tri's 4 Sets 15 Banded tricep pull downs 12 DBL DB tricep kick backs Rest 90 seconds between sets	

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May

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday



