

July 4th-9th

Monday 4th	Tuesday 5th	Wednesday 6th	Thursday 7th	Friday 8th	Saturday 9th
For Time	AMRAP	Interval	For Time	EMOM	
10 - 20 - 30 - 40 - 50 - 40 - 30 - 20 - 10 or 5 - 10 - 15 - 20 - 25 - 20 - 15 - 10 - 5	8min AMRAP  50m DBL KB/DB OH Carry 10 Shoulder To Overhead 10 Air Squats 10 Butterfly Sit Ups	5 x E3MOM  200m Run 10m HS Walk / Bear Crawl 15 Single DB/KB Box Step Overs	4 Rounds  10 Single Arm Strict Press 10 Single DB/KB Deadlifts	20min EMOM  Min 1 - 15 Box Jumps Min 2 - 5-8 Wall Walks Min 3 - 18 Hang Clean + Jerks Min 4 - Max Effort Burpee To Target Min 5 - Rest	
Unbroken Double Unders			3 Rounds		
2min Rest	2min REST	Accessories	12 Single Arm Push Press 12 Single Arm Devils Press	Accessories	
5 Rounds	8min AMRAP 50m Farmer Carry 10 Sumo Deadlift Hi- Pulls 10 Air Squats 10 Burpees	4 x 6 Weighted Jefferson Curls 4 x 12 Tricep Dips 4 x 40sec Hollow Hold	2 Rounds		
10 HR Push Ups 12 Alt. DB Snatches 14 Goblet Lunges			14 Single Arm Push Jerks 14 Alt. Pistols / Goblet Squats	4 x 30m Farmers Carry / 40sec Hold 4 x 30m Front Rack Carry /40sec Hold 4 x 30m OH Carry / 40sec Hold	
Accessories	Accessories		Accessories		
4 x 12 Alt. Gorilla Rows ( <a href="https://www.youtube.com/watch?v=nhVs_iNGVv0">https://www.youtube.com/watch?v=nhVs_iNGVv0</a> )	3 x 15 Shoulder Front Raises (Light weight) 3 x 15 DB Bulgarian Split Squats - Each Side 3 x 15 Elevated Heel Single Leg Hip Thrusters			2min Rest	
4 x 12 Alt. Shoulder Press 4 x 30m OH Carry 4 x 10 V Ups			3 x 30sec Mountain Climbers 3 x 30sec Single Leg V Ups 3 x 1min Plank		

July 11th-16th

Monday 11th	Tuesday 12th	Wednesday 13th	Thursday 14th	Friday 15th	Saturday 16th
Interval	For Time	AMRAP	Interval	For Time	
5 x E4MOM	42 - 32 - 22 - 12	8min AMRAP	5 x 2min On / Off	25 Single DB OH Lunges	
60 Double Unders or Single Skips 7 DB Devils Press 14 Farmers Hold Alt. Lunges	DBL KB Front Squats DBL KB Shoulder To Overhead Butterfly Sit Ups	8 Weighted Bulgarian Split Squats - Each Side 8 Single Arm Rows - Each Side	10 Burpee Deadlifts 10 Tricep Dips Max Effort 5-7m Shuttle Run	30 Sumo Deadlift Upright Rows 35 Wallballs / Light Thrusters 400m Run	
Accessories	Accessories	2min Rest	Accessories	45 Burpees 400m Run	
4 x 12 Alt. Bench Press ( <a href="https://www.youtube.com/watch?v=p8A3oaWhU6U">https://www.youtube.com/watch?v=p8A3oaWhU6U</a> ) 4 x 12 Single Arm Up Right Row - Each Side 4 x 12 V Ups	3 x 15 Side Raises - Light 3 x 12 Narrow Stance Bulg. Split Squats - E/S 3 x 15 Weighted Side Bends - Each Side	8min AMRAP 5 Wall Walks 15 Box Jump Overs Accessories 4 x 6 Seated Weighted Good Mornings 4 x 6 Tempo Weighted Cyclist Squats 4111 4 x 6 Tricep Kickbacks - Each Side	4 x 20 Alt. Bicycles 4 x 10 Leg Raises 4 x 30sec Hollow Hold Rest As Needed	35 Wallballs / Light Thrusters 30 Sumo Deadlift Upright Rows 25 Single DB OH Lunges	
				Accessories 3 x 20 Bodyweight Cossacks 3 x 10 Single Arm Bentover Row - Each Side 3 x 5-8 Diamon Push Ups	

July 18th-23rd

Monday 18th	Tuesday 19th	Wednesday 20th	Thursday 21st	Friday 22nd	Saturday 23rd
AMRAP	Interval	For Time	AMRAP	For Time	
18min AMRAP	4min EMOM	2 RFT		7 RFT	
30 Push Ups	10-15 DBL DB	90 Double Unders	2 x 3min AMRAP -	10 DBL DB Box Step	
30 DBL KB Push Press	Bentover Row	70 Alt. DB Hang	1min Rest between	Overs	
25 Box Jumps	4min EMOM	Snatches	30 Wallballs / Light	8 DBL DB Shoulder To	
25 Air Squats		50 Weighted Russian	Thrusters	Overhead	
20 Single Leg V Ups	12-16 DBL DB	Twists	Max Effort HS Walk /	6 Toes To Implement	
200m Run	Farmers Lunges	30 Tricep Dips	Bear Crawl	4 x 5m Shuttle Run	
Accessories		Accessories	2min REST	(There + Back = 2)	
	6min EMOM			2 Wall Walks	
4 x 15 Single Leg Hip		3 x 10 Hammer Bicep	2 x 3min AMRAP -	Accessories	
Thrusters - Each Side	Min 1 - 6 DBL DB	Curls	1min Rest between		
4 x 20 Bodyweight	Devils Press	3 x 10 Bicep Curls		4 x 10 Tricep	
Cossacks	Min 2 - 20 Weighted	3 x 10 Standing Tricep	30 Sumo Deadlight	Kickbacks - Each Side	
	Sit Ups	French Press	High Pulls	4 x 10 Buldarian Split	
	Accessories		Max Effort Burpee	Squats - Each Side	
			Box Jumps		
	5 x 1 Wall Walk +		Accessories		
	15sec HS Wall Hold				
	5 x 6-8 Arnolds Press				
			3 x		
			30 Bodyweight		
			Russian Twists		

July 25th-30th

Monday 25th	Tuesday 26th	Wednesday 27th	Thursday 28th	Friday 29th	Saturday 30th
For Time	AMRAP	Interval	For Time	AMRAP	
15 RFT	5min AMRAP		4km Run	10min AMRAP	
5 HSPU / DBL DB	10 DBL KB Deadlifts	5 x E5MOM		8 Bicep Curl + Shoulder	
Strict Press	15 Hollow Rocks		Accessories	Press	
6 Pistols / Pistol to		200m Run		8 Weighted Bulgarian Split	
Box / Goblet Squats	2min REST	15 Burpee Box Jump	3 x 10 DB Chest Flyes	Squats - Each Side	
10 UB Double	5min AMRAP	Overs	3 x 10 DBL DB	30sec Plank	
Unders / Single Skips	10 Gorilla Rows	12 DBL DB Thrusters	Bentover Rows	2min REST	
	(R+L=2)	9 Burpee Box Jumps	3 x 20m OH + Front	10min AMRAP	
Accessories	20 Weighted Russian	Accessories	Rack Carry	8 DBL DB Power Cleans	
5min EMOM	Twists		1:30min Rest between	16 DBL DB Front Rack	
	2min Rest	3 x 100m Farmers Carry	sets	Walking Lunges	
20-30sec Hollow				8 Butterfly Sit Ups	
Hold	5min AMRAP			Accessories	
	2, 4, 6, 8, 10, 12 etc			2 x Tabata (8min Total -	
	American KB Swings			20:10)	
	Air Squats			Jump Lunges / Jump	
	Accessories			Squats (4min)	
				2min REST	
	4 x 8 Weighted			Mountain Climbers /	
	Jefferson Curls			Plank(4min)	
	4 x 30sec Split Lunge				

*May*

**Monday**

**Tuesday**

**Wednesday**

**Thursday**

**Friday**

**Saturday**

















