| Monday: 3/27/17 | Tuesday: 3/28/17 | Wednesday: 3/29/17 | Thursday: 3/30/17 | Friday: 3/31/17 | Saturday: 4/1/17 | Sunday: 4/2/17 |
|---|---|---|---|---|---|---|
| Session 1 (1 hour) | Session 1 (1 hour) | Session 1 (1.5 hours) | Session 1 (1 hour) | REST | Session 1 (1.5 hours) | Session 1 (1.5 hours) |
| ROMWOD | ROMWOD | ROMWOD | ROMWOD | | ROMWOD | ROMWOD |
| Reverse Hyper 3 x 15 @ 180 | Reverse Hyper 3 x 15 @ 180 | Reverse Hyper 3 x 15 @ 180 | Reverse Hyper 3 x 15 @ 180 | | Reverse Hyper 3 x 15 @ 180 | Reverse Hyper 3 x 15 @ 180 |
| Crossover Symmetry Plyometric | Crossover Symmetry Iron Scap | Crossover Symmetry Recovery | Crossover Symmetry Activation | | Crossover Symmetry Iron Scap | Crossover Symmetry Activation |
| Hip Circle | Hip Circle | Hip Circle | Hip Circle | | Hip Circle | Hip Circle |
| 2:00 on/2:00 off x 4:<br>30 Calorie Row<br>AMRAP OHS in remaining time<br><br>185/205/225/245 | 10 rounds for time:<br>3 Front Squats, 255 lbs<br><br>From the floor | 10-8-6-4-2 for time:<br>DB Thrusters, 75 lbs<br>Triple-unders | 3-Position Snatch: Max<br><br>Floor, knees, mid thigh | | Plank/Hollow Hold: 6 x 20 sec alt | Bird dog: 20 x 5 sec. (alternating) |
| For time:<br>10-8-6-4-2<br>Deficit HSPU<br>20-16-12-8-4<br>Pistols<br><br>2/4/6/8/10" deficit (25s ar 2") | 6 rounds for time:<br>10 Toes-to-bars<br>4 DB Snatches, 100 lbs | For time:<br>KB Farmer Carry 1 mile, 70 lbs/hand | 15-12-9 for time:<br>Deadlifts, 315 lbs<br>Strict HSPU<br>Box Jumps, 30" | | Russian Twist: 1 x 30 | Straight arm side plank: 1:00/side |
| Session 2 (1 hour) | Session 2 (1 hour) | Session 2 (1 hour) | Session 2 (1 hour) | | Straight Arm Cable Pull-Down: 1 x 20 | Knealing SAKB Press: 1 x 20/side |
| 20 minutes at 70% target heart rate | 20 minutes at 70% target heart rate | 20 minutes at 70% target heart rate | 20 minutes at 70% target heart rate | | Side Lying Leg Raise: 10 x 5 seconds/side | KB SLRDL: 20 reps/side |
| Back Squat 3x5 @ 297.5 | Power Clean 5x3 @ 250 | Back Squat 3x5 @ 300 | Deadlift 5RM @ 370 | | "Liam"<br>For time:<br>Run 800 meters with 45 lb plate<br>100 Toes-to-bars<br>50 Front Squats, 155 lbs<br>10 Rope Climbs<br>Run 800 meters with 45 lb plate<br><br>Partition middle portion as needed | 9-7-5 for time:<br>Stict Muscle-ups<br>DB Squat Snatch (9-7-5 each arm)<br><br>50x9<br>75x7<br>100x5 |
| Bench Press 3x5 @ 215 | Chin-Up 3x17-15-15 | Press 3x5 @ 142.5 | Pull-Up 3x17-14-13 | | Mobility WOD | 3 rounds for time:<br>25 Calorie Ski<br>25 Power Snatches, 95 lbs |
| | | | | | | Mobility WOD |
| Session 3 (1 hour) | Session 3 (1 hour) | Session 3 (1 hour) | Session 3 (1 hour) | | | |
| L-Sit: accumulate 1:00 | Kettlebell Turkish Get-ups: 5 reps/arm | Dead Bug: 20 x 5 sec (alternating) | GHD Hip-Ext + Hold: 20 x 5 sec. | | | |
| Thoraic bridge: Accumulate 2:00 | SAKB Farmer Carry: 4 x 50 feet/side | Partner Medball Throw: 1 x 20/side | 45 degree AB rollout: 1 x 20 | | | |
| GHD GHR: 1x20 | SAKB OH Carry: 4 x 50 feet/side | SAKB Alt BOR: 20x5 sec | KB sott's press: 1x20 | | | |
| Standing Heel Touch: 20 reps/side | SL Glute Bridge: 20 x 5 sec (alternating) | 20 x OH DB reverse lunge | Bulgarian split squat: 20 reps/side | | | |
| 5 rounds for time:<br>10 Double KB Clean & Jerks, 53 lbs/hand<br>3 Ring Muscle-ups | Run 1 mile<br>100 Pull-ups<br>10 Legless Rope Climbs | X | X | | | |
| Mobility WOD | Mobility WOD | Mobility WOD | Mobility WOD | | | |
| | | | | | | |
| Calories & Macros | Calories & Macros | Calories & Macros | Calories & Macros | Calories & Macros | Calories & Macros | Calories & Macros |
| Sleep | Sleep | Sleep | Sleep | Sleep | Sleep | Sleep |
| Supplements | Supplements | Supplements | Supplements | Supplements | Supplements | Supplements |