

Jan 23 - Jan 29 2023

NCFIT WORKOUT

JAN. 23 - JAN. 29, 2023

MONDAY

EFFORT

WARM-UP
AMRAP x 3 MINUTES
20 Crossbody Mountain Climbers
8 Scap Push-Ups
6 Knee Push-ups*
4 Tall Jumps

*Option for Standard Push-Ups.

Intro...
2 ROUNDS
6 Clean Deadlifts
6 Upright Rows
6 Alt. Elbow Punches
6 Push-Ups

MON

STRENGTH (ALL) (RPE 7)
5 SETS*
1 Clean Pull +
1 Clean High Pull +
1 Muscle Clean

*Start Light and build to Moderate.

-Rest As Needed b/t Sets-

Week 4 of 7 (Oly Cycle)

(Score is Weight)

NCFIT BENCHMARK (PERFORMANCE) (RPE 8)
"ELIZABETH"
FOR TIME
21-15-9
Clean (135/95)
Ring Dips

(Score is Time)

KG BB: (60/42.5)

NOTE: New Benchmark. Option for Power Clean or Squat Clean in today's workout.

OPTIONAL COOL DOWN
FOR RECOVERY
12 Slow Arm Heulers
10 Cal/Cows
1:30/1:30 Banded Lat/Trickp Distraction
(No Measure)

TUESDAY

EFFORT

WARM-UP
1 ROUND
1:00 EZ-Med Bike for Calories*
6 Alt. Gromers + Twist
15 Med Ball Q20
10 PVC Pass Throughs

Intro...
1 ROUND
Bike*
6 Cosack Squats
7 Med Ball Overhead Press
7 Med Ball Front Squat
10 PVC Superman Pass Throughs

Intro...
1 ROUND
Bike*
6/6 Med Ball Around the World
10 Med Ball Thruster
10 Slow Alt. Dead Bugs

*Focus in Round 1 is to Bike for 1:00 at a Light to Moderate pace. In the next round aim to finish those same number of Calories in less time.

STRENGTH (PERFORMANCE) (RPE 7)
ON AN 15:00 RUNNING CLOCK...
Build to a Moderate-Heavy Set of 3 Overhead Squats*

*Start Moderate and build to Moderate-Heavy.

Week 4 of 7 (Oly Cycle)

(Score is Weight)

W.O.W. (PERFORMANCE) (RPE 7)
"THE QUADFATHER"
AMRAP x 15 MINUTES
19 Wall Balls (20/14)
10 Cal Bike*

*Cals increase by 4 Cals each full round.

(Score is Rounds + Reps)

KG BB: (3/4)

NOTE: W.O.W. this our pick for epic workout of the week! This workout was removed from Open 15.1.

WEDNESDAY

SPRINT

WARM-UP
3:00 Run
Intro...
2-3 ROUNDS
50' Light KB Goblet hold Walking Lunges
3/3 Single Leg Bridge-Ups at a 30X3" Tempo
45 Plank Hold

wed

*This is shorthand for what is called "tempo" in the strength and conditioning world. This means 3 seconds down, 8 second at the bottom, 45 glide up and 3 second hold at the top.

STRENGTH (ALL) (RPE 8)
6-6-6-6
Deadlifts

*Start Moderate-Heavy and build to Heavy.

(Score is Weight)

Week 4 of 7 (Oly Cycle)

WORKOUT (ALL) (RPE 8)

8 SETS (20 ON / 10 OFF)*
MOV 1 - Deadlifts (Athlete Choice, Moderate-Heavy)**
MOV 2 - Up-Down Over Bar
MOV 3 - SR Ups

No Additional Rest b/t Sets-

*1 SET = MOV 1 + MOV 2 + MOV 3
**Goal = Choose a weight that allows you perform 7-10 TNG Reps each interval.

(Score is Total Reps)

OPTIONAL COOL DOWN
FOR RECOVERY
10/10 Sciotic: Nerve Floss
10/10 Banded Hamstring Stretch
10 Slow Lat/Cows
(No Measure)

THURSDAY

GRIND

WARM-UP
TABATA, 8 ROUNDS :20 ON // :10 OFF
MVMT 1 - High Knees
MVMT 2 - Butt Kickers
MVMT 3 - Single Unders
MVMT 4 - Scap Pull-Ups

Intro...
1-2 ROUNDS (Time Permitting)
200m Run
8-8 False Grip Vertical Ring Rows*
12 Alt. Lunge + 20 Front Rack Alt. Lunges (light weight)
16 Double Unders (20 Practice)

*Position the rings higher, squat under, and think about pulling the rings to the sternum, closer to the belly button. Keep the hands in the false grip, close to each other (think of the fists like magnets).

EXTENDED WARM-UP (PERFORMANCE) (RPE 8)
EMOM x 4 MINUTES
MIN 1 - 1-2 Strict Ring Muscle-Ups*
MIN 2 - EZ Cardio

(No Measure)

WORKOUT (PERFORMANCE) (RPE 8)
FOR TIME
1200m Run
30 Alt. DB Front Rack Lunges (50/35)
100 Double Unders
100 Double Unders
30 Alt. DB Front Rack Lunges
1200m Run

*Option:
15 Ring Muscle-Ups
25 Bar Muscle-Ups
(Score is Time)

KG DB: (22.5/15)(15/10)

EXTENDED WARM-UP (FITNESS) (RPE 8)
EMOM x 4 MINUTES
MIN 1 - 3-5 Strict Pull-Ups
MIN 2 - EZ Cardio

(No Measure)

WORKOUT (FITNESS) (RPE 8)
FOR TIME
1200m Run
30 Alt. DB Front Rack Lunges (35/20)
150 Single Unders
Pull-Ups*
130 Single Unders
30 Alt. DB Front Rack Lunges
1200m Run

*Option:
15 Burpee Pull-Ups
25 Pull-Ups
(Score is Time)

KG DB: (15/14)(10/7.5)

FRIDAY

HEAVY

WARM-UP
3 ROUNDS
1:00 Bike @ 45 Bike @ 30 Bike*
5/5 DB Windmills
10 Alt. Lunges w/PVC Pass Thru
5 Jumping Air Squats w/PVC Overhead

*As the Bike time decreases, let's increase the RPM!

STRENGTH (ALL) (RPE 7)
8-6-4-8-6-4*
Power Snatch

*Start Light, Mod and build to Moderate-Heavy. The second wave of 8-6-4 should be heavier than the first.

(Score is Weight)

Week 4 of 7 (Oly Cycle)

(Score is Weight)

WORKOUT (PERFORMANCE) (RPE 8)
EMOM x 12 MINUTE
MIN 1 - 20/15 Cal Bike
MIN 2 - 1 Power Snatch (Mod Heavy)*

*Athletes chooses Moderate-Heavy loading to start. Athlete can increase loading each round or stay at the same weight. Athlete has the entire minute to make their lift. Max 3 attempts per minute. Score is the combined total weight of all successful lifts.

(Score is Total Weight)

Fri

SATURDAY

EFFORT

WARM-UP
1:30 HIIT (40 ON / 20 OFF)
MIN 1: Step-Ups @ 20 Box Jumps
MIN 2: S.A. KB Swings B.S.A. KB Cleans (20/20)
MIN 3: Tuck-Ups @ V-Ups
MIN 4: 20 Dead Hang + 20 Active Hang @ 20 Scap Pull-Ups + 20 Kip Swings

*Progress to the second movement(s) halfway through the EMOM

WORKOUT (ALL) (RPE 7)
AMRAP x 16 MINUTES
6 KB Goblet Alt. Box Step-Up (53/35)(24/20)
8 Toes to Bar*
6/6 Single Arm KB Push Press
16 Box Jumps (24/20)

*Option for Toes to 'Something'

(Score is Rounds + Reps)

KG KB: (24/14)

PARTNER WORKOUT OPTION
10 TEAMS OF 2...
AMRAP x 16 MINUTES
6 KB Goblet Alt. Box Step-Up (53/35)(24/20)
8 Toes to Bar*
6/6 Single Arm KB Push Press
16 Box Jumps (24/20)

*Option for Toes to 'Something'

(Score is Rounds + Reps)

KG KB: (24/14)

*P1 starts the AMRAP, once they reach the Box Jumps...P2 can start the AMRAP. P2 Chases P1 the entire workout but can not pass them.

FINISHER

3 SETS
40 Alt. KB Flutter Kicks
20 KB Horn Curls
20 KB Upright Rows

-Rest As Needed b/t Sets-

(No Measure)

SUNDAY

GRIND

WARM-UP
1-2 ROUNDS (2:00 CAP)
6 Scap Pull-Ups
6 Scap Push-Ups
6 Bootstrappers

Intro...
AMRAP x 4 MINUTES
30 HMB Row
5 Supine Ring Rows
5 Push-Ups to Pike
6 Alt. Lunges

WORKOUT (PERFORMANCE) (RPE 7)
2 ROUNDS FOR TIME*
100/80 Cal Row
75 Air Squats
40/40 Release Push-ups
25 Pull-Ups**

*Wear a 20lb Vest if you have it.

**Option to Perform Strict Pull-Ups

(Score is Time)

OPTIONAL COOL DOWN
FOR RECOVERY
2:00 Olympic Wall Sit
2:00 Foam Roll Lats.
1:00/2:00 Pigeon Pose
10 Slow Alt. Scorpions

(No Measure)

WORKOUT (FITNESS) (RPE 7)
2 ROUNDS FOR TIME
80/60 Cal Row
75 Air Squats
50 Push-ups
25 Pull-Ups

(Score is Time)

WORKOUT HIGHLIGHTS

BENCHMARKS:

- ELIZABETH (P / F)

WORKOUT OF THE WEEK (W.O.W.)

- THE QUADFATHER (TUESDAY)

VIDEOS

MONDAY:

COACH VIDEO: <https://vimeo.com/790255603>

ATHLETE VIDEO: <https://vimeo.com/790241948>

TUESDAY:

COACH VIDEO: <https://vimeo.com/790255131>

ATHLETE VIDEO: <https://vimeo.com/790241509>

WEDNESDAY:

COACH VIDEO: <https://vimeo.com/790254704>

ATHLETE VIDEO: <https://vimeo.com/790241004>

THURSDAY:

COACH VIDEO: <https://vimeo.com/790254097>

ATHLETE VIDEO: <https://vimeo.com/790240739>

FRIDAY:

COACH VIDEO: <https://vimeo.com/790253674>

ATHLETE VIDEO: <https://vimeo.com/790240357>

SATURDAY:

COACH VIDEO: <https://vimeo.com/790253225>

ATHLETE VIDEO: <https://vimeo.com/790240046>

SUNDAY:

COACH VIDEO: <https://vimeo.com/790256063>

ATHLETE VIDEO: <https://vimeo.com/790239616>

Monday

<https://vimeo.com/790255603>

DETAILED GOALS...

- STRENGTH/SKILL – This strength session should almost be looked at as a skill session. This is not meant to go all out; it is meant to reinforce proper positions, hip contact, and fast elbows. Athletes should be able to at least work up to their workout weight, but if they're not able to work past it, I would recommend lowering the weight slightly for the workout to ensure they are set up for success.

- WORKOUT – For some this will feel like an RPE 7...if going the PC route the shorter ROM won't tax the athletes as much and most athletes will need to break up the pressing movement into a few sets allowing for the HR to lower a little. For others this will feel more like an RPE 8...the Squat Clean will rocket that HR and with the pressing movements getting broken up into fewer sets the HR will stay sky high.

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: 6:00 or below
- Most Athletes: 8:00-12:00
- My Score: I finished 6:34. I kept Ring Dips to 2 sets and I mixed and matched the Power/ Squat Clean as follows:

- 21 - 10PC // 7SC // 4PC

- 15 - 6PC // 5SC // 4PC

- 9 - 5PC // 4SC

FITNESS LEVEL

- Top-End Athletes: Sub 6:00
- Most Athletes: 8:00-10:00
- My Score: N/A

Wednesday

<https://vimeo.com/790254704>

STIMULUS DETAILED GOALS...

- STRENGTH/SKILL – 4 x 6 of sub-max deadlifting is no joke, your athletes might be breathing some at the last rep. We want your athletes testing their limits just a little bit with this strength session so use the full 16 minutes to lift. A timeline will be given below. No difference between the performance and fitness besides the weight lifted.

- WORKOUT – This workout is a DL and Up-Down workout. If you want to really feel it, push those Up-Downs towards 12. The first half is smooth but the sweat and breathing builds. The last 3 minutes will be the RPE 8 we are looking for. That 10s of rest is pretty much a transition to the next movement and a few quick breaths. Lastly, even though the Sit-Ups will be used as a "recovery" station, your athletes will need to move just to get 10!

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: 8-10 Deadlifts (185/125), 8-10 Up-Downs, and 10 Sit-ups
- Most Athletes: 8 Deadlifts (155/105), 8-10 Up-Downs, and 8-10 Sit-ups

- My Score: N/A

FITNESS LEVEL

- Top-End Athletes: 6-8 Deadlifts (135/95), 8 Up-Downs, and 6-8 Sit-ups
- Most Athletes: 6-8 Deadlifts (115/75), 6-8 Up-Downs, and 6-8 Sit-ups
- My Score: I've been having some back tightness recently and can't cycle moderate weight deadlifts without it tightening up...so I did 10 KBS, 10 Up-Downs and 10 Sit-ups. I pushed the pace on the Up-downs to get 10. The Sit-ups were a nice rest right after the Up-downs and gave me just enough recovery to hold my same pace for the next set.

Friday

<https://vimeo.com/790253674>

DETAILED GOALS...

- STRENGTH/SKILL – No difference b/t Performance & Fitness, other than loading will vary from person to person. Just like our past wave loading sessions, start lighter b/c we have a second opportunity to go heavier; but all sets need to be unbroken. This will test our grip strength and speed.
- WORKOUT – Starting with a fast bike (60-65+ RPMs) and ending at the same pace should be the goal on the Bike. This will increase that heart rate right off the bat but also juice up the legs, needed to lift that heavy(ish) barbell. For everyone, I recommend taking about :10-:20 after the bike BEFORE Snatching.
SCORE EXPECTATIONS... PERFORMANCE LEVEL
- Top-End Athletes: 85%+ of 1-rep max; heavy+ loading.
- Most Athletes: 75-85% of 1-rep max; heavy loading.
- EMOM. Snatches should be RPE 7-8, while Cal Bike will be RPE 9.
- My Score: I created a hybrid b/t the two tracks today. I chose to bike the 20/15 Cals (Performance), and did 2 Snatches (Fitness). I made 4 jumps over the course of 6 rounds: 95-100-100-105-105-115. Therefore, my end total was 620#.
FITNESS LEVEL (ONLY COUNT WEIGHT ONCE PER 2 LIFTS)
- Top-End Athletes: 75-85% of their 1-rep max; moderate-heavy loading.
- Most Athletes: 65-75% of their 1-rep max; moderate loading.
- Take about :05-:10 b/t reps...lift then 1-2 steps back, 1-2 steps forward.
- No misses for this track but the RPE will still feel like a 7-8 on the barbell and a 9 on the Bike!

Saturday

<https://vimeo.com/790253225>

DETAILED GOALS...

- STRENGTH/SKILL – N/A
- WORKOUT – Today's workout RPE is a 7, meaning athletes should be moving at a hard pace that is manageable for the entire workout. The KB weight should feel moderate for both the Step-Ups and the Push Press. The unilateral aspect of these movements will cause core fatigue faster and should be considered when choosing weights. The Toes to Bar should be unbroken for as long as possible and the Box Jumps should be steady.
SCORE EXPECTATIONS... PERFORMANCE LEVEL
- Top-End Athletes: Your all stars should be able to complete 6-7+ rounds. All the movements should be consistently smooth and unbroken. These athletes should be able to move at a pretty fast clip without slowing down for the majority, if not the entire, AMRAP.

- Most Athletes: Most athletes should be able to complete 5-6+ rounds. All movements should start unbroken and at most take 2 sets to complete. These athletes may also need to use a lighter KB or an equivalent DB for the S.A. Push Press.
- My Score: N/A
FITNESS LEVEL
- Top-End Athletes: Same as performance.
- Most Athletes: Same as performance.
- My Score: When I tested this workout, I finished 6 full rounds + 14 reps.
I used a 26# KB for both the Step-Ups and the S.A. Push Press. I did roughly half Toes to Bar and half Kipping Knee Raises. Lastly, I did Step-Ups instead of Box Jumps because I can cycle them faster. The
- small rep scheme really encourages you to keep moving fast and unbroken. Bracing on the KB Step-Ups will become exceedingly important as the fatigue sets in.
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- small rep scheme really encourages you to keep moving fast and unbroken. Bracing on the KB Step-Ups will become exceedingly important as the fatigue sets in.

Monday

<https://vimeo.com/788127619>

DETAILED GOALS...

- STRENGTH/SKILL – RPE 5 today so athletes should be building to a confident moderate load. Some may build up faster and perform multiple sets. Athletes should never compromise their form today. They should be able to maintain really good Front Squat mechanics and move the bar fast.

- WORKOUT – Athletes should be pushing it today. Urgency transitioning between movements. Aim to want to never put the bar down. As the abs fatigue and tighten breathing is going to get tougher. As the volume ticks up the legs are going to start burning, making the Front Squats and Toes to Bar much more challenging. This is where the lats come into play, A good Front Rack will help the squats and a strong push down on the Toes to Bar will maintain the Kip rhythm.

PERFORMANCE LEVEL

- Top-End Athletes: Aim to get into the round of 15 or more in the Part

1. Aim for 3:00-4:00 or less in Part 2.

- Most Athletes: Aim to get into the round of 12 or more in Part 1. Aim for 5:00-6:00 or less in part 2

- My Score: I got into the round of 15 and just got on the Toes to Bar

for 5 Reps. I felt like I held back a bit more than I wanted to on Part 1 and pushed Part 2 in 2:55

FITNESS LEVEL

- Top-End Athletes: Same as Performance

- Most Athletes: Same as Performance

- My Score: N/A

Wednesday

<https://vimeo.com/788127943>

DETAILED GOALS...

- STRENGTH/SKILL – Focus here is keeping the bar close and building awareness of the bar path by gradually working from the hip open + shrug to the full punch overhead. Loading should be light to moderate at most. Prioritize proper positions and order of operations before loading.
- WORKOUT – Somewhere b/t a SPRINT and an EFFORT (RPE = 8!!!) Legs/ shoulders will feel this quickly. Keep the Runs as recovery so the barbell remains unbroken and everyone can stay low and fast on the BOBs. Fire Breathers will keep rounds close to 1:00 with most hovering closer to 1:15-1:30.

SCORE EXPECTATIONS...

• PERFORMANCE LEVEL

- Top-End Athletes: 12:00 or faster
- Most Athletes: 13:00-15:00
- My Score: 11:58. Kept the Snatches unbroken, and Burpees took :18-:24. I used the run to recover to allow a quicker transition to the next set of Snatches.

• FITNESS LEVEL

- Top-End Athletes: 11:00-12:00 or faster
- Most Athletes: same as Performance
- My Score: N/A

NOTE: Because loading is the main difference you might see your fitness athletes finish faster if not limited by conditioning.

Friday

<https://vimeo.com/788126276>

DETAILED GOALS...

- STRENGTH/SKILL – The nice thing about a mod-heavy post-workout strength session is that athletes do not have to worry about over exerting themselves before the AMRAP. They can give it their best effort with whatever they have left in the tank. These weights should be challenging, but athletes should maintain solid mechanics and should be able to complete 3 more reps if asked.
- WORKOUT – This AMRAP should be performed at a moderate+ intensity level with a focus on keeping the Alt. Devil's press fast and smooth. Nothing today should force anyone to stop and gas out, steady eddy from start to finish. To find extra intensity SPRINT the row and send it on the Devils Press!

SCORE EXPECTATIONS...•

PERFORMANCE LEVEL

- Top-End Athletes: 4-4.5+ Rounds. Your top-end performance athletes should be able to finish 2 movements before the next set of Alt. Devil's Press begins.
- Rowing: :45-1:00
- Sit-Ups: :45-1:00

- Double Unders: :25-:35
- Devils Press: No more than :30
- Most Athletes: 3-3.5+ Rounds. Most athletes should be able to finish 1.5-2 movements before the next interruption begins.
- Rowing: 1:00-1:15
- Sit-Ups: 1:15-1:30
- Double Unders: :35-:45
- Devils Press: No more than :35-:45
- My Score: N/A

Saturday

<https://vimeo.com/788127265>

DETAILED GOALS...

- STRENGTH/SKILL – The goal of the strength portion for both P&F is to build up to their workout weight or maybe just a little past it. They should be able to perform these reps unbroken with the weights coming off the floor slow and controlled. The last couple reps should be toughish.
- WORKOUT – Don't let the heavy Deadlift weight fool you, this is a biking workout. You will be wanting to slow down your HSPU and DL so that you can spend less time on the bike. Don't let this happen. Keep your sets and transitions the same so that you can spend the same amount of time on the bike and keep your scores consistent. This workout will cause some deep muscle burn!

SCORE EXPECTATIONS...

- PERFORMANCE LEVEL
 - Top-End Athletes: 20-25+ Cals/Set
 - Most Athletes: 16-20+ Cals/Set
 - My Score: 25 Cals/Set
- FITNESS LEVEL
 - Top-End Athletes: ~15-18 Cals/Set
 - Most Athletes: ~12-15 Cals/Set
 - My Score: N/A

Monday 1-9-22

WARM-UP

3 ROUNDS

:45 Cal Row (increasing Intensity)

12 Alt. SA KB Deadlifts

6 Bodyweight Lunge-Lunge-Squats

:30 Tuck Hold*

*Hollow Hold optional.

STRENGTH (ALL)

RPE 5

ON A 15:00 RUNNING CLOCK...

Build to a Moderate Set of 5 Back Squats*

*Start Light-Moderate and build to Moderate.

Week 2 of 7 (Oly Cycle)

(Score is Weight)

WORKOUT (PERFORMANCE)

RPE 7

4 ROUNDS FOR TIME

8 DBL KB Front Squats (53/35)

16 DBL KB Alt. Front Rack Lunges

24/20 Cal Row

(Score is Time)

KG KB: (24/16)

WORKOUT (FITNESS)

RPE 7

4 ROUNDS FOR TIME

8 DBL KB Front Squats (35/26)

16 DBL KB Alt. Front Rack Lunges

24/20 Cal Row

(Score is Time)

KG KB: (16/12)

OPTIONAL COOL DOWN

FOR QUALITY

2:00 Banded Hamstring Stretch (L)

2:00 Banded Hamstring Stretch

(R)

2:00 Seal Stretch or Cobra Stretch

(No Measure)

<https://vimeo.com/785939616>

DETAILED GOALS...

- STRENGTH/SKILL – Similar to last week everyone should be building to something moderate that would allow 3-4 more reps if asked. We want the legs tired after this session but not completely gassed.
- WORKOUT – This will fatigue the legs right from the get-go. KB loading should allow for at least 1 round unbroken from the FS to the Lunges. After that, athletes should break b/t movements to give the legs/ lungs a quick break. The Cal Row will continue to light up the legs so switching b/t heels down/up rowing will help transition the load b/t the hamstrings and quads.

Times will be comparable if KB weight is chosen correctly and the Cal Row is taken at a consistent pace not a sprint!

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: Sub 12:00-13:00
- Most Athletes: 13:00-15:00.
- My Score: 12:43. Kept 1st set unbroken and then did Squats into 6-8 Lunges before resting the KBs. Cal Row averaged 1:15-1:30.

FITNESS LEVEL

- Top-End Athletes: Same
- Most Athletes: Same
- My Score: N/A

Wednesday 1-11-22

WARM-UP

2 ROUNDS

6 Alt. Groiners on Box

4 Jefferson Curls

6 Kang Squats

Into...

2 ROUNDS

6 Vertical Jumps

4 Cat/Cows

6 Hang High Pulls w/Empty Barbell

Into...

2 ROUNDS

6 Alt. Step-Ups + 6 Box Jumps

4/4 Moose Antlers

6 Cuban Presses w/Empty Barbell

STRENGTH (ALL) RPE 5

5 SETS

1 Clean Deadlift +

1 Hang Power Clean +

2 Shoulder to Overhead

*Start Light and Build to Moderate.

-Rest As Needed b/t Sets-

Week 2 of 7 (Oly Cycle)

(Score is Weight)

WORKOUT (ALL) RPE 8

3 SETS

AMRAP x 4 MINUTES*

2-4-6-and so on...

Hang Power Clean + Overhead (95/65)

Box Jumps (24/20)

-Rest 1:30 b/t Sets-

*Reset to 2/2 at the start of each AMRAP.

(Score is Lowest Rounds + Reps)

KG BB: (42.5/30)

OPTIONAL FINISHER

2-3 SETS FOR QUALITY

30 Single DB Crush Curls

10/10 DB Around the Worlds

30 Single DB Floor Press

-Rest as Needed b/t Sets-

(No Measure)

<https://vimeo.com/785937863>

DETAILED GOALS...

- STRENGTH/SKILL – Moderate loading/feel with our complex today. The Shoulder to Overhead will limit how much load can be moved. I recommend building up to 65-75% of your heaviest S2OH.

- WORKOUT – Trap trap city here - especially if you cycle from the High Hang position. Shoulders will fatigue from shrugging under the bar and the legs will fatigue from Box Jumps + jumping with the barbell. We want this to be a sprint, bordering that unsustainable pace; but due to the ascending rep scheme, start slower than you think you should!

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: Round of 10-12
- Most Athletes: Round of 8-10
- My Score: The first two AMRAPs, I made it through the round of 10s. In the final AMRAP, I was in the middle of the round of 8s. I made it a point to keep barbell reps unbroken with a smooth/slower transition to the box and kept the jumps steady; nothing crazy here.

FITNESS LEVEL

- Top-End Athletes: Round of 8-10 • Most Athletes: Round of 6-8
- My Score: NA

Friday 1-13-22

WARM-UP

1 ROUND
30 Single Unders
10 PVC Pass Throughs
30 Mountain Climbers
10 Arm Haulers

Into...

1 ROUND
10 Single + Single + High Jump
7 Up-Downs
5 PVC Snatch Deadlift
5 PVC Snatch Push Jerk

Into..

1 ROUND
10 Single + Single + Double
5 Up-Downs Over Bar
3 BB Snatch Deadlift
3 BB Snatch Push Jerk
:20 Double Under Practice

STRENGTH (ALL)

RPE 5

10-8-6-10-8-6*
Hang Power Snatch

*Light-Moderate for 1st wave and build to Moderate in the 2nd wave.
The second wave of 10-8-6 should be heavier than the first.

Week 2 of 7 (Oly Cycle)

(Score is Weight)

WORKOUT (ALL)

RPE 7

EMOM x 15 MINUTES
MIN 1&2 - AMRAP of...3 Hang Power Snatches (Athlete Choice,
Mod/Mod-Heavy) + 7 Up-Downs Over Bar + 21 Double Unders*
MIN 3 - Rest

*Pick up where you left off. Reps on HPS should be performed
unbroken.

(Score is Total Rounds + Reps)

<https://vimeo.com/785939242>

DETAILED GOALS... and

- STRENGTH/SKILL – Athletes should feel mostly challenged by the reps not so much the weight. RPE 5 with moderate loads should be doable. The volume will get challenging but the weight should never compromise movement. The focus is cycling nonstop for all their reps. The

initial sets may be light enough for some to cycle from the high hang, and then the following wave athletes may need to cycle from the lower hang position.

- WORKOUT – A lot of up and down with the heart rate. There is nowhere to hide in the working EMOM. The barbell will feel more and more challenging but athletes should be able to immediately pick up the barbell. The Double Unders and Burpees will hit the legs and shoulders more than expected by the time they get back to the Barbell.

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: Aim for 2.5-3 Rounds. These athletes are cycling fast on the barbell and Up-Downs with little to no trips on the jump rope.
- Most Athletes: Aim for 2-2.5 Rounds. These athletes will move slower transitioning but loading should allow for them to remain unbroken.
- My Score: N/A

FITNESS LEVEL

- Top-End Athletes: Same as Performance.
- Most Athletes: Same as Performance. Consider keeping the loading more moderate for these athletes
- My Score: I was holding just over 2 Rounds each time, kept my weight moderate as I'm dealing with some bicep issues.

Saturday 1-14-22

WARM-UP

2 ROUNDS
6 Alt. Deadbugs
6/6 SA DB Lat Raise (Light Weight)
4/4 DB Around the World

Into...

3 ROUNDS
30 Big Jump Single Unders*
6/6 SA Ring Row
6 Scap Pull-Ups
6/6 SA Deadlift

* Can transition to Double Unders in the 2nd and 3rd Round

WORKOUT (PERFORMANCE)

RPE 6

5 ROUNDS FOR TIME
100m KB or DB Farmer Carry
(Athlete Choice, Heavy)
60 Double Unders
20 Pull-Ups

(Score is Time)

KG KB: (24/16)

WORKOUT (FITNESS)

RPE 6

5 ROUNDS FOR TIME
100m KB or DB Farmer Carry
(Athlete Choice, Heavy)
60 Double Unders
20 Ring Rows

(Score is Time)

KG KB: (16/12)

FINISHER

3 SETS
10/10 Banded Crossbody Lateral Raises
20 Overhead Banded Tricep Extensions
1:00 Banded Deadbugs

-Rest As Needed b/t Sets-

(No Measure)

<https://vimeo.com/785937214>

DETAILED GOALS...

- STRENGTH/SKILL – N/A

• WORKOUT – An extremely grippy workout that will surely tax our upper body greatly. With the paired nature of the Grind style workout and sitting around a 6 for RPE, expect to feel like your muscles are burning out, but you are able to push through it. Strong ability to push through grip fatigue today will be needed!

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: 15-17 minute range or less. 100m Carry should be heavy, but done in 1:20 or less with a quick shakeout. Double Unders close to unbroken. Pull-Ups unbroken or one break.
- Most Athletes: 17-19 minute range on the day. 100m Carry should be completed in no more than 1:30 with 1 break as needed. Double Unders completed in 2-3 Sets. Pull-Ups to be done in 2-3 Sets.
- My Score: I finished at 17:46. I went the Performance route as an athlete that is typically in the Fitness category. I averaged 3:30 +/- a round. I kept the PU to 3 sets and the KB's to 2 sets.

FITNESS LEVEL

- Top-End Athletes: 15-17 minute range or less. 100m Carry should be heavy, but done in 1:20 or less. Double Unders close to unbroken. Ring Rows are challenging, but can be done unbroken or one break.
- Most Athletes: 17-19 minute range on the day. 100m Carry should be completed in no more than 1:30 with 1 break. Double Unders completed in 2-3 Sets. Ring Rows are challenging but can be done in 2-3 Sets.
- My Score: N/A

Monday

WARM-UP

2-3 ROUNDS

:20 Single Unders*

8 Good Mornings

:20 Tall Jump Single Unders 8 Ring Rows

8 Scap Pull-Ups**

Complete Single Single Double Unders RND 2+3

**Complete 5-7 Kip Swings RND 2+3.

Into...

1-2 ROUNDS W/EMPTY BARBELL (Time Permitting)

5 Clean Deadlifts

5 Upright Rows

5 Hang High Pulls

5 Hang Muscle Clean + Elbow Punch (R/L)

Strength

10-8-6-10-8-6* Hang Power Clean

rpe 5

*Light-Moderate for 1st wave and build to Moderate in the 2nd wave. The second wave of 10-8-6 should be heavier than the first.

Week 1 of 7 (Oly Cycle) (Score is Weight)

WOD

AMRAP x 10 MINUTES

5 Hang Power Cleans (155/105) 10 Pull-Ups

30 Double Unders*

*Increase by 15 reps each round. 30-45-60-and so on...

(Score is Rounds + Reps)

DETAILED GOALS...

STRENGTH/SKILL – Today's RPE for both versions is 5. Everyone will be getting after the same volume and practicing the same basic skills. Where we will see the biggest differences will be loading on the bar with our top end athletes eeking into mod-heavy sets of 6. Ideally we should have athletes have their first set of 6 be their workout weight and then aim to build past it!

WORKOUT – This will start off feeling like an RPE 5 (mod pace) and gradually build to the RPE 7. With the increasing DU reps the HR will gradually build and eventually stay high. All athletes should keep their HPC unbroken for all rounds regardless of loading. Where we might see a difference in progression is the PU vs. RR. The RR should be unbroken throughout the AMRAP but the PU might need to be broken up into 2 sets after the first round but they should never take more than 2 sets. If needed, adjust down the reps from the beginning!

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: 5.5-6+ Rounds
- Most Athletes: 4-5 Rounds

FITNESS LEVEL

Top-End Athletes: 5.5-6+ Rounds

Most Athletes: 4-5 Rounds

NOTE: Score will really vary depending on DU proficiency. If athletes are still working on this skill, consider only increasing their reps by 5-10 reps to allow more fluid movement for the 10:00!

Wednesday

WEDNESDAY

 EFFORT

WARM-UP

400m Run

Into...

3 ROUNDS*

10 Good Mornings (option to hold KB) → KB DL → RKBS

10 Inch Worms → Up-Downs → Burpees

10 Knee Push Ups → Push-ups → Hand Release Push-Ups

*Arrows denote movement change from round to round.

STRENGTH (P&F)

RPE 5

8-8-8-8*

Deadlift

*Start Light and build to Moderate.

Week 1 of 7 (Oly Cycle)

(Score is Weight)

WORKOUT (P)

RPE 6

4 ROUNDS FOR TIME

30 Russian KB Swing (70/53)

25 Burpees to Target

20 Hand Release Push-Ups

(Score is Time)

KG KB: (32/24)

WORKOUT (F)

RPE 6

4 ROUNDS FOR TIME

30 Russian KB Swing (53/35)

25 Burpees to Target

20 Push-Ups*

(Score is Time)

KG KB: (24/16)

*Hand Release Optional

OPTIONAL COOL DOWN (P&F)

FOR RECOVERY

1-2 ROUNDS

10 Cat/ Cows

10 Scorpions

2:00 Seated Stradled Stretch

(No Measure)

<https://vimeo.com/783024535>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

A solid strength piece today. We want this weight to feel heavy but doable for each rep. We should be at workout weight by the 3rd building set and then aim to build past it! The weight for the workout will feel nice and light after doing this strength piece!

WORKOUT

You will feel your lungs and legs during this workout! Coming in from that Run you will be surprised how much heavier that DL feels, running fatigues the Hamstrings. This needs to feel like a SPRINT from start to finish as we are training your capacity to GO HARD then recover!

PERFORMANCE GOAL – Look for your fittest athletes to get sub 2:00, sub 4:00 and Sub 6:00. The Runs will be performed at nearly an all out SPRINT with the DL completed in 1-2 sets and Sit-ups done quickly and U/B.

FITNESS GOAL – Look for your average athletes to get sub 2:45, 4:45 and 6:45. The runs will be performed at a more conservative pace with the DL completed in 2-3 sets and the Sit-ups done at a consistent pace and maybe two sets.

Friday

FRIDAY

 EFFORT

WARM-UP

2 ROUNDS
5 Push Up to Pike
10 Step Overs
5/5 DB Deadlift
5/5 DB Upright Row
5/5 DB Press

Into...

1-2 ROUNDS
5 Inch Worms
6 Box Jump Overs
5 BB Snatch Deadlift
5 BB Snatch Hang High Pull
5 BB Snatch Push Jerk*

*This movement is performed from behind the neck

STRENGTH (P&F) RPE 5

5 SETS*
1 Snatch Deadlift
+
1 Hang High Pull
+
2 Hang Power Snatches

*Start Light and Build to Moderate.

-Rest As Needed b/t Sets-

Week 1 of 7 (Oly Cycle)

(Score is Weight)

NCFIT WORKOUT OF THE WEEK (P) RPE 7

"OPEN 22.1"
AMRAP x 15 MINUTES
3 Wall Walks
12 Alt. DB Snatches (50/35)
15 Box Jump Overs (24/20)

(Score is Rounds + Reps)

NOTE: W.O.W. this our pick for epic workout of the week! Last Seen Open 2022.

KG DB: (22.5/15)

NCFIT WORKOUT OF THE WEEK (F) RPE 7

"OPEN 22.1 (Adjusted)"
AMRAP x 15 MINUTES
3 Wall Walks
12 Alt. DB Snatches (35/20)
15 Box Jump Overs (24/20)

(Score is Rounds + Reps)

NOTE: W.O.W. this our pick for epic workout of the week! Last Seen Open 2022.

KG DB: (15/10)

<https://vimeo.com/784481225>

DETAILED GOALS...

STRENGTH/SKILL – Moderate load with quality movement. Build here should be a set or 2 with Light weight, a set of Light-Moderate to have a better feel and then 1-2 sets with Moderate Load. This should be looked at as practice to build consistency, especially across the Hang High Pull to the Hang Power Snatch. These 2 movements should look/feel very similar.

WORKOUT – Moderate to Moderate-High intensity with our RPE 7 for today's Workout. This means pacing should be challenging but should stay consistent throughout the entire 15 mins. The shoulders will start to feel heavier and heavier each round going from the Wall Walk into the DB Snatch especially since we are asking our athletes to maintain unbroken sets. The Box Jumps are where the athletes can find some rest for the shoulders before the next round but will certainly keep the heart rate up.

SCORE EXPECTATIONS... PERFORMANCE LEVEL

- Top-End Athletes: 6-7 or more Rounds. Aim for Unbroken every round.
- Most Athletes: 4-5 or more Rounds. Mostly Unbroken throughout the workout
- Top-End Athletes: 6-7 or more Rounds. Aim for Unbroken every round. Most Athletes: 4-5 or more Rounds. Mostly Unbroken throughout the workout

Saturday

WARM-UP

PART 1 (MIN 0-3:00)

25ft Line Drills...

Toe Walk

Heel Walk

Straight Leg Kicks

Bear Crawl

Quad Crawl

Into...

PART 2 (MIN 3:00-8:00)

2 ROUNDS

100m Run

10 Alt. Forward BW Lunges w/ hands behind head*

8 Kip Swings

6 Empty Barbell "Up + Overs"***

*2nd Round: 10 Alt. Reverse BW Lunges. The hands behind the head focuses on an upright torso position before using a barbell.

**Bar starts in the front rack position. Dip + punch overhead, then gently lower & absorb the barbell on the back rack. Behind the neck push press to bring back to the front rack.

WORKOUT (P&F)

RPE 6

FOR TIME

800m Run

50 Back Rack Lunges (95/65)

30 Toes to Bar

600m Run

40 Back Rack Lunges

25 Toes to Bar

400m Run

30 Back Rack Lunges

20 Toes to Bar

(Score is Time)

KG BB: (42.5/30)

FINISHER (P&F)

3 SETS

12 DB Zottman Curls

10/10 SA DB Upright Row

1:00 Hollow Hold*

*Option to Hold DB.

-Rest as Needed b/t Sets-

(No Measure)

<https://vimeo.com/784481525>

DETAILED GOALS... STRENGTH/SKILL – N/A

WORKOUT – Reps decrease as the fatigue increases! The legs will be affected going from the Run into the Lunges. Grip and lats needed on the T2B but today is a great opportunity to really focus on the push down of the bar since none of the other movements are lat dominant. Overall goal is to keep the Lunges to 2-3 sets and the Toes to Bar to 3-5 sets - even when the reps decrease.

SCORE EXPECTATIONS...

PERFORMANCE LEVEL

- Top-End Athletes: 18:00-21:00
- Most Athletes: 21:00-24:00

FITNESS LEVEL ••

Top-End Athletes: Same as Performance

Most Athletes: Same as Performance

Monday 12/26/22

WARM-UP

2 ROUNDS

30 Jumping Jacks

8 Shoulder Rolls Forward

8 Shoulder Rolls Backward

8 BB Strict Press

Into...

6 SETS (:20 ON/ :20 OFF)

SET 1 - Single Unders

SET 2 - Tall Jump Single Unders

SET 3 - Penguin Taps

SET 4 - Single-Single-Double Under

SET 5 - Single-Double Under

SET 6 - Double Under

STRENGTH

5-5-5-5*

Push Jerk

*Start Light-Mod and build to Mod-Heavy.

(Score is Weight)

WORKOUT

6 SETS

32 Double Unders

8 Shoulder to Overhead (155/105)|(115/75)

32 Double Unders

-Rest 1:00 b/t Sets-

(Score is Slowest Set)

<https://vimeo.com/783025955>

STRENGTH/SKILL

Athletes should work to their workout weight by the 3rd set and then build past it. They should have a “hell ya” mentality that they can knock out 3 more reps (as they see in the workout) and if not the weight should be adjusted down when going to the workout. Everyone should also prioritize cycling the PJ during this session to better prep them for their intervals.

WORKOUT

This workout is going to be fast paced from the get go. Shoulders will get a bit fatigued from the DU/ PJ combo but the BB reps should ALWAYS be unbroken. HR will jump up but if athletes practice some deep breaths during the rest it will allow for almost a full recovery.

PERFORMANCE GOAL – Fittest will finish each round 1:00 or faster. Keep ropes close to ensure a quick transition to the bar and back again. Today is a great day to work on increasing DU speed to shave off 1-2 seconds.

FITNESS GOAL – Most will range from 1:15-1:30 tops. These athletes should spend no more than :30 on the DU each time and the BB should always remain unbroken. Weight should be adjusted to allow this.

Wednesday 12/28/22

WARM-UP

1 ROUND

20 Butt Kickers

20 High Knees

20 Calf Raises

20 Tib Raises

-Quick Transition-

AMRAP x 4 MINUTES

8 Sumo Good Mornings w/ Empty BB

8 Weighted Glute Bridge Ups

:30 Plank or Hollow Hold

Into...

*400m Test Run

*The goal is to have the athletes nice and warmed up at this point. If the athletes take longer than 2:30 to complete, see Adjustments section for running distance adjustments.

STRENGTH

5-5-5-5* Deadlift

*Start Light-Mod and build to Mod-Heavy.

(Score is Weight)

WORKOUT

ON A 3:00 RUNNING CLOCK...

400m Run

-Rest w/ Time Remaining-

Then Into...

ON A 5:00 RUNNING CLOCK...

600m Run

15 Deadlifts (225/155)|(155/105)

-Rest w/ Time Remaining-

Then Into...

ON A 7:00 RUNNING CLOCK...*

800m Run

20 Deadlifts

40 Sit-Ups

*For every rep not completed in the final 7:00 add :01 onto your total time. Score is the combined time that it takes you to complete each task.

(Score is Total Time)

<https://vimeo.com/783024535>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

A solid strength piece today. We want this weight to feel heavy but doable for each rep. We should be at workout weight by the 3rd building set and then aim to build past it! The weight for the workout will feel nice and light after doing this strength piece!

WORKOUT

You will feel your lungs and legs during this workout! Coming in from that Run you will be surprised how much heavier that DL feels, running fatigues the Hamstrings. This needs to feel like a SPRINT from start to finish as we are training your capacity to GO HARD then recover!

PERFORMANCE GOAL – Look for your fittest athletes to get sub 2:00, sub 4:00 and Sub 6:00.

The Runs will be performed at nearly an all out SPRINT with the DL completed in 1-2 sets and Sit-ups done quickly and U/B.

FITNESS GOAL – Look for your average athletes to get sub 2:45, 4:45 and 6:45. The runs will be performed at a more conservative pace with the DL completed in 2-3 sets and the Sit-ups done at a consistent pace and maybe two sets.

Friday 12/30/22

WARM-UP

3 ROUNDS

10 Lunge → Air Squats → Empty BB Front Squats

10 Up-Down w/ Pause → Up-Downs Over Bar → Burpees Over Bar

5/5 SA Ring Rows → 10 Ring Rows → Scap Pull-Ups

EXTENDED WARM-UP

ON AN 8:00 RUNNING CLOCK...

Practice Chest to Bar Pull-Ups or Pull-Up Practice*

*Options...

Banded Strict Chest to Bar Pull-Ups Pausing Chest to Bar Pull-Ups 2-for-1 Chest to Bar Pull-Ups Pull-Up or Banded Pull-Up Practice

(No Measure)

WORKOUT

1.) AMRAP x 10 MINUTES

2-4-6-8-and so on...

Front Squats (95/65)|(65/45)

Burpees Over Bar

Chest to Bar Pull-Ups (Score is Total Reps)

-Rest 3:00 b/t P1 & P2-

2.) FOR TIME

40 Front Squats

30 Burpees Over Bar

20 Chest to Bar Pull-Ups

(Score is Time)

KG BB: (42.5/30)|(30/20)

OPTIONAL COOL DOWN

FOR RECOVERY

3:00 Foam Roll Lats

:45/:45 Standing Side Lat Stretch 1:00 Rig Assisted Lat Stretch

(No Measure)

<https://vimeo.com/783025190>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

There should be minimal fatigue during the EMOM as the desired adaptation is chest to bar skill development. You have time to dive into the nitty gritty of the C2B today so use the teaching before and during this session to help find a challenging but appropriate movement for everyone!

WORKOUT

You will feel the fatigue suddenly hit in your chest, lats and legs for the Amrap, which will feel like a grind. The For Time will feel like a sprint. The Amrap is an ascending ladder which will test your muscular endurance. The for time is a test of your anaerobic capacity.

PERFORMANCE GOAL – Look for your fittest athletes to get into the round of 16, going U/B into the round of 12. They will get 5:00-5:30 on the For Time. Breaking up the FS and maybe Chest to Bar into 2 sets.

FITNESS GOAL – Look for your average athletes to get into the round of 12-14+, going U/B into the round of 8. They will get 6:30-7:00 on the For Time. Breaking up the FS and Chest to Bar into 3 sets.

Saturday 12/31/22

WARM-UP

1 ROUND

10 Box Step-Overs

10 PVC Pass Thru

10 Air Squats

:20 Hollow Hold

Into...

1 ROUND

10 Half Box Jumps

10 PVC BTN Strict Press

10 PVC OHS

:20 Hollow Rocks

100m Run

Into...

1 ROUND

10 Box Jump Overs

10 PVC BTN Push Press

10 Alligator Rocks

100m Run

STRENGTH

ON A 10:00 RUNNING CLOCK...

Build to a Moderate-Heavy 3-Rep TNG Power Snatch

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"COUNTDOWN"

FOR TIME*

10-9-8-7-6-5-4-3-2-1

Box Jump Overs (24/20)

Toes to Bar

Power Snatch (135/95)|(95/65)

*After each full round complete a 100m Run.

The workout ends with a 100m Run.

(Score is Time)

<https://vimeo.com/783022659>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Weight should allow for clean reps that give athletes feedback to their quickness under the barbell. Everyone should be at their workout weight 5:00-6:00 in and try to build slightly past it.

WORKOUT

This workout will tax the legs, grip, and core while leaving athletes trying to settle their heart rate. The volume of each movement will add up especially on the Toes to Bar and Power Snatch. Athletes should be able to keep these movements to 1-2 sets each round.

PERFORMANCE GOAL – Fittest athletes will look to complete this workout within 18:00-20:00. Box Jump Overs & Toes to Bar should be completed unbroken. Power Snatches should be completed in 1-2 sets. 100m Run should be completed in :30.

FITNESS GOAL – Everyone else will look to complete this workout within 22:00-25:00. Box Jump Overs should be completed unbroken with a steady pace. Toes to Bar & Power Snatches should be completed in 1-2 sets. 100m Run should be completed in :40 or less.

Monday 12-19-22

WARM-UP

1 ROUND

10 Cat Cows

10 Alt. Groiners

10 Push-Up to Pike

Into...

2-3 ROUNDS (Time Permitting)

5 Up-Downs Over Bar

5 Barbell RDL

5 Barbell High Pulls

5 Barbell Cuban Press

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 1-Rep Heavy Clean and Jerk*

*Build up to and slightly past workout weight.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"THE CALI BEAR"

EVERY :30 FOR 20 MINUTES

1 Power Clean & Jerk (225/155)|(155/105)

*Beginners should scale weight to a moderate load and perform 2-3 reps on the minute, resting as needed to ensure proper mechanics.

(Score is Weight)

<https://vimeo.com/780858911>

STIMULUS OVERALL GOALS...

- STRENGTH/SKILL

- Heavy 1-Rep but not necessarily a max. The goal here is to slightly overload the workout weight so we feel confident going into the workout. Should really focus on an aggressive hip drive through the full movement.

- WORKOUT

- Strong mental and physical grind coming at us today. Should

be able to hit all lifts, but we need to continue to stay focused as the fatigue quickly sets in and holds on throughout the duration. Building in weight every 5-10 lifts is a great way to not hit a wall early and have to strip weight off!

PERFORMANCE GOAL – Should be able to complete all Reps at written weight. If you have done that before, then look to increase the weight a bit or increase every 5-10 Reps as needed.

FITNESS GOAL – Should be able to complete all lifts. Either at the NC2 weight or progressive increase every 5-10 Reps. No missed lifts due to lack of strength.

Wednesday 12-21-22

WARM-UP

EMOM x 4 MINUTES

MIN 1 - :30 Arms Only/ :30 Legs Only

MIN 2 - :40 Forever Pace (50-60 RPMS)

MIN 3 - :40 Mod Pace (55-65 RPMS)

MIN 4 - :40 Hard Pace (60-70RPMS)

-Quick Transition-

AMRAP x 3 MINUTES 10 Bunny Hops*

5 Tall Jumps**

20 Single Unders

15 Crunches

*Mimic Single Under jumps. Feet together + upright torso + small jumps.

**Mimic Double Under jumps. Same as above but jump higher. Practice absorbing into the ground and immediately springing back up!

WORKOUT

FOR TIME

100-80-60-40-20 Double Unders

50-40-30-20-10* Cal Bike

30-25-20-15-10 Sit-Ups

*Alt. Cals: 40-30-25-15-8.

(Score is Time)

FINISHER

3 SETS

16 Alt. DB Hammer Curls

16 Alt. DB Strict Press

Max Banded Tricep Pull-Downs

(No Measure)

<https://vimeo.com/780856904>

STIMULUS OVERALL GOALS...

- STRENGTH/SKILL

- Moderate DB loading for today that should allow for all sets to

be unbroken. Focus is to move meticulously to ensure there is no kipping to finish a rep. Banded Tricep Pull-Downs should be Mod-Heavy tension and athletes should barely be getting to 30 reps.

- WORKOUT

- Lungs and a little leg fatigue encapsulates this workout. Get through the first two rounds and you're essentially home free. The DU will be limiting for some so time domains here will be important. Use the Sit-Ups to recover.

PERFORMANCE GOAL – 16:00-17:00. These athletes should keep DU unbroken or to 2 sets. Cal Bike will range but they will see a roughly :30-:40 decrease in time as the Cals lower. RPMS will range but should hover around 63-68+ for males and 58-63+ for females.

FITNESS GOAL – 18:00-20:00. These athletes should work time domains for the DU if building capacity. These have been outlined in the Loading/Reps/Volume section. They should expect a :20-:30 drop off on the bike as they work through the lower Cals. RPMS will range but should hover b/t 58-63+ for males and 55-60+ for females.

Friday 12-23-22

WARM-UP

MOBILITY PREP (4 MIN Max)

8 Alt. Groiners

8 Cat Cows

:30 Wrist Stretch Palms Down

:30 Wrist Stretch Palms Up

5 Slow Bodyweight Jefferson Curls

Into...

AMRAP x 6 MINUTES

:30 Moderate Row

7/7 SA KB Deadlift

7/7 SL Glute Bridge (Option for Weighted)

14 Alt. V-Ups

:30 Dead Hang

NCFIT BENCHMARK WORKOUT

"SON OF A NUTCRACKER"

AMRAP x 18 MINUTES

100m Suitcase Carry (70/53)|(53/35)

200/150m Row*

15 Russian KB Swings

*Row increases 100m after each full round. Round 1 is 200/150, Round 2 is 300/250 and so on...

(Score is Total Rounds + Reps)

Note: New Benchmark"

<https://vimeo.com/780856343>

STIMULUS

OVERALL GOALS...

WORKOUT

Mega hinge and forearm burn up today. Relatively steady heart rate, but can expect some a good solid pump throughout. We should really be focusing on maintaining similar timing for the Suitcase Walk. Row timing should not be aggressively different from your previous Round.

PERFORMANCE GOAL – 4.5-5+ Rounds should be the goal today. You are minimizing your transition timing and really push the Walk a bit, aim for 1:45 or less here. RKBS should definitely be unbroken. Row effort should be sitting around or under 1:45 average for the Guys and 2:00 for the Ladies.

FITNESS GOAL – 3.5 - 4+ Rounds should be our goal today. Stay consistent on the pacing and transition between movements. Suitcase Walk should be controlled and steady. KB Suitcase Walk should be done right around 2:00 - 2:10. RKBS should be unbroken if not 2 controlled quick Sets. Row should be right around 2:00 or less average for the Guys and 2:15 - 2:20 for the Ladies.

Saturday 12-24-22

WARM-UP

AMRAP x 3 MINUTES 5 WB Thrusters

5 Burpees to a Plate 5 Kip Swings

100m Run

Into...

AMRAP x 3 MINUTES

5 Hand Release Push-Ups

5 Empty BB Hang Power Cleans 10 Lunges

5 DB Push Press

NCFIT BENCHMARK WORKOUT

"12 DAYS OF NCFIT"

FOR TIME*

Day 1 - 100m Run

Day 2 - Power Clean (185/125)|(135/95)

Day 3 - Burpees to a Plate

Day 4 - DB Push Press (50/35)|(35/20)

Day 5 - Toes to Bar

Day 6 - Hand Release Push-ups

Day 7 - Plate Ground to OH (45/35)|(35/25)

Day 8 - Wall Balls (20/14)|(14/10)

Day 9 - Deadlifts (185/125)|(135/95)

Day 10 - Walking Lunges

Day 11 - DB Thruster

Day 12 - Bar Muscle-Ups

*Workout flows just like the Holiday song...each day represents the number of reps. Start at Day 1 (1 rep), then do Day 2 (2 reps) + Day 1 (1 rep) , Day 3 (3 reps) + Day 2 (2 reps) + Day 1 (1 rep)...and so on.

(Score is Time)

BMU Option 1: Jumping BMU

BMU Option 2: Burpee Pull-Ups

Last Seen: 12/24/2022

<https://vimeo.com/780855713>

STIMULUS

OVERALL GOALS...

WORKOUT

Just a long grind of a workout with the workout starting around the 7th-9th round. By then athletes should be able to find their pace and be mentally locked in. Fatigue will kick over time but athletes should be able to have constant movement throughout.

PERFORMANCE GOAL – Fittest athlete will be looking to finish this workout sub 30:00. They will be looking to go unbroken on all movements except the Muscle Ups. Muscle Ups should be complete in 2 sets top.

FITNESS GOAL – Everyone else will be looking to finish this workout within 32:00-38:00.

Athletes will be looking to keep each movement unbroken as long as possible and taking calculated breaks between movements.

Monday 12-12-22

WARM-UP

1-2 ROUNDS (3:00 Cap)

6 Alt. Groiners + Hamstring Stretch

6 Push-Up to Pike

6 Cat Cows

Into...

AMRAP x 5 MINUTES

5 DBL DB Strict Press*

5 DBL DB RDL

5 Up-Downs over DB

*At halfway switch to Push Press.

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 1-Rep Heavy Deadlift

*Retest from week of 6/27/22.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "DIANE"

FOR TIME

21-15-9

Deadlift (225/155)|(155/105)

Handstand Push-Ups

(Score is Time)

KB BB: (100/70)|(70/47.5)

Last Seen: 11/22/21

HSPU Option 1: Piked Push-Up HSPU

Option 2: DB Strict Press

<https://vimeo.com/778577574>

STIMULUS OVERALL GOALS...

STRENGTH/SKILL

Big lifts today should be pushed, but not at the point of risking injury. Focus on taking a controlled rest between moderate heavy to even our heavy lifts. If positioning feels off then we need to stop and call it.

WORKOUT

All about speed today! Should have a Deadlift weight we can move confidently and only break for strategic purposes. The Handstand Push-Ups are the make or break here. It should be challenging, but shouldn't be anything that completely slows us down.

PERFORMANCE GOAL – Should be shooting for 5:00 minutes or less. Deadlifts should always be done in no more than 2 sets. Handstand Push-Ups should be done quickly and in 1-2 sets.

FITNESS GOAL – Look to complete between 6:00-10:00 minutes. Deadlifts should be done in no more than 3 sets. Handstand Push-Ups or adjusted options should be done in 2-3 sets.

Wednesday 12-14-22

WARM-UP

2 ROUNDS

8/8 Leg Swings

8 Alt. Groiners

8 Kang Squats

8 Jumping Air Squats

Into...

2-3 ROUNDS*

8 Fast Air Squats → 8 Barbell Front Squats

8 Barbell Strict Press → 8 Barbell Push Press

8 Up-Downs Over the Bar → 8 Burpees Over the Bar

*In rounds 2 and 3, complete 8 Barbell Front Squats / 8 Barbell Push Press / 8 Burpees Over the Bar as indicated by the arrow.

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 1-Rep Heavy Back Squat

*Retest from week of 6/27/22.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "RAZOR'S EDGE"

2 SETS*

AMRAP x 5 MINUTES

7 Thrusters (75/55)|(65/45)

7 Burpees Over Bar

-Rest 3:00 b/t Sets-

*Reset at the beginning on 2nd AMRAP.

(Score is Lowest Rounds + Reps)

KG BB: (35/25)|(30/20)

NOTE: New Benchmark.

<https://vimeo.com/778575633>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Capping off the week with the 1-Rep Heavy Back Squat. Athletes should tackle this the same way they have tackled their previous strength sessions...going by feel. If the athletes are feeling good...go for it. If not, just build to something challenging and have a solid squat session.

WORKOUT

Today is all about giving it your all and then giving it some more. Thrusters and Burpees will have athletes feeling all sorts of metabolic fatigue especially in the legs, shoulders, and lungs. Athletes need to go fast but not reckless as we still want to see the same intensity when tackling the second AMRAP.

PERFORMANCE GOAL – Athletes looking to get after it will be completing anywhere from 6.5-7.5+ rounds. Basically racking up 1-1.5+ rounds every minute. Thrusters are unbroken and they are moving through the burpees as if they were possessed. These athletes should be able to beat their score on the second set of 5:00.

Friday 12-16-22

WARM-UP

200m Run

Into...

2 ROUNDS

5 Scap Pull-Ups

5 Scap Push-Ups

5 Banded Pull Aparts

5 Banded Flies

Into...

2-3 ROUNDS (Time Permitting)

:30 Bike @ Mod Pace

5 Kip Swings

10 Ring Rows*

5 Push-Up to Pike

*Option for Jumping Pull-Ups in round 2.

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 1-Rep Heavy Bench Press

*Retest from week of 6/27/22.

(Score is Weight)

WORKOUT

4 ROUNDS FOR TIME 300m Run

12/10 Cal Bike

15 Pull-Ups

(Score is Time)

<https://vimeo.com/778578335>

STIMULUS OVERALL GOALS...

STRENGTH/SKILL

Big opportunity to test ourselves and hit some new personal records. Should be a focused attempt where each Rep we really lock in all parts of the body and go in with a strong execution. No attempts should be done without a spotter.

WORKOUT

Should be able to really push both Cardio elements today with minimal transitions between the two. Pull-Ups today should always be done in 3 Sets max and ideally done in about 1:00 minute or so. Look to keep all transitions short and push that effort.

PERFORMANCE GOAL – Should be able to complete in 14:00 minutes or less. Run should be done under 1:20. Bike effort should be completed in :45 or less. Keep Pull-Ups to 2 Sets or less.

FITNESS GOAL – Look to complete between 14:00-16:00 minutes. Run should be done in 1:30 or less. Bike should be completed in no more than :55 seconds. Keep Pull-Ups to no more than 3 Sets.

Saturday 12-17-22

WARM-UP

AMRAP x 4 MINUTES 40 Single Unders

10 Lunges

10 Tuck-Ups

Into...

AMRAP x 4 MINUTES 40 Double Unders

10 DB Goblet Lunges 10 Strict Knees to Chest

SKILL

ON A 10:00 RUNNING CLOCK... Practice Rope Climbs*

*Options...

Practice J-Technique

Practice Spanish Wrap

Practice Quick Roping Down (Advanced)

(No Measure)

WORKOUT

EMOM x 21 MINUTES

MIN 1 - 50 Double Unders*

MIN 2 - 16 Alt. DB Goblet Lunge (Athlete Choice, Heavy)

MIN 3 - :50 Max Rope Climbs

*Option to increase by 5 each round.

(Score is Total Reps of Rope Climbs)

Rope Climb Option 1: 1 Strict Pull-Up + 1 Strict Knees to Chest (2 Reps of Complex for 1 Rope Climb)

Rope Climb Option 2: Rope Lowers (Climb Down + Climb Up for 1 Rope Climb)

<https://vimeo.com/778576980>

STIMULUS OVERALL GOALS...

STRENGTH/SKILL

The skill portion should not be taxing on the body at all, athletes should rest as needed between attempts. The intended adaptation is neurological wiring and any fatigue will interfere with this.

WORKOUT

This workout will be taxing on the grip, shoulder and hip flexor muscles. However, you should never be going to failure. This is a long EMOM that is training skill development under fatigue.

PERFORMANCE GOAL – Look for your fittest athletes to Perform the DU(building up to 85) and Lunges U/B, with the Lunges done with 75/50# DBs. They will do 3-4 Rope climbs doing 1 every :15 or so with no rest between climbs. Breathing will be high but sustainable.

FITNESS GOAL – Look for your average athletes to break up the DU & Lunges into 2 sets, with DU staying at 50 and Lunges done with 50/35# DBs. They will do 1-2 Rope climbs (or RC adjustment). Their breathing will be moderate as this will be more of a skill session for them.

Monday 12-5-22

WARM-UP

EMOM x 7 MINUTES (:40 ON / :20 OFF)

MIN 1 - EZ Bike

MIN 2- Good Mornings

MIN 3 - Bird Dogs

MIN 4 - MOD Bike

MIN 5 - Barbell RDL

MIN 6 - Hollow Rocks

MIN 7 - HARD Bike

STRENGTH

5-5-5* Deadlift

*Start Light and build to Moderate.

(Score is Weight)

WORKOUT

6 SETS

7 Deadlifts (255/175)|(175/115)

15/12 Cal Bike

-Rest 1:30 b/t Sets-

(Score is Slowest Set)

<https://vimeo.com/775720407>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Controlled Deadlift today as we build slightly through the Strength. Look at this opportunity to refine technique now, so when the Sprint comes it is easier to adjust and correct.

WORKOUT

An absolute blistering Sprint of a workout. From start to finish, we will be begging for relief that will only come at the end of the workout. Whether the intense effort needed on the Bike or moderate Rep Deadlift, our lungs, quads and hamstrings are going to burn.

PERFORMANCE GOAL – Goal today would be to go 14:00 minutes or less. Bike effort should be completed in :40 seconds or less. All Deadlifts to remain unbroken.

FITNESS GOAL – Look to complete between 15:00 - 17:00 minutes. Bike effort should be completed in :55 or less ideally today. Deadlifts should be unbroken.

Wednesday 12-7-22

WARM-UP

EMOM x 5 MINUTES (:40 ON/ :20 OFF)

MIN 1 - Legs Only Rowing*

MIN 2 - Legs + Body Rowing

MIN 3 - Full Slide Rowing (20-24 SPM)

MIN 4 - Full Slide Rowing (22-26 SPM)

MIN 5 - Full Slide Rowing (24-28 SPM)

*Start at the Catch Position (arms extended/ slightly lean forward/ knees bent) and drive away from the fan. Stay in the leaned forward position with arms extended. Just focus on the leg drive.

-Quickly Into-

ON A 5:00 RUNNING CLOCK...

200m Run

25' Walking Samson Stretches

25' Walking Toe Touches

25' High Knees

25' Butt Kickers

25' High Kicks

6-8 Burpees Over Rower

WORKOUT

3 SETS

500/400m Row

400m Run

20 Burpees Over Rower

-Rest 2:00 b/t Sets-

(Score is Slowest Set)

POST WORKOUT STRENGTH

5-5-5* Bench Press

*Start Light and build to Moderate.

(Score is Weight)

<https://vimeo.com/775717319>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

PWS should be used to grease the grooves for next week. Athletes can work on tempo sets since it's light or they can work on working 1-2 focuses to carry over to next week. This LW should be 1 WU set and then they can dive into their working sets.

WORKOUT

Goal on the rower is to keep the split average b/t :02-:05 from the previous set to the next set, this builds consistency. Use the first 200m to shake out the legs and then push the final 200m back to the rower. Burpees Over Rower will be the main movement that jacks up the HR and legs but going into 2:00 of rest everyone should have a send it mentality.

PERFORMANCE GOAL – Aim for 5:00-5:30 per round. This is aggressive, but doable if the Burpees are done quickly.

FITNESS GOAL – Aim for 5:45-6:15 per round. Good goal is consistency on the rower and to keep the Burpees to under 2:00.

Friday 12-9-22

WARM-UP

200m Run

Into...

2 ROUNDS

8 Samson Lunges 8 Bird Dogs

8 Scap Pull-Ups

Into...

2-3 ROUNDS

8 Alt. Medball Lunges + Press

8 Alt. Medball Cossack Squats

8 Medball Sit-Ups

STRENGTH

5-5-5* Back Squat

*Start Light and build to Moderate.

(Score is Weight)

WORKOUT

EMOM x 20 MINUTES

MIN 1&2 - AMRAP of...8 Burpees + 12 Toes to Bar*

MIN 3 - Max Wall Balls (20/14)|(14/10)

MIN 4 - Rest

*Pick up where you left off.

(Score is Total Reps)

<https://vimeo.com/775721316>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Starting light and only going to moderate today. We don't want to blow up our legs before our workout. Adding in a tempo is a great way to mitigate overloading the barbell.

WORKOUT

This can definitely push the threshold of a deep dark pain cave if nailing the stimulus. Whether it is your midline, lungs or quads blowing up, there will be something for sure that is going to be screaming for relief.

PERFORMANCE GOAL – From a performance standpoint, we should be shooting for 2.5+ Rounds in the AMRAP. Look to keep the Toes to Bar to no more than 2 Sets. Wall Balls should be 25+.

FITNESS GOAL – From a fitness standpoint, we should be shooting for 1.5 - 2+ Rounds on the day. Keep the Toes to Bar to no more than 3 quick Sets. Wall Balls should be 20+ each interval.

Saturday 12-10-22

WARM-UP

3 ROUNDS

10 Tempo Ring Rows → Ring Rows → 3-5 Wide Grip Pull-Ups*

10 Banded Upright Rows → Band Pull-Aparts → Kneeling Banded Pull-Downs

:45 EZ Cardio of Choice

*Can be banded.

SKILL

EMOM x 12 MINUTES

MIN 1 - 7-10 Wide Grip Pull-Ups

MIN 2 - :45 Kneeling Banded Pull-Downs*

MIN 3 - :45 EZ Cardio Choice

*Think about pulling band to sternum...replicating the ROM of the C2B Pull-Up.

(No Measure)

WORKOUT

AMRAP x 14 MINUTES

7 Chest to Bar Pull-Ups

14 Alt. DB Goblet Box Step-Ups (Athlete Choice, Heavy)|(24/20)

21 Sit-Ups

(Score is Rounds + Reps)

<https://vimeo.com/775719341>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

You are going to feel your lats light up. We are increasing your strict strength to weight ratio by performing upper body hypertrophy work, i.e., getting your lats BIGGER.

WORKOUT

You are going to feel a mild burn in your biceps and Lats. And a moderate burn in your quads. This will increase your full body muscular endurance.

PERFORMANCE GOAL – Look for your fittest athletes to get 5.5-6.5+ rounds. U/B Chest 2 Bar, Weighted Step-ups, and fast Sit-Ups. Transitions will be fast, 5-10s. Breathing will be high but controlled.

FITNESS GOAL – Look for your average athletes to get 4-5+ rounds. U/B Pull-Ups , 2 sets on the Weighted Step-ups, and slow Sit-Ups. Transitions will be slower, 10-15s. Breathing will be slower but athletes will look more fatigued.

Monday 11-28-22

WARM-UP

2 ROUNDS

4 Inch Worms + Push-Up

6 Alt. Groiners

8 Scap Pull-Ups

10 Cat Cows

Into...

3 ROUNDS

9 Barbell RDL

8/8 SA Ring Row

7 Up-Downs

6 Box Step-Overs

STRENGTH

1.) ON A 8:00 RUNNING CLOCK...

Build to a Mod-Heavy

4-Rep Deadlift

(Score is Weight)

-Rest 2:00 b/t Part 1 & Part 2-

2.) EMOM x 4 MINUTES

2 Deadlifts*

*Start with the Weight from Part 1 and Build to or Above Workout Weight.

(Score is Weight)

WORKOUT

10 ROUNDS FOR TIME

2 Deadlift (315/205)|(225/155)

4 Bar Muscle-Ups

8 Box Jump Overs (24/20)

(Score is Time)

KG BB: (143/93)|(100/70)

BMU Option 1: Jumping BMU

BMU Option 2: Chest to Bar Pull-Up

<https://vimeo.com/773242914>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

We can look at the first section as a controlled build, followed by an overload for our Workout weight. It is also a great opportunity to really dial in the execution of this bigger brace needed for our Workout.

WORKOUT

Grippy push coming at us today with the heavy Deadlifts and the high complexity and volume of our Bar Muscle-Ups. Keeping that midline tight and under control will be a challenge today as each Rep and Round really makes you lose focus. Box Jump Overs should be nothing more than an opportunity to shake out that grip as we get ready for our next Round.

PERFORMANCE GOAL – Look to complete the workout in 11:00 minutes or less. Fast pace between movements. Bar Muscle-Ups should be done in no more than 2 Sets and primarily unbroken throughout the workout.

FITNESS GOAL – Look to complete the workout between 13:00 - 15:00 minutes on the day. Deadlifts should remain unbroken. Bar Muscle-Ups should be done in 2 Sets max today. Fast and steady through the Box Jump Overs.

Wednesday 11-30-22

WARM-UP

AMRAP x 6 MINUTES

:30 Bike @ Mod Hard

6 Med Ball Deadlifts

6 Med Ball Thrusters

6 Med Ball Sit-Ups

STRENGTH

5-5-5-5

1+1/2 Bench Press*

*Start Moderate and build to Moderate-Heavy. 1 Rep = Lower Down + Press to Parallel + Lower Down + Full Press.

(Score is Weight)

WORKOUT

1.) AMRAP x 8 MINUTES

4-6-8-and so on...

Cal Bike

Wall Balls (20/14)|(14/10)

(Score is Rounds + Reps)

-Rest 2:00 b/t Part 1 & Part 2-

2.) FOR TIME

50/40 Cal Bike

50 Wall Balls

(Score is Time)

<https://vimeo.com/773243404>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Big chest pump action coming at us today. Moderate to Moderate Heavy will be extremely dictated by the additional 1/2 pump here today. What they traditionally do for those weights may not be exactly accurate today, start a little lighter and then build.

WORKOUT

Absolutely gnarly leg burn and pump today. Bike efforts for both sections seriously blow up our quads and lungs...aim to keep the same RPM's each time athletes sit down. The WB goal should be unbroken in the AMRAP and either unbroken or 2 big sets in the FOR TIME section.

PERFORMANCE GOAL – Should be shooting for the round of 14-16+ today in the AMRAP.

Look to complete the For Time portion in 8:00 minutes or less. Bike should be pushed and under 4:00 minutes. Wall Balls should be completed in 2 Sets or less.

FITNESS GOAL – Should be shooting for the round of 10-12+ today in the AMRAP. Look to complete the For Time portion between 8:00 - 10:00 minutes. Bike should be done between 4:00 - 5:00 minutes. Wall Balls should be done in 3-4 Sets or less.

Friday 12-2-22

WARM-UP

ON A 8:00 RUNNING CLOCK...

Run 400m as a Group

Into...

3 SETS*

10 Alt. Groiners

5 Tempo Air Squat (3211) → 10 Barbell Front Squats

10 Barbell Strict Press → 10 Barbell Push Press

30 Single Unders → 30 Double Unders

In Set 3, perform the same movements from Round 2.

STRENGTH

5-4-3-2*

High Bar Back Squat

*Start Moderate-Heavy and build to Heavy.

(Score is Weight)

WORKOUT

4 SETS FOR TIME

15 Thrusters (75/55)|(65/45)

30 Double Unders

100m Run

-Rest 2:00 b/t Sets-

(Score is Slowest Set)

<https://vimeo.com/773241727>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

With heavier loads today, athletes should be focused and ready to go before even placing their hands on the bar. Once depth has been reached, drive shoulders into the bar to help keep the torso upright. This focus will transfer nicely into the thruster as maintaining an upright torso is integral for efficient cycling.

WORKOUT

All gas and no brakes for this one. This needs to be fast, unbroken and most importantly, done with consistent effort. While shoulder and legs play their part, most will only notice their lungs as they gasp for much needed air.

PERFORMANCE GOAL – Sub 12:00 for these adrenaline junkies. Fast and unbroken sets are a given. The real test for these athletes will be riding the redline from beginning to end while taking advantage of the recovery afforded to them. Athletes should be finishing their sets within :01 over or under their previous set.

FITNESS GOAL – These athletes should be finishing in 13:00-16:00. Much like the performance athletes, they should strive to complete their sets unbroken as quickly as they can without blowing up. They should also fight to finish their sets within a similar time frame. :05 under or over is a good goal to shoot for.

Saturday 12-3-22

WARM-UP

3 SETS

10 Step-Ups → 10 Box Jumps*

10 Ring Rows

10 Kip Swings

10 Overhead PVC Lunge → 10 Front Rack PVC Lunge → 10 Back Rack PVC Lunge

*Box Jumps will be performed on Set 2 & Set 3

WORKOUT

AMRAP x 5 MINUTES

8 Box Jumps (20)

6 Alt. Overhead Lunges (95/65)|(65/45) 4 Chest to Bars

-Rest 1:00-

AMRAP x 7 MINUTES 10 Box Jumps (24/20)

8 Alt. Front Rack Lunges 6 Chest to Bars

-Rest 1:00-

AMRAP x 9 MINUTES

12 Box Jumps (30/24) 10 Alt. Back Rack Lunges 8 Chest to Bars

(Score is Total Rounds + Reps)

KG BB: (42.5/30)|(30/20)

OPTIONAL FINISHER

8 SETS (:20 ON/ :10 OFF)

MOVT 1 - Plate Weighted Sit-Ups MOVT 2 - Plate Curls

*1 SET = MOVT 1 + MOVT 2. (No Measure)

<https://vimeo.com/773240565>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Core and arm burner where the reps will add up pretty fast. Athletes should be able to move for the entire :20 period with full control.

WORKOUT

The Box Jumps will start out pretty easy for athletes and then over time athletes will have to think about it before attempting their Jumps. The Weighted Lunges will get easier on the arms but the legs will feel the impact the entire way through. Chest to Bar Pull-ups will fatigue the grip and lats and the last AMRAP athletes will really have to dig deep.

PERFORMANCE GOAL – Fittest athletes will look to complete 3.5-4 rounds each AMRAP. Box Jumps and Lunges should be completed unbroken. C2B Pull-ups should remain unbroken until the last AMRAP where they will look to complete them in 1-2 sets.

FITNESS GOAL – Everyone else will look to complete 3-3.5 rounds each AMRAP. Box Jumps and Lunges should be completed unbroken so adjust loading if needed. C2B Pull-ups should remain unbroken or in 2 quick sets.

Monday 11-21-22

WARM-UP

AMRAP x 7 MINUTES

10/8 Cal Row

10 Sumo Stance Good Morning

5 Inchworms

5 Kang Squats

15 Glute Bridges

STRENGTH

5-4-3-2* Deadlift

*Start Moderate and build to Heavy.

(Score is Weight)

WORKOUT

FOR TIME

60/50 Cal Row

50 Sumo Deadlifts (205/145)|(145/100)

50 Push-Ups

30/25 Cal Row

25 Sumo Deadlifts

25 Hand Release Push-Ups

(Score is Time)

<https://vimeo.com/771074778>

WORKOUT

• Grip and midline killer of a workout. The Cal Row will feel like the break today while the Sumo Deadlifts will be the most challenging for athletes. Hand Release Push-ups are consistent and athletes who have them can break them up into manageable sets while other athletes will have a tough time with them.

PERFORMANCE GOAL – Fittest athlete will look to complete this workout sub 15:00-16:00. The Cal Row should be quick and consistent the entire time. The first round of Sumo Deadlifts will take athletes 4-5 sets while the second round takes 2-3 sets. The Hand Release Push-ups will take 5-6 sets on the first round while the second round takes athletes 2-3 sets.

FITNESS GOAL – Everyone else will look to complete this workout within 16:00-18:00. The Cal Row should be done at a moderate pace. The first round of Sumo Deadlifts will take athletes 4-5 sets while the second round takes 2-3 sets. The Hand Release Push-ups will take 5-6 sets on the first round while the second round takes athletes 2-3 sets.

Wednesday 11-23-22

WARM-UP

2 ROUNDS

10/10 Ankle Rollouts

8 Bootstrappers

8 Alt. Bird Dogs

Into...

AMRAP x 5 MINUTES

30 Single Unders*

6 Alt. Lunges

6 Push-Up to Pike

6 Alt. Knee Raises

* Switch to Double Unders at halfway

STRENGTH

6-4-2-6-4-2* Bench Press

*Start Moderate and build to Heavy. Second wave should be heavier than the first.

(Score is Weight)

WORKOUT

"TABATA"

8 ROUNDS EACH, :20 ON / :10 OFF

TABATA 1 - Single DB Front Squat (35/20)|(20/15)

TABATA 2 - Knees to Elbow

TABATA 3 - Double Unders

-Rest 1:00 b/t Tabatas-

(Score is Total Reps)

<https://vimeo.com/771080885>

STIMULUS OVERALL GOALS... STRENGTH/SKILL

- Heavy 2 is the end game, but not a max. The second time through should be heavier than our first time through the wave. Should be challenging through these 6 Sets with a spotter standing by for help if need be.

WORKOUT

- No reason not to push today. All three movements have the opportunity to continue pushing, but we should also be working on a bit of pace to make sure we don't fall off. Going to really burn the quads and bit of the shoulders today.

PERFORMANCE GOAL – For our DB Front Squats we should be getting 10-12+. Look to get 8-10+ Knees to Elbow. Double Unders should be 28+ on the day.

FITNESS GOAL – For our DB Front Squats look for 7-9+ Knees to Elbow should be 5-7+. Aim for 18-22+ Double Unders with minimum breaks for today.

Friday 11-25-22

WARM-UP

EMOM x 9 MINUTES

MIN 1 - :20 Air Squats + :20 Alt. Groiners

MIN 2 - :20 Scap Pull-Ups + :20 Kip Swings

MIN 3 - :20 Box Step Overs + :20 Box Jump Overs

STRENGTH

8-6-4-6-8 Back Squat

*Start Moderate and build to Moderate-Heavy.

After Set of 4, build back up using weights you previously used.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"CLEARANCE SALE"

3 SETS

AMRAP x 4 MINUTES*

6 Front Squats (115/75)|(75/55) 8 Pull-Ups

10 Box Jump Overs (24/20)

*Pick up where you left off. -Rest 1:00 b/t Sets-

(Score is Rounds + Reps)

<https://vimeo.com/771076201>

STIMULUS

OVERALL GOALS...

STRENGTH

Work up to a heavy 4 with 1-2 reps left in the tank! Focus on lowering under control and exploding out of the bottom. Ensure athletes take 2-3 minutes of rest between sets.

WORKOUT

Legs will take the brunt of the effort here. They'll feel heavy, and won't want to move! Only break they get is during the sets of pull-ups. Squats should be unbroken, pull-ups in two sets, and box jump overs steady.

PERFORMANCE GOAL – Fittest can be moving at EMOM pace (12-14)! Unbroken on Pull-Ups and attack the box jump overs!

FITNESS GOAL – Everyone should be having 3 rounds per set! Unbroken squats, 2 sets on the Pull-Ups, and steady on the box.

Saturday 11-26-22

WARM-UP

3 ROUNDS

1:00 Row (EZ→ MOD→ HARD)

10 Strict Sit-Ups

10 Scap Ring Rows → 5 Tempo Ring Rows (30x1) → 10 Ring Rows

10 Reverse Lunges → Forward Lunges → KB Goblet Lunges

EXTENDED WARM-UP

EMOM x 8 MINUTES

MIN 1 - Complete One Complex Option...*

MIN 2 - EZ Row

*Option 1:

1 Big Kip Swing +

1 Hips to Rig

+

1 Bar Muscle-Up

Or...

Option 2:

1 Kip Swing

+

1 Big Kip Swing +

1 Pull-Up

(No Measure)

WORKOUT

AMRAP x 18 MINUTES

25/20 Cal Row

20 DBL KB Front Rack Lunges (53/35)|(35/26)

15 Sit-Ups

*Every 1:30 including 0:00, complete 3 Bar Muscle-Ups.

(Score is Total Rounds + Reps) KG KB: (24/16)|(16/12)

BMU Option 1: Up-Down Jumping Bar Muscle-Up

BMU Option 2: Up-Down Jumping Pull-Up or Chest to Bar Pull-Up

<https://vimeo.com/771078696>

STIMULUS

OVERALL GOALS... EXTENDED WARM-UP

- The athletes will have two goals during the EWU: 1) practice using their hips during the BMU and 2) Rowing while engaging their lats during the initiation of the drive. This is a skill session and should not be done to fatigue as we are drilling in correct movement patterns.

WORKOUT

- It will take a lot of EFFORT to keep a pace that you can sustain across the entire workout. But doing so will build that ENGINE. You will feel it in your legs (Butt and quads) mostly because of the Row and Lunges. So use the BMU and Sit - ups to recover. PERFORMANCE GOAL – 4.5 rounds for your fittest athletes. They will perform the row in 90s or less, the Lunges U/B in under a minute with the Sit-Ups done in under 30s. The BMU will be U/B with fast transitions to and from the Rig.

FITNESS GOAL – 3.5 rounds for your average athlete. They will perform the Row in 2 MIN or less, the Lunges in two sets in around a minute with the Sit-Ups done around 30-40s. The BMU (or scale) will be 1-2 sets with a smooth transition to and from the Rig.

Monday 11-14-22

WARM-UP

2 ROUNDS

100m Run

10 Slow Paced Good Mornings (Narrow Stance)

10 Ring Rows

12 Glute Bridge-Ups

8 Cat Cows

Into..

2 ROUNDS

100m Run

10 Slow Paced Good Mornings (Sumo Stance)

10 Scap Pull-ups

8 Kipping Swings

8/8 Single Leg RDLs

STRENGTH

10-8-6

Romanian Deadlift

*Start Light-Mod and build to Moderate-Heavy.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"RIPCORDER"

4 ROUNDS FOR TIME

15 Chest to Bar Pull-ups

15 Deadlift (185/135)|(135/95)

400m Run

(Score is Time)

<https://vimeo.com/768708617>

STIMULUS

OVERALL GOALS...

STRENGTH

Light weight will allow athletes to focus on their form and slowing the movement down a bit will allow for athletes to feel the movement in their hamstrings.

WORKOUT

Very grippy workout that will fatigue the forearms and the lats. Athletes don't want to go out too hot in the beginning and should be smart about how they break up the sets. Athletes can win this workout on the Deadlifts and the Run.

PERFORMANCE GOAL – Fittest athletes will look to complete this workout sub 14:00-15:00.

The Chest to Bar Pull-ups should be completed 1-2 quick sets. Deadlifts should be completed in 1-2 sets. The 400m Run should be completed in 1:50-2:00.

FITNESS GOAL – Fittest athletes will look to complete this workout within 15:00-18:00. The Chest to Bar Pull-ups should be completed in 2-3 sets. Deadlifts should be completed in 1-3 sets. The 400m Run should be completed in 2:00-2:15.

Wednesday 11-16-22

WARM-UP

AMRAP x 8 MINUTES

8 Slow Air Squats

8 Knee Push-Ups

8 Muscle Cleans

8 Kang Squats

STRENGTH

5-5-5

1+1/2 Back Squat*

*Start Moderate and build to Moderate-Heavy.

1 Rep = Squat Down + Stand to Parallel + Squat Down + Stand

(Score is Weight)

HERO WORKOUT

"THE CHIEF"

5 SETS*

AMRAP x 3 MINUTES

3 Power Cleans (135/95)|(95/65)

6 Push-ups

9 Air Squats

-Rest 1:00 b/t Sets-

*Pick up where you left off. (Score is Total Rounds + Reps)

<https://vimeo.com/768710059>

STIMULUS OVERALL GOALS...

STRENGTH

- Quad and hamstrings will burn for the last couple reps
- A lot of midline stabilization because of all the time under tension.
- The 1/2 Squat is used to work the sticking point (i.e. 90 degrees) of the Back Squat

WORKOUT

- Chest and tricep burn from the Push Ups and quad burn from the Air Squats if done NOT for recovery.
- You will be breathing fast and have a deep lung burn from the 2nd AMRAP on.
- This should feel like you are repeating a SPRINT because you are doing an all out effort for every AMRAP.

PERFORMANCE GOAL – 4.5-5.5 per round. U/B on the PC and PU and fast on the Air Squats. These athletes will be transitioning AFAP.

FITNESS GOAL – 2.5-3.5 per round. Lighter weights used on the PC to maintain U/B sets. 2 sets on the PU with the Air Squats used as recovery.

Friday 11-18-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :45 Mod Bike

MIN 2 - :20/:20 SA Ring Row

MIN 3 - :45 Up-Down + Shoulder Tap

MIN 4 - :20/:20 SA DB Strict Press

MIN 5 - :45 Mod Bike

MIN 6 - :40 Slow Ring Rows

MIN 7 - :40 Burpees

MIN 8 - :20/:20 SA DB Push Press

STRENGTH

1.) 5-5-5-5 (21X1)*

Tempo Bench Press

*Start Moderate and build to Mod-Heavy.

(Score is Weight)

-Short Rest b/t P1 & P2-

2.) ON A 1:00 RUNNING CLOCK...

Max Reps Bench Press (Athlete Choice, Light-Mod)*

*Goal should be 15-20 Reps.

(Score is Weight)

WORKOUT

EMOM x 15 MINUTES

MIN 1 - 12/10 Cal Bike*

MIN 2 - 20 Ring Rows

MIN 3 - :50 Max Push Press (75/55)|(65/45)

*After each full round add 1 Cal. Ex. R1=12/10, R2=13/11, and so on.

(Score is Total Reps of Push Press)

<https://vimeo.com/768711061>

STIMULUS

OVERALL GOALS...

STRENGTH

Strong Tempo today with moderate weights, so we should be focusing on full control through this section and a nice fast push. When we reach the Max Reps section, we should be shooting for at least 15 Reps. Really have to fight for those last ones!

WORKOUT

Pretty gnarly upper body pump today. The Cal Bike definitely elevates that heart rate and really makes controlling our form for both the Ring Rows and Push Press quite challenging. Aim to keep PP reps consistent from round to round!

PERFORMANCE GOAL – From a performance standpoint, should be getting off the Bike in :40 seconds or less every time. Make the Ring Rows challenging today. Should be getting 22-28+ on the Push Press every single time.

FITNESS GOAL – From a fitness standpoint, should be getting off the Bike in under :50 seconds. Keep the Ring Rows to no more than 2 Sets. Push Press should be around 16-22+ today.

Saturday 11-19-22

WARM-UP

200m TEAM RUN

Into...

EVERY 3:00 x 3 SETS

6 Step-Ups

6 Box Jumps

6/6 DB Around the World

6 Deadbugs

Mobility focused on hips in remainder of time

WORKOUT

AMRAP x 15 MINUTES

10 Alt. DB Farmer Step-Ups (50/35)|(35/20)|(24/20)

15 Up-Down + Box Jump Overs (20)

30 Sit-Ups

(Score is Rounds + Reps)

KG DB: (22.5/15)|(15/10)

FINISHER

EMOM x 9 MINUTES

MIN 1 - :40 Slow Box Dips

MIN 2 - :40 Alt. DB Upright Rows

MIN 3 - :40 Windshield Wipers*

*Option to use DB. (No Measure)

<https://vimeo.com/768709446>

STIMULUS

OVERALL GOALS...

STRENGTH/SKILL

Building on a short clock is a skill! This is a great way to get athletes some good lifting while also not wasting time. The goal of the Strength today is to hit a dynamic and strong Push Press (vertical torso/strong extension) then carry it directly into a Push Jerk (same as PP but not dropping under the bar fast). Advanced athletes can work on the fast cycling of the 3 reps.

WORKOUT

The workout increases in both time and movements. This will get tougher as the workout progresses. The first AMRAP, everyone will be pretty chill but as the WB and Burpees come in the workout will take on a much more 'full-body' feel. The overall goal is to find a pace that athletes can sustain across each AMRAP. All athletes have the option of making this a 'heavy' version by bumping up the weight.

PERFORMANCE GOAL – Highly dependent on how heavy the loading for this group of athletes. My recommendation for today is to push your performance athletes to choose something that scares them a little to think about cycling for 5-reps. The goal today for these athletes is less about 'the score' of the rounds + reps and more about the choice they make on the barbell.

For the 135/95 version...(1) round every :30 or so in the first AMRAP, (1) round every 1:10-1:20 in the second AMRAP, and (1) round every 1:40-2:00 in the final AMRAP.

FITNESS GOAL – Focusing on the 'time per round' today is probably the easiest way to describe the stimulus today. For the fitness-focused athletes, we are looking for :45 or less in the first AMRAP, 1:45 or less in the second AMRAP, and 2:00-2:30 or so in the final AMRAP.

The most important goal is NAILING the loading with these athletes pre-workout...no one should strip any weight off the bar during that first 4min effort.

Monday 11-7-22

WARM-UP

EVERY 2:00 FOR 4 SETS...

50m Run

10 RDLs

10 Alt. Elbow Punches

5-10 Sumo good Mornings

STRENGTH

5x5*

Deadstop Deadlift

*Full :01 pause at the bottom of the Deadlift. Keep working Sets Moderate-Heavy.

(Score is Weight)

WORKOUT

AMRAP x 10 MINUTES

8 Deadlifts (135/95)|(95/65)

6 Hang Power Clean

200m Run

(Score is Rounds + Reps)

<https://vimeo.com/766194935>

STIMULUS OVERALL GOALS... STRENGTH

- The focus for the strength is the pull off the ground and being able to keep a neutral spine while doing so.
- The deadstop removes the athletes tendency to bounce the bar or use the stretch reflex to lift the bar when cycling Deadlifts.
- Performing deadstop will increase the time under tension as athletes will have to control the eccentric portion of the lower. This will lead to greater strength adaptation

WORKOUT

- This workout will jack your Heart Rate and burn your hamstrings.

You will really feel it starting at roughly 3-5 minutes. You can maintain it if you give it your best EFFORT and focus on controlling your breathing and trying to recover on that run for the first 25-50m.

- The grip will come into play somewhat but given the run after the barbell movements, the grip should be able to recover and therefore not be too much of a limiting factor.

PERFORMANCE GOAL – Look for your fittest athletes to get 6-7+ rounds. They will go unbroken on the DL and HPC. They won't use any part of the run as recovery but attack it and sprint back to the barbell for the next round.

FITNESS GOAL – Look for your average athlete to get 4-5.5+ rounds. They will break the DL up into 2 sets and then take a 10-15s rest before picking up the barbell to perform the HPC. They will use the first 25-50m of the run to recover their breathing and legs and then build their pace from there.

Wednesday 11-9-22

WARM-UP

ON A 8:00 RUNNING CLOCK...

2 ROUNDS

8 Samson Lunges

8 Bootstrappers

8 Cat Cows 8 Bird Dogs

Into...

2-3 ROUNDS (Time Permitting)

6 Wall Ball Front Squats

6 Wall Ball Strict Press

6 Up-Downs

6 Slow Tuck-Ups

STRENGTH

6-6-6 (22X1)* Tempo Back Squat

*Start Light and build to Moderate.

Remember Reading Tempo...

1st Number is 'Down Portion' 2nd Number is 'Down Position' 3rd Number is 'Up Portion'

4th Number is 'Up Position'

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

20 Wall Balls (20/14)|(14/10)

20 Burpees

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

OPTIONAL COOL DOWN

FOR RECOVERY

3:00 Olympic Wall Stretch

1:00/1:00 Couch Stretch

1:00 Butterfly Stretch

(No Measure)

<https://vimeo.com/766195570>

STIMULUS

OVERALL GOALS...

STRENGTH

Staying light to moderate even with Tempo means we aren't going too crazy where we are aggressively fatiguing our legs. Focus should be on the body position and perfect timing overall.

WORKOUT

Sweaty high heart rate workout that has a sneaky amount of volume. Volume starts to hit hard halfway through, so take a little extra rest before the next set of WB. Protip for today is to move "casually" on the Burpees to recover. .

PERFORMANCE GOAL – Should be shooting for under 12:00 minutes. Don't be surprised if you see some faster times than that! Wall Balls should be unbroken and Burpees should be performed fast.

FITNESS GOAL – Look to complete about 13:00 - 15:00 minutes here overall. Keep the Wall Balls to no more than 2 Sets with 1-2 sets unbroken. Stay steady at the Burpees and look to always be done with them under or at 1:30.

Friday 11-11-22

WARM-UP

1 ROUNDS

8 Scap Push-Up to Pike

12 Straight Leg Sit-Ups

12 Banded Flys

12 Banded Pull Aparts

Into...

2-3 ROUNDS

6 Kip Swings

6 Strict Knee Raises

6 Barbell Strict Press

6 Up-Downs

STRENGTH

10-8-6-8-10* Bench Press

*Start Light-Moderate and build to Moderate-Heavy. After Set of 6, build back up using weights you previously used.

(Score is Weight)

WORKOUT

5 SETS

ON A 2:00 RUNNING CLOCK...

15 Toes to Bar

Max Shoulder to Overhead (155/105)|(115/75) with Time Remaining...*

-Rest 1:00 b/t Sets- *Option to use (185/135).

(Score is Total Reps of Shoulder to Overhead)

<https://vimeo.com/766194174>

STIMULUS

OVERALL GOALS...

STRENGTH

Goal for our Bench is to work towards a Moderate Heavy weight, so a bigger Set of 10 should provide a real big challenge. Make sure we always have a spotter and really focus on trying to bend that Bar through the full movement.

WORKOUT

Core and shoulder burner hitting hard today. TTB will become a challenge but always aim for a big set coming off the rest to hopefully finish each set in 1-2 sets. S2OH should be one big set, quick shake out, followed by a final quick set before the rest buzzer sounds.

PERFORMANCE GOAL – Look to shoot for mostly unbroken if not 1 large and small set on the Toes to Bar. Should be shooting for 12-15+ on the Shoulder to Overhead and trying to add a bit more weight.

FITNESS GOAL – Look to always complete the Toes to Bar in 2 Sets, but 3 would be ok if they can move quickly. Shoulder to Overhead should be thought provoking and completing 8-11+ Reps on the day.

Saturday 11-12-22

WARM-UP

EMOM x 8 MINUTES*

MIN 1 - :45 Bike

MIN 2 - :45 Cat Cows → :45 Alt. Bird Dogs MIN 3 - 8/8 Single Arm KB Deadlift → 12 Russian KB Swings

MIN 4 - 6/6 Single Arm Ring Row → 10 Ring Rows

*Perform the second set of movements, as designated by the arrows, in the next 4:00 round.

WORKOUT

3 SETS

AMRAP x 5 MINUTES*

18 Russian KB Swings (70/53)|(53/35)

12 Ring Rows

8/6 Cal Bike

-Rest 1:00 b/t Sets-

*Reset the AMRAP at the start of each set.

(Score is Lowest Rounds and Reps)

KG KB: (32/24)|(24/16)

FINISHER

2-3 SETS

25 Banded Tricep Push-Downs 25 Banded Lat Push-Downs 25 Kneeling Banded Crunch

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/766196439>

STIMULUS

OVERALL GOALS...

STRENGTH

Good ole hypertrophy session with the aid of a resistance band. Looking to get a sick pump for the triceps and lats as well as chisel out those abs. Band resistance should be challenging for the athletes but still allow for the completion of reps in the lowest amount of sets.

WORKOUT

Zesty triplet that will have the athletes riding a fine between a SPRINT and an EFFORT. Swings, while heavy, will still increase the heart rate from the get-go and the Ring Rows should tire out the lats. Bike will do what the bike always does and keep the legs and lungs working hard.

PERFORMANCE GOAL – These adrenaline chasers will be completing anywhere from 2-2.5+ rounds per AMRAP. They are starting fast and ending faster, keeping both their heavy swings and Ring Rows unbroken. Bike should almost be sprint-like, finishing the calories in less than :20.

FITNESS GOAL – All other athletes should be finishing 1.5-2+ rounds per AMRAP. Sustain is the name of the game as they should also be striving to complete their swings and rows unbroken, if not no more than 2 sets. Calories should get done in ~:30.

Monday 10-31-22

WARM-UP

3 ROUNDS

10 WB Front Squats → 10 WB Thrusters → 10 WB Shots

10 Ankle Rotations L/R

10 Alt. Cossack Squats

10 Alt. Samson Lunges

10 Calf Raises

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Front Squat

(Score is Weight)

Week 9 of 9

WORKOUT

AMRAP x 12 MINUTES

24 Wall Balls (20/14)|(14/10)

12 Toes to Bar

(Score is Rounds + Reps)

<https://vimeo.com/763700442>

STIMULUS

OVERALL GOALS...

STRENGTH

Today we are testing our Front Squat before we go on a Front Squat cycle. We want your athletes lifting as heavy as they can with good form, vertical torso, fleet flat and knees out.

WORKOUT

This has an extended Fran-like feel. The TTBs can be used as a "break" to recover from the fast turnover and high ROM of the WBs. This workout will take a lot of EFFORT to maintain the goal of 2 sets on both movements and staying under 2:30.

PERFORMANCE GOAL – 1:15-1:45 per round (7+ rounds) with both movements being performed unbroken for nearly the whole time.

FITNESS GOAL – 1:45-2:15 (5+ rounds) with movements being performed mostly in two sets, maybe three by the end.

Wednesday 11-2-22

WARM-UP

2 ROUNDS

10 Up-Downs

6 PVC Snatch Grip Deadlift

6 PVC High Pulls

6 PVC Pass Thrus + Air Squat

Into...

1-2 ROUNDS (Time Permitting)

6 Burpees Over Bar

6 Barbell Snatch Grip Deadlift

6 Barbell High Pulls

6 Barbell Hang Muscle or Power Snatch

STRENGTH

ON A 20:00 RUNNING CLOCK... Build to a Heavy 1-Rep Snatch

(Score is Weight) Week 9 of 9*

*NOTE: Extra credit...wear a costume, post your video, and tag @nc.fit

NCFIT BENCHMARK WORKOUT "WITCH PLEASE"

13 ROUNDS FOR TIME

2 Hang Squat Snatch (135/95)|(95/65)

4 Burpees Over Bar

6 Pull-Ups

(Score is Time)

<https://vimeo.com/763701321>

STIMULUS

OVERALL GOALS...

STRENGTH

Spend the first 13:00-15:00 building with lighter weight higher rep sets (see teaching for outline) and make 2-3 heavy attempts w/ the final 5:00ish minutes. Do not force what is not there and continually add weight if reps are not snappy. These can be squat or power.

WORKOUT

Overall this workout will have the HR up from the very beginning. Shoulders will quickly get fatigued from the HSS & Burpees but these should be quick and remain unbroken throughout your rounds. The Pull-Ups should be 1-2 quick sets with rounds ranging from :40-1:10. Overall EFFORT workout, individual rounds will have a SPRINT feel.

PERFORMANCE GOAL – Sub 10:00 for performance athletes. Rounds will take :35-:40 for these individuals with all movements remaining unbroken and transitions kept quick.

FITNESS GOAL – Most should aim for b/t 12:00-14:00. HSS should be done unbroken but speed in cycling/ set up might take more time to ensure no misses. Burpees should be fast, similar to performance athletes, and Pull-Ups should always be done in no more than 2 sets.

Friday 11-4-22

WARM-UP

ON A 7:00 RUNNING CLOCK...

1 ROUND

10 Box Step-Overs

10 Clean Deadlifts

10 Upright Rows

10 Strict Press

Into...

1 ROUND

8 Half Box Jumps 8 High Pulls

8 Push Press

Into...

AMRAP IN REMAINING TIME...

6 Box Jump Overs

6 Hang Muscle Cleans

6 Push Jerk

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Clean & Jerk

(Score is Weight)

Week 9 of 9

WORKOUT

EMOM x 10 MINUTES

1 Power Clean & Jerk (75% of 1-Rep Heavy) + 10 Box Jump Overs (24/20)

-Rest with Time Remaining-

(Score is Weight)

OPTIONAL FINISHER

FOR QUALITY

600/400 Alt. Box Step-Ups (24/20)*

Week 3 of 4 -- "Chad" Extra Credit *Weight Vest Optional

(No Measure)

<https://vimeo.com/763699554>

STIMULUS

OVERALL GOALS...

STRENGTH

Weight will get heavier and athletes will need to take a longer rest period once they get to the 65%-70% mark. Make sure everyone is using the entire 20:00 to build and reiterate no one should be making their heavy single attempts until the 15:00 mark.

WORKOUT

Fast paced workout with a heavy lift into quick efforts back and forth over the box. The legs will get heavy overtime and the rest will seem short once the heart rate increases but athletes should be able maintain their speed.

PERFORMANCE GOAL – Fittest athletes will look to complete each round in :30-:35 each round. C&J should be fast and snappy with the Clean catch acting as the dip of the OH.

FITNESS GOAL – Everyone else will look to complete each round in :40-:50 each round. Clean should be solid with the potential of a reset at the shoulders before gong OH.

Saturday 11-5-22

WARM-UP

2-3 SETS (4:00 CLOCK)

8 Scap Pull-Up + :15 Active Hang

8 Scap Push-Up to Pike + :15 Plank 8 Bootstrappers

8 Cat Cow

Into...

AMRAP x 6 MINUTES

:45 Row @ Mod Pace

12 Alt. DB Around the World 10 Slow Shoulder Taps

4/4 SA DB Bent Over Row

6 Slow Dead Bugs

WORKOUT

5 SETS

ON A 4:00 RUNNING CLOCK... 35/30 Cal Row

15 Hand Release Push-Ups 15 Ring Rows

-Rest with Time Remaining-

(Score is Slowest Set)

FINISHER

3 SETS

10 Tuck-Up + V-Up* 50 Alt. Russian Twists

-Rest As Needed b/t Sets- *1 Rep= 1 Tuck-Up + 1 V-Up. (No Measure)

<https://vimeo.com/763700076>

STIMULUS

OVERALL GOALS...

WORKOUT

Good challenge overall to push for consistency while also maintaining as much fixed integrity of our body as possible. Upper body pull and push are pretty taxed as you progress through this one. Aim to keep sets on BW movements consistent and leave a few reps in the tank before resting. No go until failure sets!

PERFORMANCE GOAL – Look to have a 1:30 or slightly more of rest every Set. Should have the Row done in 1:30 or less. Both bodyweight movements should have a couple bonus Reps and still be held to 2 Sets.

FITNESS GOAL – Look to have about 1:00 to :45 seconds of rest every Set. Row should be done between 1:30 - 1:45. Both bodyweight movements should be steady and done between 2-3 Sets.

Monday 10-24-22

WARM-UP

EMOM x 8 MINUTES (:40 ON / :20 OFF)

MIN 1 - Up-Downs

MIN 2 - Step-Overs

MIN 3 - Ring Rows

MIN 4 - Lunges

MIN 5 - Burpees

MIN 6 - Box Jumps

MIN 7 - Jumping Pull-Ups

MIN 8 - Lunge + Lunge + Air Squat

STRENGTH

5-5-5-5* Front Squat

*Start Light and build to Moderate. This is a Deload Week.

(Score is Weight)

Week 8 of 9

WORKOUT

AMRAP x 15 MINUTES

10 Pull-Ups

5 Front Rack Lunge-Lunge-Squat (95/65)|(65/45)*

10 Chest to Bars

5 Burpee Box Crawl Overs**

*1 Rep= Lunge (R) + Lunge (L) + Front Squat.

**Standard height is 30/24, however if higher boxes are available athlete can complete Box Crawl over to higher box.

(Score is Round + Reps)

<https://vimeo.com/761595345/63b02bac37>

STIMULUS

OVERALL FEEL...

All about the Pulling here today. A lot of grip paired with a decent amount of hips and legs makes each next movement tougher than the last. Should really try to push a bit harder than you want to, but muscle fatigue hits quickly and stays!

PERFORMANCE GOAL – Shoot for 5-6+ Rounds on the day. Gymnastic Pulling should be mostly unbroken if not 2 Sets. Add a slightly challenging height for the given individual on the Burpee Box Crawl Over.

FITNESS GOAL – Shoot for 4-4.5+ Rounds on the day. Keep the Gymnastic Pulling to 2-3 Sets or less. Should be able to move fairly consistently and unbroken through the other 2 movements.

Wednesday 10-26-22

WARM-UP

2 ROUNDS

10 PVC Pass-Thru

5/5 Alt. DB Deadlifts

5/5 Alt. DB Curl to Press

10 Scap Push-Ups

:20 Tuck Hold

Into...

2 ROUNDS

10 OHS w/ PVC

14 Alt. DB Russian Swings

10 Sit-Ups

:20 Plank

STRENGTH

2-2-2-2* Snatch

*Start Light and build to Moderate. Option to Power or Squat Snatch. This is a Deload Week.

(Score is Weight)

Week 8 of 9

WORKOUT

6 SETS

ON A 2:00 RUNNING CLOCK...

18 Alt. DB Hang Power Snatch (50/35)|(35/20)

12 Sit-Ups

Max Plank Hold in Time Remaining...

-Rest :30 b/t Sets-

(Score is Shortest Time in Plank)

<https://vimeo.com/761594682/92b24747b4>

STIMULUS

OVERALL FEEL...

Athletes will look to partake in a sweaty sprint style workout that will hit the shoulders and the core. The Alt. DB Hang Power Snatch should move by quickly but over time the reps will begin to add up and fatigue the shoulders. The Sit-ups will be a quick transition before the Plank which will get harder each round.

PERFORMANCE GOAL – For our fittest athletes we are looking for unbroken reps on the Alt. DB Hang Power Snatch. Sit-ups should also be unbroken and they should have 1:00+ Plank time.

FITNESS GOAL – Everyone else will look to complete the Alt. DB Hang Power Snatch in 1-2 quick sets. Sit-ups should also be unbroken and they should have :45+ Plank time.

Friday 10-28-22

WARM-UP

3-4 ROUNDS (8:00 Cap)

200m Run

8 Up-Downs

8 Jump Squats

8 Barbell RDL

8 Barbell Cuban Press

STRENGTH

2-2-2-2* Clean & Jerk

*Start Light and build to Moderate. Option to Power or Squat Clean. This is a Deload Week.

(Score is Weight)

Week 8 of 9

NCFIT BENCHMARK WORKOUT "CLOUDKICKER"

4 ROUNDS FOR TIME

7 Unbroken Bear Complex* (115/75)|(75/55)

400m Run

*1 Bear Complex = 1 Power Clean + 1 Front Squat + 1 Push Press + 1 Back Squat + 1 Behind the Neck Push Press

(Score is Time)

<https://vimeo.com/761596526/abfde3837c>

STIMULUS

OVERALL FEEL...

Sweaty muscle fatigue is coming at us today. Legs/ lungs/ a little grippy with all the time on the bar. BB should be Light-Moderate allowing at least 1 round to be completed unbroken and then only 1 break through your 7 complex reps. Steady 80% on the bike until the final 400m, then send it.

PERFORMANCE GOAL – Should be shooting for 13:00 - 14:00 or less. Runs should be fast and under 2:00 minutes. Bear Complex should be Unbroken and under 1:00.

FITNESS GOAL – Aim for 14:00 - 16:00 today. Keeping the Bear Complex to no more than 2 Sets. Aim for the Run to be done at 2:00 or just under 2:10.

Saturday 10-29-22

WARM-UP

2 ROUNDS

:30 Single Unders* 10 Alt. Tuck-Ups

8 Ring Rows

8 Alt. Box Step-Ups

*Rnd 2 complete either Tall Jump Single Unders or Single-Single-Double Unders.

Into...

1-2 ROUNDS (Time Permitting) :20 Double Unders

10 Alt. V-Ups

6 Kip Swings

8 DB Goblet Box Step-Ups

EXTENDED WARM-UP

1.) EMOM x 6 MINUTES MIN 1 - 5-7 Kip Swings* MIN 2 - 3-5 Strict Pull-Ups*

*Complete on Rig or Rings. (No Measure)

-Short Rest b/t Part 1 & Part 2-

2.) 3 SETS

Choose one of the following... Option 1:

1 High Ring Transitions* +

1 Muscle-Up

Or...

Option 2:

1 Kip Swing +

2 Pausing Kipping Pull-Ups**

*1 Rep= Finishing in catch position w/o press out.

**Pause for :01 with chin above the bar.

(No Measure)

WORKOUT

AMRAP x 18 MINUTES

40 Double Unders

20 Alt. V-Ups

10 DB Farmer Box Step-Ups (50/35)|(35/20)|(24/20)

*Every 1:30 including 0:00 complete 1 Burpee Ring Muscle-Up.

(Score is Rounds + Reps)

Option 1 RMU: Burpee Bar Muscle-Up Option 2 RMU: Burpee Pull-Up

OPTIONAL FINISHER

FOR QUALITY

400/300 Alt. Box Step-Ups (24/20)*

Week 2 of 4 -- "Chad" Extra Credit

*Weight Vest Optional

(No Measure)

<https://vimeo.com/761597203/72887f8131>

STIMULUS

OVERALL FEEL...

This should be a steady 80% effort pace from start to finish. Grip and abs might get a little lit up but not to the expense that anyone needs to stop for too long. The movement that might hold people up the most will be the Farmer Box Step-Ups but these should always be kept to max 2 sets or a :45 window of work time,

PERFORMANCE GOAL – Performance athletes should aim for 7-8+ rounds. Keep stations close to minimize transition time, and keep the Step-Ups unbroken to really pull away from the pack. The BRMU should take :10 or less.

FITNESS GOAL – Fitness athletes should aim for 5-6+ rounds. The make or break for these athletes will be DU proficiency, and grip strength to keep the Step-Ups unbroken or to two quick sets. Their gymnastics option of choice should take no more than :20 and ideally allow for no misses.

Monday 10-17-22

WARM-UP

EVERY 2:00 x 3 SETS

30 Single Unders**

5 Lunge + Lunge + Air Squat

5 Barbell Deadlifts

Mobility in Remainder of Time**

*Switch to Double Unders in Sets 2/3

**Mobility Suggestions → Bootstrappers, Groiners, Cossack Squats

STRENGTH

4-2-2* Front Squat

*Start Heavy and end Heavy+. Goal is to start and end heavier than last week.

(Score is Weight)

Week 7 of 9

WORKOUT

AMRAP x 8 MINUTES

30 Double Unders

5 Front Squats (155/105)|(115/75)

(Score is Rounds + Reps)

OPTIONAL COOL DOWN

2 ROUNDS FOR RECOVERY

:45/:45 Groiner Stretch

1:00 Butterfly Stretch

1:30 EZ Cardio Choice

(No Measure)

<https://vimeo.com/759232804/e9cc7a557a>

STIMULUS

OVERALL FEEL...

The Double Under volume does start to add up on our calves, but mainly it keeps the heart rate fairly elevated. The Front Squat volume will gradually tax the legs even at 5 reps at a time, weight should feel mod to start. Always aim to keep them unbroken. HR will be in the throat from start to finish.

PERFORMANCE GOAL – From a performance standpoint, should be able to get 10-11+ Rounds on the day. Look to keep both Front Squats unbroken and Double Unders mainly unbroken. Should have pretty minimal transition time today.

FITNESS GOAL – From a fitness standpoint, should be shooting for 8-9+ Rounds on the day. Look to keep the Front Squats unbroken and Double Unders to no more than 2-3 Sets. Should have a controlled transition, but still moving.

Wednesday 10-19-22

WARM-UP

AMRAP x 4 MINUTES

5 Burpees

6 Air Squats

7 Empty Bar Deadlifts

Into...

1-2 ROUNDS (Time Permitting)
7 Snatch Grip Deadlifts
7 Snatch High Pulls
7 Muscle Snatch
7 Behind the Neck Push Press (Shoulder Width Grip)

STRENGTH

EVERY 1:30 x 10 SETS*

2 Snatches

*Start Moderate and build to something Heavy. Snatch can be either Squat or Power
(Score is Weight)

Week 7 of 9

WORKOUT

4 SETS

10 Deadlifts (115/75)|(75/55)

8 Hang Power Snatch

6 Shoulder to Overhead

4 Wall Walks

-Rest 1:00 b/t Sets-

(Score is Slowest Set)

OPTIONAL FINISHER

FOR QUALITY

300/200 Alt. Box Step-Ups (24/20)

Week 1 of 4 -- "Chad" Extra Credit

(No Measure)

<https://vimeo.com/759233381/b8ada52328>

STIMULUS

OVERALL FEEL...

The barbell complex will light up the lungs, but should be completed unbroken and take no longer than 1:30-1:45 even in the later rounds. The Wall Walks are going to need to be slowed down to maintain position and safety especially as reps accumulate. This is going to light up the shoulders more than anything so the barbell should feel Mod to Light-Mod to begin with and Wall Walk height might need to be adjusted as fatigue sets in.

PERFORMANCE GOAL – Fittest should aim for 1:45-2:10 per round, finishing sub 12:00.

Barbell complex should be unbroken throughout and take no more than :45-1:00.

FITNESS GOAL – Most athletes should aim to keep rounds to 2:30-2:45 per round, finishing sub 15:00. Barbell complex should be unbroken for at least 2 sets and then only require one rest/ shake-out. The complex should take no more than 1:30-1:45.

Friday 10-21-22

WARM-UP

3 ROUNDS

10 Up-Downs → 10 Burpees → 8 Burpees Over Bar*

10 Clean Deadlifts + High Pulls

20 Elbow Punches

10 Kip Swings → 10 Knees to Chest → 5 Toes to Something/ Toes to Bar*

*Round 2 perform Burpees & Knees to Chest.

*Round 3 perform Burpees Over Bar & Toes to Something/ Toes to Bar

STRENGTH

EVERY 1:30 x 10 SETS*

2 Clean & Jerk

*Start Moderate and build to something Heavy. Clean can be either Squat or Power.

(Score is Weight)

Week 7 of 9

NCFIT BENCHMARK WORKOUT

"CALIFORNIA DREAMIN"

20 ROUNDS FOR TIME

1 Power Clean & Jerk (185/135)|(135/95)

2 Burpees Over Bar

3 Toes to Bar

(Score is Time)

Last Seen: 6/4/2022 (Remix of the Classic "California Love")

<https://vimeo.com/759230781/4a2866acc>

STIMULUS

OVERALL FEEL...

Heavy workout with a sprinty feel! The heavy weight on this workout will definitely add up over time but athletes should be able to transition from the Clean to the Jerk quickly. The Burpees Over Bar won't seem too bad when performing them but will make sure that the heart rate stays at a steady pace while the Toes to Bar slowly fatigues the grip and lats.

PERFORMANCE GOAL – Fittest athletes will look to complete this workout around 10:00-12:00 finishing each round within :30-40. All movements should be completed unbroken unless breaking up the Toes to Bar to save the grip.

FITNESS GOAL – Everyone else will look to complete this workout around 12:00-15:00 finishing each round within :40-45. All movements should be completed unbroken unless breaking up the Toes to Bar to save the grip.

Saturday 10-22-22

WARM-UP

200m Run

Into...

EMOM x 6 MINUTES

MIN 1 - :40 Groiners + Twist*

MIN 2 - 6 Power Cleans + 6 Alt. OH Press (Front Rack to Back Rack)**

MIN 3 - :20 Scap Ring Rows + :20 Plank Hold

*2nd Round Perform Lunge + Twist **Start with the bar in the Front Rack; Press the bar OH; then lower the Bar to the Back Rack; Press the bar OH; then return the bar to the Front Rack. Repeat 3 Times

WORKOUT

EMOM x 20 MINUTES

MIN 1 - :45 Back Rack Lunges (135/95)|(95/65)

MIN 2&3 - 400m Run

MIN 4 - :45 Ring Rows

(Score is Total Reps of Back Rack Lunges + Ring Rows)

KG BB: (60/42.5)|(42.5/30)

POST WORKOUT STRENGTH

3 SETS

20 Empty Barbell Reverse Curls

40 Alt. Empty Barbell Flutter Kicks

:30 Supinated Empty Barbell Gun Hold

-Rest As Needed b/t Sets-

(No Measure)

<https://vimeo.com/759229942/11ad1faf80>

STIMULUS

OVERALL FEEL...

This is all about the runs today. The Lunges will feel ok for most of the workout because the Ring Rows will give the legs a break. But boy does that run start to hurt more and more each round. We want our athletes to give the run an early push each round because we know the legs are going to feel heavy and if we ease into the Run we "run" the risk of not making it back in time.

PERFORMANCE GOAL – Goal here is 12-16+ on the Lunges and 20-30 on the Ring Rows.

These athletes should be aiming to push the Run, see how fast they can keep their 400m times after those lunges.

FITNESS GOAL – Goal here is 10-12+ on the Lunges and 15-20+ on the Ring Rows. Aim to be consistent on the Run even if the distance needs to be adjusted. The goal is repetitive effort!

Monday 10-10-22

WARM-UP

2-3 ROUNDS (4:00 CAP)

8 Alt. Samson Lunges

8 Alt. Cossack Squats

8 Cat Cows

Into...

AMRAP x 5 MINUTES

:30 Bike @ Mod Hard Pace

8 Jump Squats

8 Alt. V-Ups

8 Step-Ups*

*Option to switch to Box Jumps @2:30.

STRENGTH

4-4-2* Front Squat

*Start Heavy and end Heavy+.

(Score is Weight)

Week 6 of 9

WORKOUT

AMRAP x 15 MINUTES

15/12 Cal Bike

30 Alt. Mountain Climbers

15 Box Jump (24/20)

30 Alt. Bicycle Crunches

(Score is Rounds + Reps)

<https://vimeo.com/756853660/0ffddff108>

STIMULUS

OVERALL FEEL – This workout will have sprint elements due to the fact that you are moving consistently from start to finish. Each movement doesn't require a whole bunch of prep, so you can easily jump right into the next. However, in doing so the heart rate spikes up the whole time! Both Ab movements tax the core extremely fast! 30 Reps starts to feel harder and harder to push towards. The Box Jumps burn a bit, especially after the heavier Squats we just did. Our Bike effort will be the real test today.

PERFORMANCE GOAL – From a performance standpoint, we should be shooting for 5.5 - 6.5+ Rounds on the day. Look to be able to complete the Bike in about :50 seconds or less. Both the Alt. Mountain Climbers and Alt. Bicycle Crunches should be performed quickly and unbroken. Look to push a bit on the Box Jumps as long as you move safely. Should be very minimal rest between movements.

FITNESS GOAL – From a fitness standpoint, we should be able to complete 4.5 - 5.5+ Rounds on the day. Look to finish the Bike in 1:00 or less. Both the Alt. Mountain Climbers and Alt. Bicycle Crunches should be done in no more than 2 Sets today. Our Box Jumps should be consistent throughout. Look to have a slight break between movements to preserve the mechanics of all movements.

Wednesday 10-12-22

WARM-UP

3 ROUNDS

10 PVC Lunges W/ pass throughs

5 Hang Muscle Snatches* + 5 Muscle Snatches*

10 Air Squats W/ :03 pause @bottom

*Round 2+3 Perform these with your empty barbell.

STRENGTH

4 SETS*

1 Snatch**

+

1 Hang Squat Snatch

-Rest As Needed b/t Sets-

*Start Moderate and build to heavy.

**Snatch can be Power or Squat.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"ATLAS"

EMOM x 20 MINUTES*

1 Power Snatch

+

1 Hang Squat Snatch +

1 Overhead Squat

*Option 1: (135/95)|(95/65)

Option 2: (155/105)|(115/75)

Option 3: (185/135)|(135/95)

(Score is Weight)

<https://vimeo.com/756854483/39d83e931c>

STIMULUS

OVERALL FEEL – Grip, hips and shoulders. This will be a slow and gradual burn. The workout starts at the 10 minute mark. Will you let your technique breakdown just to muscle up the next rep? Or can you stay focused on proper positioning. Trying to relax between sets will help with recovery and staying moving, i.e., not sitting down.

PERFORMANCE GOAL – Weight option 2 or 3 with no misses and all rounds completed.

FITNESS GOAL – Weight option 1 with 2-3 misses and potentially 1-2 skipped rounds.

Friday 10-14-22

WARM-UP

AMRAP x 3 MINUTES

50ft Shuttle Run

5 Burpees

Into...

1-2 ROUNDS (Time Permitting)

5 Clean Deadlifts

5 Clean Hang High Pulls

5 Hang Muscle Cleans + Elbow Punches

5 Strict Press

5 Push Press

STRENGTH

4 SETS*

1 Power Clean +

2 Split Jerk

*Start Moderate and build to Moderate-Heavy.

(Score is Weight)

Week 6 of 9

WORKOUT

10 ROUNDS FOR TIME

1 Power Clean & Jerk (225/155)|(155/105)

5 Burpees Over Bar

100m Run

(Score is Time)

<https://vimeo.com/756852893/86635cdde6>

STIMULUS

OVERALL FEEL – This will be somewhere b/t a Heavy workout and a Sprint workout. The Barbell should cause everyone to take pause before setting up and lifting, but there should be zero doubt that it will not be a miss. As soon as the bar hits the floor so should the athlete to get through their 5 BOB's quickly before heading out on their 100m Run. Round times will start to diminish because the HR will be up there from start to finish but there should not be a significant fade.

PERFORMANCE GOAL – These athletes might be able to EMOM or go faster than EMOM. The weight on the bar should allow for a quick transition from the Clean to the OH and then right into the Burpees.

FITNESS GOAL – Fitness athletes should be aiming for b/t 12:00-13:00. There is a 14:00 cap but the goal is as close to 12:00 as possible. The Clean and OH will probably be two separate movements. Rounds should average b/t 1:15-1:30.

Saturday 10-15-22

WARM-UP

EMOM x 6 MINUTES

(:40 ON / :20 OFF)

MIN 1 - Side Shuffle Shuttle Run

MIN 2 - Alt. DB Upright Row

MIN 3 - Step-Up with slow lower

MIN 4 - High Knees Shuttle Run

MIN 5 - Alt. DB Curl to Arnold Press

MIN 6 - Lateral Step-Ups

STRENGTH

4 SETS

10/10 Single Arm DB Bent Over Rows

15-20 DB Floor Press

-Rest As Needed b/t Sets-

(No Measure)

WORKOUT

4 SETS FOR MAX REPS

1:00 - 50' Shuttle Runs*

1:00 - Box Step-Overs (24/20)

1:00 - Strict Pull-Ups

1:00 - Up-Downs

*Each 50' intervals counts as 1 Rep.

If no access to 50' complete a 200m Run.

-No Additional Rest b/t Sets-

(Score is Total Reps)

<https://vimeo.com/756855053/2a752cff3d>

STIMULUS

OVERALL FEEL – Starting with our Shuttle Runs, you may get some flashbacks to P.E., but the pace sets the tone for how you will really push on the day. The Box Step-Overs start to burn the legs a bit, but more of a dull burn here. Our Strict Pull-Ups become increasingly challenging as reps accumulate but keep the proper positioning and if needed get a band. Lastly, our Up-Downs will allow everyone to press the gas pedal down hard if they want!

PERFORMANCE GOAL – From a performance standpoint, we should be shooting close to that full minute of work. We are looking for about 10-12+ Shuttle Runs, getting to 12 would be pushing it! Our Box Step-Overs should be 20-22+ on the day. Look to complete about 10-14+ Strict Pull-Ups. Up-Downs can range from 20-25+ today.

FITNESS GOAL – From a fitness standpoint, we should be shooting to stay fairly quick through this full minute of work. Look to complete about 6-9+ Shuttle Runs today. We should be shooting for about 14-18+ Box Step-Overs on the day. Shoot for about 6-10+ Strict Pull-Ups. Up-Downs should be about 15-20+.

Monday 10-3-22

WARM-UP

AMRAP x 7 MINUTES 5 Scap Pull-Ups

5/5 Elbow Punches

5 Kang Squats

10 Box Step Overs

STRENGTH

6-4-4* Front Squat

*Start Moderate-Heavy and build to Heavy.

The goal should be to start/end heavier than last week.

(Score is Weight)

Week 5 of 9

WORKOUT

AMRAP x 10 MINUTES

1 Rope Climb

2 Front Squats (205/145)|(145/100)*

10 Box Jump Overs (24/20)

*Can be taken from the floor or rack.

(Score is Rounds + Reps)

Rope Climb Option 1: 1 Strict Pull-Up + 1 Strict Knees to Chest (2 Reps of Complex for 1 Rope Climb)

Rope Climb Option 2: Rope Lowers (Climb Down + Climb Up for 1 Rope Climb)

<https://vimeo.com/754408966/aec123e468>

STIMULUS

OVERALL FEEL – Legs, legs, and legs! We are using our legs in three different ways. Rope climbs (if done correctly) should be mainly legs and you will feel it more in the hips flexors lifting your legs up for the next clamp. Front Squats will burn your quads. For the Box Jump Overs, you will feel it in your calves/quads. Be careful coming from the Squats to the Box Jump Overs as your legs will be a little toasty. Take a few deep breaths b/t movements and keep moving!

PERFORMANCE GOAL – For your fittest athletes, look for them to get 8-10+ rounds, resting 10-15s max between stations. These athletes that want to fly close to the sun can keep their stations close.

FITNESS GOAL – For your average athlete, look for them to get 6-8 rounds, resting 15-25s with the longest rest coming before the Front Squats. These athletes should space out equipment to give themselves some walking rest.

Wednesday 10-5-22

WARM-UP

3-4 ROUNDS (Time Permitting)

:30 Row @ Mod Pace

10 Lunge + PVC Pass Through*

8 Up-Downs

6 Push-Up to Pike

*Rnd 3+4 complete PVC Overhead Squats.

STRENGTH

EVERY 1:30 x 7 SETS*

1 Power Snatch

+

1 Deep Hang Power Snatch

*Start Moderate and build to Moderate-Heavy.

Catch at parallel or slightly above.

(Score is Weight)

Week 5 of 9

WORKOUT

4 ROUNDS FOR TIME

15/12 Cal Row

7 Power Snatches (115/75)|(75/55)

-Rest 2:00-

4 ROUNDS FOR TIME

15 Up-Downs Over Bar

7 Power Snatches

(Score is Total Time)

<https://vimeo.com/754409771/7e1fb9c2e5>

STIMULUS

OVERALL FEEL – Although labeled as an Effort workout, this has the makings to feel like a Sprint. No real place to hide as we need to find a way to keep moving. The Row today doesn't bang us up too much, but more sets the tone for the cardio. The Power Snatches today really start to tax our explosive drive and shoulders. The real push comes from our ability to push away fatigue to try and move quickly for these Up-Downs Over Bar. The shoulders, lungs and legs really burn the entire time as you move from Rep to Rep and even Round to Round.

PERFORMANCE GOAL – From a performance standpoint we should be shooting for 14:00 - 15:00 minutes or less. The Row today should really only take us about :45 seconds or less. All Power Snatches should be done unbroken today. Look to move with purpose on the Up-Downs Over Bar. This will be the movement, where you feel like you want to go slow. Simple solution, Don't.

FITNESS GOAL – From a fitness standpoint, we should be shooting for 15:00 - 18:00 minutes. Should be able to complete the Row in 1:00 or less. Power Snatches should be mostly unbroken, if not two controlled Sets. Up-Downs Over Bar should be completed in 1:15-1:30.

Friday 10-7-22

WARM-UP

1 ROUND

30 Single Unders 10 Scap Push-Ups 10 Clean Deadlifts 100m Run

Into...

2 ROUNDS

30 High Jump Single Unders or Double Unders

10 Clean High Pulls

2 Wall Walk or 10 Single DB Strict Press 100m Run

STRENGTH

EVERY 1:30 x 7 SETS*

1 Power Clean

+

1 Deep Hang Power Clean

*Start Moderate and build to Moderate-Heavy. Catch at parallel or slightly above.

(Score is Weight)

Week 5 of 9

NCFIT BENCHMARK WORKOUT "THE FIFTH ELEMENT"

5 ROUNDS FOR TIME

50 Double Unders

10 Deadlifts (135/95)|(95/65)

5 Hang Squat Clean & Overhead 10 Handstand Push-ups

100m Run

(Score is Time)

NOTE: New Benchmark.

HSPU Option 1: Pike Push-Ups HSPU Option 2: DB Strict Press

<https://vimeo.com/754407469/e37404285d>

STIMULUS

OVERALL FEEL – This workout will definitely test our athletes' grit. The Double Unders will start off the show and get the heart rate pumping. The Deadlifts will start off light but as the workout continues the weight will feel a bit heavier than athletes remember in the first round. The Hang Squat Clean + Overhead will be very taxing to the body and fatigue the shoulders before the HSPUs. The HSPUs will get harder to stabilize and athletes will see the fatigue kick in quickly. A short 100m Run will be a nice breath of fresh air before getting back to work!

PERFORMANCE GOAL – Fittest athlete will look to complete this workout sub 15:00-17:00. The Double Under should be completed in :45 or less. The Deadlift should be completed unbroken unless using 2 sets towards their strategy. The Hang Squat Clean + Overhead should be completed in 1-2 sets as well as the HSPUs.

FITNESS GOAL – Everyone else will look to complete this workout within 17:00-20:00. The Double Under should be completed in 1:00 or less. The Deadlift should be completed 1-2 sets. The Hang Squat Clean + Overhead should be completed in 1-2 sets as well as the HSPUs.

Saturday 10-8-22

WARM-UP

2 SETS

8 Scap Pull-Ups

8/8 Single Arm KB Deadlift 16 Alt. Piked Shoulder Taps

Into...

1-2 SETS (Time Permitting)

8 Kip Swings

8 Russian KB Swing

:15/:15 Single Arm OH KB Hold

STRENGTH

10-10-10*

Wide Grip Bench Press

*Start Moderate and build to Moderate-Heavy. Superset each set with 20 DBL DB Twisting Curls.

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

25 Chest To Bar Pull-Ups 50m Overhead KB Carry (R) (53/35)|(35/20)

25 Russian KB Swings 50m Overhead KB Carry (L)

(Score is Time)

<https://vimeo.com/754405660/7c00e413a6>

STIMULUS

OVERALL FEEL – This workout is all about testing the athletes' capacity to perform higher level gymnastics pulling under metabolic stress. We are looking at muscular fatigue at its finest for the lats, shoulders, and grip. OH Carry and RKBS are there to tax the muscles needed to efficiently execute the Pull-Ups. OH Carry target the shoulders while the swings target the grip and lats. Definitely want to go into this one with a plan or two in hand.

PERFORMANCE GOAL – These gymnastic ninjas will finish at 11:00-12:30. Their C2B will be completed in 3 sets or less with consistent reps no matter the muscular fatigue. Their OH Carry and their RKBS will both be done unbroken. If these athletes are truly up for the challenge, you can throw down the gauntlet and challenge them to go for the biggest set possible off the bat and see if they have what it takes to hold on.

FITNESS GOAL – Everyone else will finish around 14:00-16:00. Athletes should strive to finish their C2B in 3-4 sets. The goal for the OH Carry and the RKBS is to also go unbroken if not break only once due to grip/shoulder fatigue and not because they want a "break".

Monday 9-26-22

WARM-UP

AMRAP x 5 MINUTES

8/6 Cal Row

8 Alt. Reverse Lunges

8 Wall Ball Strict Press*

4 Sumo Stance Good Mornings

*At 2:30 complete

8 Wall Ball Push Press

-Into-

1 ROUND

10 Alt. Slow Cossack Squats

8 Groiner + Twist

8 Bootstrap Squats

6 Kang Squats

6 Tempo Air Squats @22X1

STRENGTH

6-6-4*

Front Squat

*Start Moderate-Heavy and build to Heavy.

(Score is Weight)

Week 4 of 9

WORKOUT

4 SETS (:40 ON/ :20 OFF)*

MOVT 1 - Wall Balls (20/14)|(14/10)

MOVT 2 - Cal Row

MOVT 3 - Alt. Overhead Wall Ball Lunges

MOVT 4 - Cal Row

*1 SET= MOVT 1-MOVT 4

-No Additional Rest b/t Sets-

(Score is Total Reps)

<https://vimeo.com/751390383/7de99191f1>

STIMULUS

OVERALL FEEL – This is a steady burner from start to finish. The Wall Balls will be a challenge, especially coming off the row, but everyone should still be able to work for the majority if not the entire :40. The Rows can be taken at a tough pace or at a more casual pace to get some air into the lungs. Either way athletes should try and keep the same Cal count from Row 1 to Row 2. The OH Lunges will tax the shoulders a bit but not to the point where anyone should have to stop moving.

PERFORMANCE GOAL – Performance athletes should aim for 18-22 Wall Balls per interval. Cals on the rower should be b/t 12-15+, and the OH Lunges should be b/t 20-24. Pace should be pretty fast but the :20 intervals should allow for repeatable efforts throughout.

FITNESS GOAL – Fitness athletes should aim for 14-16+ Wall Balls completed in 2 sets. Cals on the rower should average 10-12+, and the OH Lunges should be b/t 16-18. Even though :20 is not much rest for these athletes they should still be able to hold onto their first round reps for at least 1-2 more rounds with a potential fall off towards the final round.

Wednesday 9-28-22

WARM-UP

2 ROUNDS

10 Alt. PVC Pass Thrus + Lunge

10 Air Squats w/ :01 Pause at the Bottom*

10 V-Ups**

8 Up Downs

*Round 2 complete Jumping Air Squats to Target

**Round 2 complete Kipping Knees to Chest

Into...

1 ROUND

10 PVC Snatch Grip Deadlifts

10 PVC OHS

10 PVC Behind The Neck Push Press

8 Kipping Knee Raises or Toes to Bar

STRENGTH

4 SETS*

2 Pausing Snatch Deadlifts** +

1 Snatch Pull

-Rest As Needed b/t Sets-

*All working sets should be Mod-Heavy...about 80-85% of 1RM Snatch. Option to build if perfect mechanics are maintained.

**1 Rep= Pause 2" from floor, below the knee, above the knee, stand tall, and then lower the bar back to the floor to start next rep.

(Score is Weight)

Week 4 of 9

NCFIT BENCHMARK WORKOUT

"DOUBLE DOWN"

4 ROUNDS FOR TIME*

22 Toes to Bar

11 Overhead Squats (165/115)|(125/85)

*Each time you break during a set of 22 T2B (no penalty when finishing the set)...perform 10 Jumping Air Squats to 6" Target. Each time you break during a set of 11 OHS (no penalty when finishing the set)...perform 5 Up-Down Over Bar.

(Score is Time)

<https://vimeo.com/751386128/ea46eda372>

STIMULUS

OVERALL FEEL – This workout will be spicy the whole way through. The Toes to Bar volume will make it harder to hold on and the stress of having the penalty of the Jumping Air Squats will make it more mental than normal. The Overhead Squats will be heavy and each rep will be a challenge to the core and shoulder stability especially once athletes start breathing heavy.

PERFORMANCE GOAL – Fittest athletes will look to complete this workout within 13:00-16:00.

Toes to Bar should be completed in 1-3 sets. Overhead Squats should be completed unbroken.

FITNESS GOAL – Everyone else will look to complete this workout within 15:00-18:00. Toes to Bar should be completed in 2-4 sets at most. Overhead Squats should be completed unbroken so weight should be adjusted to allow for this!

Friday 9-30-22

WARM-UP

ON A 5:00 CLOCK... 2-3 ROUNDS

5 Slow Scap Pull-Ups 6 Alt. Groiners

7 Cat Cows

8 Empty Barbell RDL

Then New 5:00 Clock...

AMRAP x 5 MINUTES

5 Kip Swings

6 Ring Rows

7 Empty Barbell Deadlifts 8 Russian KB Swings

STRENGTH

4 SETS*

2 Pausing Clean Deadlifts** +

1 Clean Pull

-Rest As Needed b/t Sets-

*All working sets should be Mod-Heavy...about 80-85% of 1RM Clean. Option to build if perfect mechanics are maintained.

**1 Rep= Pause 2" from floor, below the knee, above the knee, stand tall, and then lower the bar back to the floor to start next rep.

(Score is Weight)

Week 4 of 9

WORKOUT

AMRAP x 10 MINUTES*

1-2-3-and so on...

Bar Muscle-Ups

2-4-6-and so on...

Deadlifts (255/175)|(175/115)

*Complete 12 Russian KB Swings (53/35)|(35/26)

after each full set.

(Score is Rounds + Reps)

BMU Option 1: Jumping BMU

BMU Option 2: Up-Down Chest to Bar Pull-Up

<https://vimeo.com/751389284/3fa76acc79>

STIMULUS

OVERALL FEEL – Almost a sprint style feel today due to the nature of the time domain. Then as you progress through the workout it almost feels like a heavy workout instead. Bar Muscle-Ups really spice up our lats and grip. Our Deadlifts paired with the RKBS seriously blow up our posterior. As each rep increases our desire to grab and move decreases immensely. Have to be willing to embrace the burn and keep pushing.

PERFORMANCE GOAL – From a performance standpoint, should be able to get 6-7+ Rounds on the day, Should be able to do most of the Bar Muscle-Ups unbroken if not a quick shakeout later on. The Deadlifts should be able to be completed fairly quickly and with little hesitation after the Bar Muscle-Ups. All RKBS should be done unbroken today.

FITNESS GOAL – From a fitness standpoint, should be able to get 5-6+ Rounds on the day. Bar Muscle-Ups should be done in controlled and smooth Sets. Think no more than 2 here later on in the workout. Deadlifts should always be completed in 2 Sets. All RKBS should be done unbroken.

Saturday 10-1-22

WARM-UP

EMOM x 7 MINUTES

MIN 1 - 100m Run + Max Tuck Hold

MIN 2 - 12 Slow Scap Push-Ups + 12 Alt. Shoulder Taps

MIN 3 - 100m Run + Max Plank Hold MIN 4 - 10 Strict Press + Max Up-Downs MIN 5 - 100m Run + Max Hollow Hold MIN 6 - 10 Push Press + Max Burpees MIN 7 - 200m Run

STRENGTH

EVERY 2:00 x 4 SETS*

2 Pausing Split Jerks**

-Rest As Needed b/t Sets-

*All working sets should be a Mod-Heavy weight.

**Pause for :02 in bottom of dip.

(Score is Weight)

Week 4 of 9

WORKOUT

FOR TIME

10 Push Jerks (155/105)|(115/75)

30 Burpees

10 Push Jerks

600m Run

30 Burpees

10 Push Jerks

90 Sit-Ups

600m Run

30 Burpees

10 Push Jerks

(Score is Time)

<https://vimeo.com/751388335/01c9e69df4>

STIMULUS

OVERALL FEEL – Shoulders will be toast coming to the Push Jerks right after the Burpees. The Sit-Ups can be used as an active recovery so you can push the last part of the workout. The runs are just short enough that you can really push the pace taking no more than 3:30, and use the first 5-10 Burpees to recover your breathing.

PERFORMANCE GOAL – Look for your advanced athletes to go sub 18:00, going unbroken on all the movements and pushing the runs sub 3:00. Jason Khalipa got 15:22...whatcha got?!

FITNESS GOAL – Look for your average athlete to get anywhere between 20 - 24 minutes.

They might break up the Push Jerks into 2 sets after the first set and take a break every 30 Sit-Ups to recover their midline.

Monday 9-19-22

WARM-UP

AMRAP x 6 MINUTES

:30 Row @ Mod Pace

4 Lunge + Lunge + Air Squat 4 Up-Downs*

4 V-Ups

*Switch to Burpees @ 3:00.

STRENGTH

8-6-6* Front Squat

*Start Moderate and build to Moderate-Heavy.

(Score is Weight)

Week 3 of 9

NCFIT BENCHMARK WORKOUT "FLATLINE"

7 SETS

ON A 2:30 RUNNING CLOCK...

20/15 Cal Row

8 Front Squats (135/95)|(95/65) Max Burpees Over Bar in Time Remaining...

-Rest :30 b/t Sets-

(Score is Total Reps of Burpees)

<https://vimeo.com/749282602/019b844653>

STIMULUS

OVERALL FEEL – The Row sets the standard of push today as we know we need to work hard in order to have additional time. It becomes increasingly difficult to pick up the Bar and start squatting. Our Legs are really going to burn here as we progress through the Sets but we want unbroken reps throughout! Burpees Over Bar are the true test of grit and conditioning. Aim to keep sets consistent for an overall high score!

PERFORMANCE GOAL – From a performance standpoint we are shooting for 12-15+ Burpees Over Bar. Should be able to complete the Row in 1:00 or less. Front Squats should be completed fast and unbroken. Can someone hit the magic total number of 100 total Burpees Over Bar?!

FITNESS GOAL – From a fitness standpoint, we are shooting for 6-10+ Burpees Over Bar. Should be able to complete the Row 1:15 or less. Front Squats should be completed steady but still unbroken. Look to move consistently on the Burpees Over Bar.

Wednesday 9-21-22

WARM-UP

AMRAP x 4 MINUTES 8 Alt. Box Step Overs 8 KB Deadlifts

4 Box Jump Overs

4 Russian KB Swings

Into...

1-2 ROUNDS*

6 Snatch Grip Deadlifts

6 Snatch Grip Upright Rows

6 Hang High Pulls

6 Behind the Neck Snatch Grip Push Press

*Option to use PVC or Barbell.

STRENGTH

EMOM x 12 MINUTES*

1 High Hang Power Snatch +

1 Hang Power Snatch

*Start Light and build to Moderate. (Score is Weight)

Week 3 of 9

WORKOUT

AMRAP x 16 MINUTES

10 Hang Power Snatch (75/55)|(65/45) 20 Box Jump Overs (24/20)

20 Russian KB Swings (53/35)|(35/26) 10 Chest to Bar Pull-Ups

(Score is Rounds + Reps)

<https://vimeo.com/749283566/866bb91ee5>

STIMULUS

OVERALL FEEL – This will get grippy fast! The HPS should really be a HHPS due to the light weight and should always remain unbroken for everyone. Keeping this unbroken will shoot up the HR but the legs should be ok to dive into the BJO's which can be completed quickly or at a more conservative pace.

The legs will feel the transition to the Russian KBS and the posterior chain will fatigue fast as the workout goes longer but the KB should feel Moderate in weight. Finally the C2B Pull-Ups will be a breeze for some and the kryptonite for others...either way the 10 reps will further tax the grip/ lats. Pro tip for all athletes would be to keep the bar a decent distance from the rig so they can use the walk over as their mandatory rest.

PERFORMANCE GOAL – For these athletes they should be shooting for b/t 6-6.5+.

Transitions will have to be quick to make this happen and the higher rep movements should be tackled with haste. Everything for these athletes should be unbroken and if they really push they might dip into the 7th round!

FITNESS GOAL – Fitness athletes should aim for 4.5-5+ rounds. HPS and Russian KBS should be unbroken, BJO's will take roughly 1:00-1:15, and the C2B's should be done unbroken or two quick sets towards the end of the workout!

Friday 9-23-22

WARM-UP

3 ROUNDS

100m Run (increasing pace) 8 BB Upright Rows

20 Alt. BB Elbow Punches 12 Alt. Piked Shoulder Taps* 5 Inchworm + Push-up

*Round 2 & 3 Switch to 2 Wall Walks. 8:00 Cap on Warm-Up.

STRENGTH

EMOM x 12 MINUTES*

1 High Hang Power Clean +

1 Hang Power Clean

*Start Light and build to Moderate. (Score is Weight)

Week 3 of 9

WORKOUT

EMOM x 16 MINUTES

MIN 1 & 2 - 400m Run

MIN 3 & 4 - AMRAP of the following*... 7 Hang Power Cleans (115/75)|(75/55) 7 Handstand Push-Ups

*Pick up where you left off.

(Score is Total Rounds + Reps)

HSPU Option 1: Pike Push-Ups

HSPU Option 2: DB Strict Press

<https://vimeo.com/749279645/75421b318f>

STIMULUS

OVERALL FEEL – This workout will feel like a fight against the clock. This statement will prove itself true especially on the 400m Run. The Run will get harder as the heart rate gets higher and fatigue kicks in. The Hang Power Clean will go by quickly compared to the HSPUs. The HSPUs will become more challenging once the shoulders fatigue and the breathing become heavy but athletes will look to stay consistent on the AMRAP throughout.

PERFORMANCE GOAL – Fittest athletes will look to keep the 400m Run to a 1:45-1:50 pace each round but this will be a sprint. During the AMRAP they will look to complete 2-3 rounds each attempt staying unbroken on both movements.

FITNESS GOAL – Everyone else will look to complete their Run attempts within 1:55. During the AMRAP they will look to complete 1.5-2 rounds each attempt staying unbroken on the Hang Power Cleans and breaking the HSPUs to two quick sets.

Saturday 9-24-22

WARM-UP

3 ROUNDS

30 Calf Raises → 50 Single Unders → 50 Double Unders*

10 Scap Pull Ups → 10 Kip Swings → 10 Knees to Check or TTB

10 Push Presses W/ Empty Barbell

*This means, RD1 you do 30 Calf Raises, RD2 you do 50 Singles unders and RD3 you do 50 Double unders.

**Take about 7 minutes for the general warm-up, if this warm-up takes less than 7 minutes for you to complete///do some general mobility exercises for shoulder opening, external rotation.

STRENGTH

4 SETS*

1 Push Jerk +

1 Split Jerk

-Rest As Needed b/t Sets-

*Start Moderate and build to at least second workout weight.

(Score is Weight)

Week 3 of 9

WORKOUT

FOR TIME

4 ROUNDS

5 Push Jerks (155/105)|(115/75) 10 Toes to Bar

50 Double Unders

-Rest 2:00-

3 ROUNDS

4 Push Jerks (185/135)|(135/95) 8 Toes to Bar

40 Double Unders

-Rest 2:00-

2 ROUNDS

3 Push Jerks (205/145)|(145/100) 6 Toes to Bar

30 Double Unders

(Score is Total Time)

<https://vimeo.com/749281540/68c1d99bff>

STIMULUS

OVERALL FEEL – All these movements challenge the midline in some capacity and will be tested the most during that heavy Push Jerk. You might have some mild shoulder burn if you tend to perform your DU with straight arms and rotate the rope with your shoulders instead of your wrists. The grip will play a factor today so if needed break up the TTB/ DU smartly so ensure unbroken PJ.

PERFORMANCE GOAL – Sub 7 for the 4 rounds, Sub 5 minutes for the 3 Rounds and Sub 3 minutes for the 2 Rounds. All movements should be unbroken and transitions should be quick-ish.

FITNESS GOAL – Sub 8 minutes for the 4 rounds, sub 6 minutes for the 3 rounds and sub 4 minutes for the 2 rounds. All the Push Jerks should be unbroken with the TTB and DU being done in 2-3 sets. These athletes might benefit from spacing out their equipment to give themselves a little extra rest.

Monday 9-12-22

WARM-UP

3 SETS

(:40 ON/ :20 OFF)

Cal Bike

SET 1: 50-60+ RPM

SET 2: 55-65+ RPM

SET 3: 60-70+ RPM

Into...

2 ROUNDS

12 Alt. Cossack Squats

10 Sit-Ups

8 BB Up & Overs*

6 Lunge-Lunge-Squats**

*1 Rep= Push Press + Lower to Back + Back Rack PP + Lower to Front Rack.

**Round 2 complete movement w/ BB.

STRENGTH

10-8-6* Front Squat

*Start Light-Moderate and build to Moderate+.

(Score is Weight)

Week 2 of 9

WORKOUT

EMOM x 18 MINUTES

MIN 1 - :45 Cal Bike

MIN 2 - :45 Back Rack Lunge-Lunge-Squat (115/75)|(75/55)

MIN 3 - :45 Sit-Ups

(Score is Total Reps)

KG BB: (52.5/35)|(35/25)

<https://vimeo.com/746948577/08de5166bd>

STIMULUS

OVERALL FEEL – When I tested this my legs/ lungs got pretty juiced up but I never felt like I needed to stop moving. The :15 transition period allowed for a few deep breaths, and the Sit-Ups allowed for a pretty solid recovery minute. On the Bike, everyone should aim to push the pace and keep the RPM's a little higher than normal, this is where difficulty can be found today. The LLS can only be done so fast so while volume will be accumulated over the course of the workout, the minute to minute volume won't be too bad and should allow for constant movement. Lastly, use the Sit-Ups to your advantage to catch your breath and prepare for the next round!

PERFORMANCE GOAL – Performance athletes are going to be working for 15-18 Cals, 6-7 LLS, and 20-25 Sit-Ups. RPM's on the Bike should average b/t 68-75+ to really crank up the averages! For extra speed on the Sit-Ups, try pushing away to speed the descent back to the floor to increase cycle speed.

FITNESS GOAL – Fitness athletes should be averaging 12-15 Cals, 4-5 LLS, and 16-20 Sit-Ups. These athletes should really focus on Bike RPM over everything else so encourage them to find a goal and try to stick to it throughout!

Wednesday 9-14-22

WARM-UP

2 ROUNDS

8 Scap Pull-Ups

8 Tuck-Ups

8 BB Upright Rows

10 BB Elbow Punches

5/5 Single Arm Ring Rows

Into...

2 ROUNDS

10 Kip Swings
10 V-Ups
10 BB Clean Deadlift
10 BB Hang Muscle Cleans
5 Jumping Pull-ups w/ Negative On The Way Down

STRENGTH

1.) EMOM x 8 MINUTES

1 Hang Muscle Clean

+

1 Hang Power Clean*

*Start Light and build to Moderate.

(Score is Weight)

2.) EMOM x 5 MINUTES 2 Hang Power Cleans*

*Start Moderate and build to workout weight.

(Score is Weight)

Week 2 of 9

WORKOUT

AMRAP x 15 MINUTES

1-2-3-and so on...

Hang Power Cleans (185/135)|(135/95)

2-3-4-and so on...

Strict Pull-Up

3-4-5-and so on...

Toes to Bar

(Score is Rounds + Reps)

<https://vimeo.com/746945205/67c056ab02>

STIMULUS

OVERALL FEEL – Grippy workout from beginning to the end that will have athletes' forearms pumped. The Hang Power Cleans will be a heavy weight and as fatigue gets in it will be harder to hold onto the barbell. The Strict Pull-up will challenge the shoulders and lats as well as the Toes to Bar.

PERFORMANCE GOAL – Fittest athletes will look to get in the round of 9-10+. The Hang Power Cleans should remain unbroken up until round 4-5. Strict Pull-ups should be broken into 2 sets after the 3rd round and athletes should be looking to stay unbroken on the Toes to Bar.

FITNESS GOAL – Everyone else will look to get in the round of 7-8+. The Hang Power Cleans should remain unbroken up until round 3-4. Strict Pull-ups should be broken into 2 sets after the 3rd round as well as the Toes to Bar.

Friday 9-16-22

WARM-UP

1 ROUND

10 Wrist Circles

10 Elbow Circles

10 Shoulder Circles

10 Hip Circles

10 Torso Twists

10 Toe Touches

Into...

2-3 ROUNDS (Time Permitting)

30 Single Unders*

10 PVC Pass Thrus

10 Alt. Piked Shoulder Taps

8 Jumping Air Squats**

*R2 complete 10 Single-Single-Double Unders. R3 complete :20 Double Unders. **R2 & R3 complete 8 Tall Jumps.

STRENGTH

1.) EMOM x 8 MINUTES 1 Hang Muscle Snatch +
1 Hang Power Snatch*

*Start Light and build to Moderate.

(Score is Weight)

2.) EMOM x 5 MINUTES 2 Hang Power Snatch*

*Start Moderate and build to Moderate-Heavy.

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

30 Double Unders

10 Deadlifts (95/65)|(65/45)

8 Hang Power Snatches

6 Handstand Push-Ups

(Score is Rounds + Reps)

KG BB: (42.5/30)|(30/20)

HSPU Option 1: Pike Push-Ups HSPU

Option 2: DB Strict Press

<https://vimeo.com/746947711/29ce5a57df>

STIMULUS

OVERALL FEEL – This workout gives you a little bit of everything. You have some plyometric/calf work for the Double Unders. Posterior chain for the DL, Calves, Quads and Glutes for the Hang Power Snatch and midline and shoulders for the HSPU. None of the weights are too heavy or volume too high which allows you to stay moving the whole time with your heart rate spiking the most on those Hang Power Snatches.

PERFORMANCE GOAL – Look for your fittest to get 7-8+ rounds. All movements should be done U/B with transitions being 5-10s.

FITNESS GOAL – Look for your average athlete to get 5-6+ rounds. The DL might be 3 sets (e.g. 5/4/1) and the rest between each movement, 15s - 20s.

Saturday 9-17-22

WARM-UP

200m Run @ Mod Pace

Into...

AMRAP x 5 MINUTES

5 Slam Ball Narrow Stance Front Squats

5 Slam Ball Ground to Overhead

5 Jumping Pull-Ups

5 V-Ups

Into...

200m Run @ Hard Pace

EXTENDED WARM-UP

EMOM x 9 MINUTES

MIN 1 - :40 Bar Muscle-Up Practice*

MIN 2 - :40 Pistol Practice**

MIN 3 - EZ Row

(No Measure)

*Bar Muscle-Up Options:

3 Dynamic Kip Swings + 2 Hips to Rig

2-3 Jumping Bar Muscle-Ups

1-2 Bar Muscle-Ups

**Pistol Options:

Narrow Stance Squats

Alt. Single Leg Rig Assisted Pistols Alt. Heel Elevated Pistols

WORKOUT

FOR TIME

800m Run

Immediately Into...

10 ROUNDS

4 Bar Muscle-Ups

6 Alt. Pistols

8 Slam Balls (30/20)|(20/10)

Immediately Into...

800m Run

(Score is Time)

<https://vimeo.com/746946741/4089387802>

STIMULUS

OVERALL FEEL – High heart rate and even higher complexity. Big monster workout in store today that will surely make our body weight masters happy. Starting with a nice 800m Run to

jack out heart rate. After that it is just 10 Rounds of some spicy gymnastic movements. Our Bar Muscle-Ups are a sneaky high volume despite being in a controlled aspect through the rounds. Our lats and shoulders are really going to burn here. The spicy quad burn that is the Pistols never let up. When we hope for relief from these two we are met with the Slam Ball that keeps things fiery. Then, after all is said and done, only one more 800m Run.

PERFORMANCE GOAL – From a performance standpoint, we should be looking to complete this workout in 19:00 or less. Should be able to keep the 800m Runs to under 4:00 minutes. When approaching the 10 Round work. We should be shooting for unbroken on the Bar Muscle-Ups, if not 2 controlled sets later down on the Rounds. Should be able to keep the Pistols and Slam Balls fairly quick. Should be around 1:15-1:30 or less per round.

FITNESS GOAL – From a fitness standpoint, we should be shooting for 22:00 minutes or less today. Our 800m should be done at 4:20 or less today. For the 10 Round section, our Bar Muscle-Ups should always be kept to 2 Sets or less. Pistols and Slam Balls should be performed fairly steadily throughout. Make sure we keep Rounds to 1:45 or less ideally today. Any more and we may get capped because of length and transition time.

Monday 9-5-22

WARM-UP

1 ROUND

10 Scap Push-Ups

10 Alt. Bird/ Dogs

8/8 Shoulder Rolls Forward/ Backward

5 KB Jefferson Curls

Into...

AMRAP x 5 MINUTES

5 Push-Up to Pike

10 KB Deadlifts

10/8 Cal Row

NCFIT BENCHMARK WORKOUT

"SHARKS AND MINNOWS"

FOR TIME

200/175 Cal Row*

*Every 2:30 including 0:00, complete 10 Push-Ups + 10 Russian KB Swings (70/53)|(53/35).

(Score is Time)

KG KB: (32/24)|(24/16) NOTE: New Benchmark

FINISHER

6 SETS (:20 ON/ :10 OFF)

MOVT 1 - Single DB Crush Grip Curls

MOVT 2 - Alt. DB Heel Taps

-No Additional Rest b/t Sets-

*1 SET = MOV'T 1 + MOV'T 2. (No Measure)

<https://vimeo.com/742366276/ee119ab908>

STIMULUS

OVERALL FEEL – At no point should anyone be redlining...the workout is too long for that, BUT there needs to be a sense of urgency for the Push-Ups and Russian KBS. These need to be done quickly to ensure maximal time on the rower. Also keep in mind that the little things matter today: damper setting, getting in and out of the rower quickly, having equipment close to the rower. Keeping these things in mind might seem small and not really time savers, but they will add up big time in the long haul. Keep the row at a smooth 75% pace and keep your transitions quick!

PERFORMANCE GOAL – These athletes are looking at around a 17:00-19:00 window of total time. The Push-ups/ Swings will stay unbroken the entire time and will take roughly :35-:40. On the row these athletes should be averaging b/t 30/22 Cals each time they are sitting down on the machine! If these athletes need more of a challenge, have them complete HR Push-Ups!

FITNESS GOAL – These athletes should aim to finish as close to 20:00 as possible. Push-ups should be unbroken for a few rounds and then kept to 2 sets throughout. KB Swings should remain unbroken, and averages on the rower should hover around 22/16 Cals!

Wednesday 9-7-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - 12 Slam Ball Lunges + Max Good Mornings

MIN 2 - :45 Up-Downs

MIN 3 - 12 Slam Ball Ground to Overhead + Max OH Hold

MIN 4 - :45 Tempo Air Squats @ 21X1

MIN 5 - 12 Slam Ball Front Squats + Max Plank Hold

MIN 6 - :45 Alt. Groiners

MIN 7 - 12 Slam Balls + Max Sit-Ups

MIN 8 - :45 Barbell Elbow Punches

STRENGTH

10-10-8* Front Squat

*Start Light and build to Moderate.

(Score is Weight)

Week 1 of 9

WORKOUT

AMRAP x 12 MINUTES

12 Alt. Back Rack Lunges (95/65)|(65/45)

24 Slam Balls (30/20)|(20/15)

12 Alt. Front Rack Lunges

24 Sit-Ups

(Score is Rounds + Reps)

OPTIONAL COOL DOWN

FOR RECOVERY

2-3 SETS

1:00 EZ Row/ Bike

10 Alt. Groiners w/ Thoracic Twist

2:00 Foam Roll Quads

(No Measure)

<https://vimeo.com/742364750/3fdce44403>

STIMULUS

OVERALL FEEL – An absolute burner of that lower half. Both variations of the Lunges are really going to tax that lower body as well as the midline as we try and control that weight down. Our Slam Balls are sneaky here as we don't want to make them sloppy and ruin everything else. However, in doing them correctly they in turn add to the burn. Our Sit-Ups are our quick opportunity for some sort of leg relief, but we know we need to keep moving through because time is ticking away and we want to get strong!

PERFORMANCE GOAL – From a performance standpoint, we should be shooting for 5-6.5+ on the day. Should be able to move at a consistent and steady pace throughout. Remain unbroken through all of our movements. Look to take maybe :05 - :10 seconds of rest between movements as needed but beyond that transitions are fast.

FITNESS GOAL – From a fitness standpoint, let's shoot for 4.5 - 5.5 Rounds on the day. Both variations of the Lunges should be done unbroken, but a likely pause during the set may occur without the Bar touching the ground. Slam Balls should be done steadily and under control. Move smoothly through our Sit-Ups. Stay around :10 - :15 seconds of rest between movements.

Friday 9-9-22

WARM-UP

ON AN 8:00 RUNNING CLOCK...

1 ROUND

10 Clean Deadlifts

10 Barbell Strict Press

:20 Single Unders

10 Wall Ball Squats

Into...

1 ROUND

8 Upright Rows

8 Barbell Push Press

:20 High Jump Single Unders

10 Wall Ball Push Press

1-2 ROUNDS

6 Hang Muscle Cleans

6 Hang Power Cleans

6 Wall Balls

:20 Double Unders / Double Under Practice

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Clean & Jerk

(Score is Weight)

Week 1 of 9

WORKOUT

AMRAP x 12 MINUTES*

12 Wall Balls (20/14)|(14/10)

36 Double Unders

*Every 1:00 including 0:00 complete 1 Clean and Jerks (85% of 1-Rep Clean & Jerk).

(Score is Rounds + Reps)

<https://vimeo.com/742359739/201491e519>

STIMULUS

OVERALL FEEL – Mix of some heavy weight and then a sprinty twist. The Clean & Jerks will be heavy throughout and as athletes fatigue, stabilizing the weight overhead. The Wall Balls will start to add up over time making the legs heavy and fatigued. Moving into the Double Unders, the fatigue from the Wall Ball will make it harder to jump and the Clean & Jerks will make it harder on the shoulders but the goal should always be a quick transition from the shoulder to overhead!

PERFORMANCE GOAL – Our fittest athletes will look to complete 8-10 rounds of this workout. The goal is to stay unbroken throughout the Wall Balls and Double Unders. We also want athletes to achieve almost EMOM type volume.

FITNESS GOAL – Everyone else will look to complete 6-8+ rounds of this workout. The goal is to stay unbroken throughout the Wall Balls and Double Unders. Goal for these athletes is to complete at least one full movement before making their way back to the bar.

Saturday 9-10-22

WARM-UP

AMRAP x 6 MINUTES

100m Run

8 Lunges with PVC Pass Through

8 Push-Up to Pike

8 PVC Overhead Squats

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Snatch

(Score is Weight)

Week 1 of 9

WORKOUT

1.) 3 SETS

ON A 2:00 RUNNING CLOCK...

200m Run

Max Power Snatches with Time Remaining (75% of 1-Rep Snatch)

-No Additional Rest b/t Sets- (Score is Total Reps)

-Rest 2:00 b/t Part 1 & Part 2-

3 SETS

2.) ON A 2:00 RUNNING CLOCK...

200m Run

Max Hang Power Snatches with Time Remaining...(55% of 1-Rep Snatch)

-No Additional Rest b/t Sets- (Score is Total Reps)

<https://vimeo.com/742363130/60eae51acd>

STIMULUS

OVERALL FEEL – A hard Run combined with a plethora of Power Snatches leads to a very uncomfortable and long 12:00 minutes of fitness. As the sets progress, each 200m will feel a bit farther than needed. Whether it is from the ground or Hang position, our Power Snatches today really beat up our hamstrings, grip and shoulders. This is also amplified because of the test beforehand. Grip and speed on the run become a real issue in set 3 and continue through to the remaining 3 sets so athletes need to break up their Snatches smartly to stay in the game and not see a steep drop off.

PERFORMANCE GOAL – From a performance standpoint, athletes should be shooting to complete the run in :50 - :55 seconds or less. During our Power Snatches we should be able to complete about 8-12+ Reps. During the Hang Power Snatch we should be able to complete 10-15+. Both sections should allow everyone to hang on for decent sized sets.

FITNESS GOAL – From a fitness standpoint, athletes should be shooting to complete the Run in under 1:00 minute today. During the Power Snatches, everyone should be looking to complete 5-8+ Reps on the day. During the Hang Power Snatch we should be able to complete 8-12+ Reps. During the Power Snatch, quick singles or smaller Sets will work. Look to hang on to the Hang Power Snatches in no more than 2 Sets here.

Monday

WARM-UP

EVERY 2:30 MINUTES x 3 SETS

8 PVC Snatch Deadlifts

6 Lunge with PVC Pass Through

8 Single Ring Ring Row

8 Tight Kip Swings

Mobility in remainder of time*

* Suggested mobility → Bootstrappers, Groiners, Flag Pole, Push-Up To Pike

EXTENDED WARM-UP

4 SETS

3 TNG Power Snatches*

-Rest as Needed b/t Sets-

*Start light and build to workout weight.

Superset each set with one of two options:

Option 1...

2 Hips to Bar + 1 Bar Muscle-Up

Or...

Option 2...

2 Dynamic Kip Swing + 1 Pull-Up

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"POWER PLUS AMANDA"

FOR TIME

11-9-7-5

Power Snatch (135/95)|(95/65)

Bar Muscle-Up

(Score is Time)

BMU Option 1: Jumping BMU

BMU Option 2: Burpee Pull-Ups

NOTE: Last Seen 3/25/2022

<https://vimeo.com/742303645/5d646be5f9>

STIMULUS

OVERALL FEEL – A gnarly burn of both the upper and lower body. Our lats and shoulders will definitely be screaming with the spice that comes from the Bar Muscle-Ups. Our lower body drive is not going to want to keep going during our Power Snatches. We start with moderate sized reps out the gate which feel manageable, but as the Reps decrease the intensity seems to increase. The fatigue and burn is real here and what felt like should be manageable numbers now begins to feel a bit like a max effort.

PERFORMANCE GOAL – From a performance standpoint we should be shooting for 10:00 - 11:00 minutes. With some real monsters of performance shooting below that even. Our Power Snatches should be done quickly in controlled Sets or very fast quick singles. Our Bar Muscle-Ups should be done in no more than 3 Sets. Some Bar Muscle-Up monsters should be challenged for unbroken or as few total sets as possible.

FITNESS GOAL – From a fitness standpoint we should be shooting for 12:00 - 15:00 minutes. We are staying controlled with our Power Snatch. Knowing we can complete at least 3, but trusting some quick singles to preserve fatigue today. Our Bar Muscle-Up option should be done in 3-4 Sets today. Or, should have a challenging pull that can be completed in 3 Sets.

Wednesday

WARM-UP

EMOM x 8 MINUTES

MIN 1 - 40 Single Unders* + Max Alt. Calf Stretches

MIN 2 - 12 Glute Bridge-Ups + Max Groiners

MIN 3 - 40 Single Unders* + Max Calve Raises

MIN 4 - 12 Slow Air Squats + Max Bootstrappers

*Single Unders can turn to Double Unders in Second Round

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Front Squat*

*This is one of our Tests for the Strength Cycle starting next week.

(Score is Weight)

WORKOUT

AMRAP x 8 MINUTES

35 Double Unders*

7 Front Squats (95/65)|(65/45)

*Option for Unbroken Double Unders

(Score is Rounds + Reps)

<https://vimeo.com/742302459/c6070cbe1e>

STIMULUS

OVERALL FEEL – Blistering sprint coming at us today. It is not so much the fatigue of the legs that is going to get us, but the lungs are the real problem. Starting with our Double Unders, which at the start feel like a manageable unbroken number, but as progress minute to minute becomes increasingly challenging. Our Front Squat weight isn't heavy, which means everyone should be able to pick the bar up immediately and keep reps unbroken throughout. This is going to be tough on the legs so if rest is needed rest in the standing position with the bar in the FR ready for the next rep.

PERFORMANCE GOAL – From a performance standpoint, we should be shooting for 8-10+ Rounds on the day. Look to take on that Unbroken Double Under challenge. Should be able to make quick transitions between the Double Unders and Front Squats. The only rest coming from that transition period.

FITNESS GOAL – From a fitness standpoint, we should be shooting for 6-8+ Rounds on the day. Double Unders kept at max 2 attempts or :30-:35. Keep the Front Squats unbroken and smooth. Should have about :05 - :10 second transition between movements for a few deep breaths.

Friday

WARM-UP

ON A 9:00 RUNNING CLOCK..

6 SETS (:20 ON / :10 OFF)

Cal Bike

Into...

1 ROUND

8 Clean Deadlift
8 Upright Rows
16 Alt. Elbow Punches
8 Hang Muscle Cleans

Into...

1 ROUND
10 Ring Rows
8 Scap Pull-Ups
8 Small Kip Swings
6-8 Jumping Pull-Ups

STRENGTH

EVERY 1:30 x 7 SETS*

1 Power Clean

+

1 Hang Squat Clean

*Start Moderate and build to a heavy weight.

(Score is Weight)

WORKOUT

AMRAP x 16 MINUTES

30/25 Cal Bike

20 Pull-Ups

10 Hang Power Cleans (155/105)|(115/75)

(Score is Rounds + Reps)

<https://vimeo.com/742300246/559c6b01c4>

STIMULUS

OVERALL FEEL – Tough triplet with a moderate time domain. The Cal Bike will start off the day and tax the legs while getting the heart rate pumping. The Pull-ups will fatigue the shoulders over time and also tax out the grip. Moving into the Hang Power Cleans holding onto the barbell will be a challenge but athletes should be able to get two sets at the most.

PERFORMANCE GOAL – Fittest athletes will look to complete 4.5-5+ rounds of this workout.

30/25 Cal Bike should take athletes 1:30-1:45 and Pull-ups should be completed in 1-2 sets.

The Hang Power Cleans should also be completed in 1-2 sets.

FITNESS GOAL – All other athletes will look to complete 3-4+ rounds of this workout. 30/25

Cal Bike should take athletes 1:45-2:00 and Pull-ups should be completed in 2-3 sets. The

Hang Power Cleans should also be completed in 1-2 sets.

Saturday

WARM-UP

1 ROUNDS

200m Run

8 Alt. Step-Ups to Groiner*

6/6 Ankle Rotations (6 Clockwise + 6 Counter Clockwise on each side)

6 Alt. Samson Lunges

*Perform a Step-Up and then step down and leave the lead foot on the box and drop the hips into a Groiner for :05-:10. Switch sides.

Into...

1-2 ROUNDS

100m Run

10 Lateral Box Step-Overs*

100m Run

5 Box Jumps

*Round 2 complete Goblet Box Step-Overs.

WORKOUT

FOR TIME

800m Run

60 Alt. DB Farmer Box Step-Ups (50/35)|(35/20)|(20)

600m Run

40 Alt. DB Goblet Box Step-Overs (24/20)

400m Run

20 Box Jumps (30/24)

200m Run

(Score is Time)

KG DB: (22.5/15)|(15/10)

POST WORKOUT SKILL

ON A 12:00 RUNNING CLOCK...

Practice two of the three options...

Option 1:

EVERY 3:00 x 4 SETS

50ft Straight Leg Bear Crawl

12 Alt. Piked Shoulder Taps*

6/6 Piked Box Around the World

*Option to complete on Box or Wall.

Option 2:

1:00 DB Stability Complex**

1:00 Wall/ Box Hollow Body Hold

1:00 Rest

** :20 SA Overhead DB Hold (R) + :20 SA Overhead DB Hold (L) + :20 DBL DB Overhead Hold

Option 3:

Practice Free Standing HS Holds/ HS Walking

(No Measure)

<https://vimeo.com/742304699/110aa004c0>

STIMULUS

OVERALL FEEL – You know something has gone wrong when you are STOKED to go out for the next run so you can recover! This workout really hits hard from the beginning with the 800m Run into the Step-Ups. Depending on grip strength this won't be too bad requiring a few breaks,

or it will break the athlete down if not tackled smartly. From there it's all about incrementally speeding the Runs up due to the distance decrease despite the fatigue through the glute/posterior chain. Once out on the 400m Run drop the hammer as much as possible since the rest of the workout is unweighted!

PERFORMANCE GOAL – Performance athletes should be aiming for 18:00-20:00. Runs should average just UNDER 4:00-3:00-2:00-1:00. Farmer Step-Ups should be done in big sets of 15-20 throughout, Goblet Step-Overs should average 25-30 at a time, and the Tall Box Jumps should be steady throughout!

FITNESS GOAL – Fitness athletes will average b/t 20:00-22:00...some will work right up to the time cap! Runs will take either at or a bit over 4:00-3:00-2:00-1:00. The Farmer Step-Ups should allow for 10-12 Reps at a time and take no more than 5-6 sets. Everyone should get through bigger sets of 15-20+ for Goblet Step-Overs. Box Jumps should be capped at 1:30 so athletes can finish that final 200m under the time cap!

Monday 8-22-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - 10 Step-Ups + Max Groiners

MIN 2 - 10 Empty Barbell Deadlifts + Max Cat/ Cow

MIN 3 - 10 Scap Push-Up + Max Calf Raise

MIN 4 - 10 Glute Bridge-Ups + Max Hold

EXTENDED WARM-UP

EMOM x 12 MINUTES

MIN 1 - 3 Deadlifts*

MIN 2 - 4-6 Box Jumps or Step-Ups

MIN 3 - :50 EZ Cardio Choice

*Start Moderate and end at or slightly past workout weight.

(No Measure)

NCFIT BENCHMARK WORKOUT "21 JUMP STREET"

10 ROUNDS FOR TIME

3 Deadlifts (275/185)|(185/135)

6 Bar Facing Up-Downs

12 Box Jump Overs (24/20)

(Score is Time)

KG BB: (125/85)|(85/60) NOTE: New Benchmark.

<https://vimeo.com/740095574/aa54fb9be1>

STIMULUS

OVERALL FEEL – A sweaty lower body pump coming at you today! 10 Rounds is going to feel like a lot of work. Not too much, but just the right amount to question how much you really have left. Our heavier Deadlifts today really tax that posterior which makes our next two movements that much harder. The Bar Facing Up-Downs sneakily tax that core and quads as you look to hold that tight plank position for as little time as possible. Our Box Jump Overs really

feel like the workout today. It is quite difficult to stay low and fast when all you really want to do is stop and stare at the box.

PERFORMANCE GOAL – From a performance standpoint we should be looking to complete the body of work in 14:00 minutes or less. Look to be able to walk right up to the Deadlift every time and start moving. Bar Facing Up-Downs should be performed quickly with a fast jump and transition. Look to move fast though the Box Jump Overs. Rounds should look to be about 1:15 or less.

FITNESS GOAL – From a fitness perspective, we should be looking to complete the body of work in 17:00 minutes or less. Look to stay unbroken though the Deadlifts, but with a quick pause and brace before we go. Our Bar Facing Up-Downs should remain steady and with an alternative that allows us to move consistently. Our Box Jump Overs should be done steady and controlled. Don't be afraid to Step-Up and Over if need be. Rounds can range from 1:20 - 1:35.

Wednesday 8-24-22

WARM-UP

1 ROUND (3:00 CAP)

25' High Knees

25' Butt Kickers

25' High Skips

25' Quick Skips 100m Run

Into...

AMRAP x 5 MINUTES

6 Samson Lunges

6/6 DB Arnold Press

6 Broad Jumps

6 Push-Up to Pike

WORKOUT

4 SETS

ON A 4:00 RUNNING CLOCK

400m Run

20 Alt. DB Farmers Lunges (50/35)|(35/20)

Max Handstand Push-Ups in Time Remaining...

-No Additional Rest b/t Sets-

(Score is Total Reps)

KG DB: (22.5/15)|(15/10)

HSPU Option 1: Pike Push-Ups HSPU Option 2: DB Strict Press

POST WORKOUT SKILL

3 SETS

50' Bear Crawl

8-12 Piked Wall or Box Shoulder Taps

:30 Wall Handstand Hold*

*Free Standing HS Hold Optional. -Rest As Needed b/t Sets-

(No Measure)

<https://vimeo.com/740094618/845b5873d3>

STIMULUS

OVERALL FEEL – Lower body push with a spicy shoulder burn coming at us today. 400m Run doesn't need to be a sprint, but we do want to push today. When done correctly we should be very satisfied that it is only 400m. Our Alt. DB Farmers Lunges are spicy enough where we would want to break for more, but now we have to embrace that burn to get to the Handstand Push-Up. We have to be willing to embrace that big shoulder and pressing burn in the Handstand Push-Ups. Shooting for large sets and hoping we have one more in us!

PERFORMANCE GOAL – From a performance standpoint we should be shooting for 1:50 or less on the Run. Look to stay unbroken through the Alt. DB Farmers Lunges. On our Handstand Push-Ups we should be getting 15-20+ Reps on the day. These should be done in very large sets and able to transition quickly between breaks. Should have about 1:00 - 1:10 here to perform these Reps.

FITNESS GOAL – From a fitness standpoint we should be shooting for 2:10 or less on the Run. Look to hold the Alt. DB Farmers Lunges to 2 Sets max. On our Handstand Push-Ups we should be getting 8-13+ each set. Should have about :45 to perform these be transitioning to the next set.

Friday 8-26-22

WARM-UP

2 ROUNDS

:45 Row

8 PVC Pass-Thrus

8 Air Squats

10 Sit-Ups

Into...

1-2 ROUNDS (Time Permitting)

8 PVC Muscle Snatches

8 PVC OH Squats

10 Wall Ball Shots

10 Ring Rows

WORKOUT

3 SETS

50 Wall Balls (20/14)|(14/10)

40 Sit-Ups

300/250m Row

20 Pull-ups

10 Overhead Squat (115/75)|(75/55)

-Rest 2:00 b/t Sets- (Score is Slowest Set)

KG WB: (9/6)|(6/5)

KG BB: (52.5/35)|(35/25)

OPTIONAL COOL DOWN FOR RECOVERY

1:00 Banded Shoulder Distraction (R)

1:00 Banded Shoulder Distraction (L)

:45/:45 PVC Flagpole Stretch (R/L)

1:00 Child Pose

(No Measure)

<https://vimeo.com/740096719/1028a8ffc7>

STIMULUS

OVERALL FEEL – Just get through the WB's and you're home free! The 50 reps that start off each set result in a full body fatigue but the saving grace is the Sit-Ups that come right after. These should be used as an opportunity to recover so the Row Pace can be pushed. Protip here is to row with feet flat on the footplates to use more hamstrings since this is a pretty "Quad-y" workout otherwise. Pull-Ups, if not attacked smartly will make the 10 OHS very challenging to keep unbroken because of the upper body fatigue from pulling. Shake out the arms and try not to stare at the bar for too long, it's only 10 reps!

PERFORMANCE GOAL – These athletes are looking at 6:00-6:30 per round. WB's should be unbroken or in two sets. Sit-Up pace should be pushed to get ahead of the pack and the meters on the rower should be 1:00 or less. Pull-Ups done in 1-2 quick sets with an immediate transition to the barbell for an unbroken set of 10 reps. Rounds should stay mostly consistent.

FITNESS GOAL – Athletes in this category will average 6:45-7:45 per round. The WB's should be 3-4 sets tops or roughly 2:15. Sit-Ups can be used for recovery but should take no more than 2:00. Meters on the rower should take no more than 1:30 and the Pull-Ups can be broken up into no more than 4 sets. The OHS weight might need to be adjusted but the 10 reps should definitely be unbroken!

Saturday 8-27-22

WARM-UP

AMRAP x 5 MINUTES 20 Single Unders*

12 Alt. Shoulder Taps** 8 Air Squats

*@ 2:30 perform Single + Single + High Jump

**@2:30 perform Push-Ups

WORKOUT

4 SETS*

AMRAP x 6 MINUTES

10-20-30 and so on...

Double Unders

5-10-15 and so on...

Hand Release Push-Ups

1-2-3 and so on...

Front Squats (185/135)|(135/95)

-Rest 2:00 b/t Sets-

*Start from the beginning at each set. (Score is Lowest Reps)

KG BB: (85/60)|(60/42.5)

PARTNER WORKOUT OPTION IN TEAMS OF 2...

3 SETS*

AMRAP x 8 MINUTES

60 Double Unders

40 Hand Release Push-Ups

20 Front Squat (185/135)|(135/95)

-Rest 1:00 b/t Sets-

*P1 works while P2 rest. Split work as needed. Pick up where you left off.

(Score is Total Rounds + Reps) KG BB: (85/60)|(60/42.5)

<https://vimeo.com/740092262/fa84b7b258>

STIMULUS

OVERALL FEEL – High heart rate, heavy barbell and heavy shoulders. The short AMRAP repeats mean athletes need to be moving fast even with the heavy barbell. The Double Under to Push-Up transition is going to hit the shoulders hard. The heavy breathing is going to make bracing harder and harder on the Heavy Barbell. The Low reps should allow for quick sets and unbroken so we want to see our athletes really try to push it today, reset, and see if they can push it again.

PERFORMANCE GOAL – Athletes looking to push it today should get into 4-5 Rounds or more. Their goal is to go unbroken on the jump rope and bigger sets on the Push-Up with a quicker transition to the Front Squat. Set the bar high on the first Round and see if they can match it the next Rounds after!

FITNESS GOAL – All athletes should be aiming for 3-4 Rounds or more. They can use the first Round to get a feel for it. Give it a push and see what they can get... then really dial it in for Rounds 2-4 and see if they can stay consistent!

Monday 8.15.22

WARM-UP

TABATA 6 SETS (:20 ON / :10 OFF) Bike @ Moderate Pace

Into...

1 ROUND

10 Alt. Lunge with PVC Passthrough 8 Cat/ Cows

6 Alt. V-Ups

4 Push-Up to Pike

Into...

1-2 ROUNDS (Time Permitting)

10 PVC Overhead Squats

8 PVC Behind the Neck Push Press 6 V-Ups

4 PVC Snatch Deadlift

STRENGTH

EVERY 1:30 x 6 SETS* 1 Snatch Deadlift

+

1 Hang Snatch

+

1 Snatch

*Option to complete Squat or Power. Start light and build up to and past workout weight.

(Score is Weight)

WORKOUT

5 SETS

15/12 Cal Bike Sprint

-Rest :30-

Max Unbroken Power Snatches

(Athlete Choice, Moderate)*

-Rest 2:00 b/t Sets-

*Goal is 7-10+ Reps. Barbell can not stop anywhere except the overhead position. Barbell must move up and down the body continuously. Barbell can stop in OH position for no more than :02.

(Score is Lowest Reps)

BB KG: (60/42.5)|(42.5/30)

<https://vimeo.com/735319539/bb687d84fe>

STIMULUS

OVERALL FEEL – Leg burn bonanza. Starting with that Bike Sprint effort, this one is going to hurt! Our whole body is going to scream for relief as we shoot to complete our targeted Cal goals. :30 seconds most definitely won't feel like enough rest before we take on our max unbroken Power Snatches. Each rep and attempt at this moderate weight really makes you question what moderate actually means. We don't feel so much shoulder fatigue as that lower body burn. Do what you can to recover in that 2:00 minutes then get back to work!

PERFORMANCE GOAL – From a performance standpoint we should be looking to complete the workout in 14:00 minutes or less. Our Bike effort should be completed in :30-:35 seconds or less. Should be able to hold on to a true moderate Power Snatch weight for 8-10+ reps per set.

FITNESS GOAL – From a fitness standpoint we should be looking to complete the workout between 14:00 - 16:00 minutes. Look to keep our Bike effort to :35-:45 seconds or less. Power Snatch weight should be a controlled moderate loading with everyone finishing 6-8+ reps per set.

Wednesday 8.17.22

WARM-UP

2 ROUNDS

20 Single Unders

10 Alt. Cossack Squats

:20 Hollow Hold (2nd Round, Perform 10 Sit-Ups)

10 Scap Pull-Ups (2nd Round, Perform 10 Ring Rows)

Into...

1 ROUND

10 Jump Rope Complex (Single + Single + High Jump)

8 Sumo Good Morning

:10 Ring Support Hold

:10 Bottom of Dip Hold

EXTENDED WARM-UP

EMOM x 10 MINUTES

MIN 1 - 2 Sumo Deadlifts*

MIN 2 - Complete one of the below Options...

Option 1...

1-2 Ring Muscle-Ups

Or...

Option 2...

3-5 Chest to Bar Pull-Ups

Or...

Option 3...

3-5 Vertical Ring Rows

*Start Moderate and end Heavy.

(No Measure)

WORKOUT

FOR TIME*

1-2-3-4-5-4-3-2-1

Ring Muscle-Ups

2-2-2-2-2-2-2-2

Sumo Deadlift (315/205)|(225/155)

*Complete 35 Double Unders and 15 Sit-Ups after each full round.

(Score is Time)

MU Option 1: Jumping Muscle-Up MU Option 2: Up-Down Chest to Bar Pull-Up

<https://vimeo.com/735319230/a1be978f48>

PERFORMANCE GOAL – Aim for 15:00-18:00. Sub 15 is doable if the athlete can go unbroken on the RMU and can move quickly between all movements. For most they can use the Sit-Ups to bring the heart rate back down to get back on the RMU and hold these reps unbroken.

FITNESS GOAL – Aim for 17:00-20:00. The goal is to keep the midline and gymnastics in control. This means taking a breath to brace for the Heavy Deadlifts. Then using the Sit-Ups to bring the heart rate back down. Then taking a breath to get back on the Gymnastics. You may see these athletes moving quicker depending on their gymnastics adjustments.

Friday 8.19.22

WARM-UP

2 ROUNDS

100m Jog

10 Up-Downs

8 Scap Push-Ups

8 Alt. Groiners

8 Air Squats

Into...

2 ROUNDS

100m Run

5 Burpees*

12 Alt. Elbow Punches

6 Strict Press w/ :01 Pause OH 6 Barbell Front Squats

*Rnd 2 complete Burpees Over the Bar.

STRENGTH

ON A 10:00 RUNNING CLOCK... Build to a 1-Rep Heavy Thruster*

*Thruster-Jerk is not an option.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "HAYMAKER"

4 SETS

ON A 3:30 RUNNING CLOCK...

200m Run

10 Burpees Over the Bar

4 Thrusters (155/105)/(115/75)*

-Rest Remaining Time-

*Add one rep to your Thruster Each Round. Set 1 = 4 / Set 2 = 5 / Set 3 = 6 / Set 4 = 7.

(Score is Total Time)

KG BB: (70/47.5)|(52.5/35) NOTE: New Benchmark

<https://vimeo.com/735319342/c2f09aa13d>

STIMULUS

OVERALL FEEL – Very challenging workout on the arm, legs, and lungs. The increasing reps will mentally challenge the athlete and when fatigue has taken place the weight on the Thrusters will feel a lot heavier. The legs will feel heavy each run as the body fatigue and the Burpees Over the Bar will be quick for some and others will have to dig deep. The Thrusters will be the biggest challenge for athletes. The small amount of reps will be doable in design but the weight will determine if athletes prevail and go unbroken.

PERFORMANCE GOAL – Fittest athletes should be looking to finish each round around 2:00-2:15. Look to sprint the 200m Run, go unbroken on the Burpees Over the Bar and keep the Thrusters unbroken each set.

FITNESS GOAL – Everyone else will be looking to finish each round around 2:30-2:45. They will look to find a consistent pace on the 200m Run, go unbroken on the Burpees Over the Bar and fight hard to keep the Thrusters unbroken or to 2 quick sets.

Saturday 8.20.22

WARM-UP

2 ROUNDS

10 Alt. Bird/ Dogs

5/5 Moose Antlers

12 Slow Supinated Band Pull-Aparts 30 Mountain Climbers

Into...

AMRAP x 6 MINUTES

10 Banded Upright Row

8/8 Single Arm Russian Kettlebell Swing :30 Wall Sit

:20 Reverse Plank

WORKOUT

EMOM x 24 MINUTES

MIN 1 - :45 KB Upright Row (Athlete Choice, Moderate)

MIN 2 - :45 KB Static Hold of Choice* MIN 3 - :45 KB Horn Taps KB

MIN 4 - :45 Static Hold of Choice*

*Static Hold Options:

Single Arm KB Front Rack/ OH Hold KB Gun Hold

Wall Sit (KB Weighted Optional) Tall Plank

Tuck/ Hollow Hold

Reverse Plank

*Must choose 2 different Static Holds. (No Measure)

<https://vimeo.com/735319442/e2cca2b95c>

STIMULUS

OVERALL FEEL – Choose your own adventure day! go hard, or just flow and glow! The KB movements will not necessarily tax our lungs but they will tax our muscles. The focus here is QUALITY movements and not rushing through reps that lead to sloppy movements! The Static holds are what you make them...if you challenge yourself with new holds or heavier KB's this will definitely get you huffing, puffing, and shaking! Either way you will end the 24:00 better than you started and be ready for tomorrow!

PERFORMANCE GOAL – The goal will be to choose Static Holds that are things you need to work on. Work on all intervals should be done for the whole :45. Upright Rows should average 18-22+ reps while the KB Horn Taps sit around 20-30+ reps. If these athletes want more of a challenge then have them work for :55!

FITNESS GOAL – Choose options for the Static holds that make this workout fun and still allow confidence to hang on for multiple sets. Upright Rows will average 12-18+ reps and KB

Horn Taps roughly 12-20+ reps. A cool option would be to increase the work time by :05 E/ 2-3 rounds so by the end everyone is working almost the entire minute! WOO!

Monday 8/8/22

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :40 Bike @ Mod-Hard Pace

MIN 2 - :20 Slam Ball Ground to Overhead + :20 Step-Ups*

MIN 3 - :20 Hollow Hold + :20 Glute Bridge-Up

*Switch to Slam Balls and Box Jump on Second Round

STRENGTH

ON A 12:00 RUNNING CLOCK...

Build to a Heavy 3-Rep TNG Power Clean

(Score is Weight)

NCFIT BENCHMARK WORKOUT "THE HILLS HAVE THIGHS"

EMOM x 24 MINUTES

MIN 1 - Complete 1 Round*

MIN 2 - Max Cal Bike MIN 3 - Rest

*1 Round:

1 Power Clean (100% of 3-Rep Power Clean)

4 Box Jumps (24/20)

12 Slam Balls (30/20)|(20/10)

(Score is Total Cals)

KB SB: (15/10)|(10/5) NOTE: New Benchmark.

<https://vimeo.com/735226237/ffb037b058>

STIMULUS

OVERALL FEEL – Our Triplet begins with that Heavy Power Clean that we know we can cycle, but as it progresses the weight will FEEL like it is getting heavier...this means athletes really need to take time to set-up before pulling! Both the Box Jumps and Slam Balls do a fantastic job of breaking down our hamstrings, quads and glutes. Max Cal on the Bike is always a tricky challenge but everyone should be aiming to keep a consistent Cal count OR to add 1-2 cals per round!

PERFORMANCE GOAL – From a performance standpoint we should be shooting for :20 - :30 seconds of rest in the Triplet minute. Look to quickly transition between each movement and leave no opportunity for second guessing. Cals on the bike can be anywhere between 15-20+ on the day. Should be able to keep those RPMs high and consistent.

FITNESS GOAL – From a fitness standpoint, we should be shooting for :10 - :20 seconds of rest in our Triplet minute. This means a quick transition to the Bike, but this should still allow most to shoot for 10 -15+ Cals each round.

Wednesday 8/10/22

WARM-UP

2 ROUNDS

:40 Cardio Choice (EZ Pace)

10 Alt. KB Deadlift

5 Cat/Cows

:30 Quad Heel Taps

Into...

1-2 ROUNDS (Time Permitting)

:40 Cardio Choice (Mod-Hard Pace) 12 Russian KB Swings

6 SLOW Alt. Bird Dogs

:30 KB Plank Taps

WORKOUT

AMRAP x 16 MINUTES

1:00 Cardio Choice

8/8 KB/DB Snatch (Athlete Choice, Moderate)

100m OH Walk*

20 Alt. KB/DB Horn Taps

*Switch Arms at 50m.

(No Measure)

POST WORKOUT STRENGTH

3 SETS

10/10 KB Goblet Split Squats* -Immediately Into-

12 Tempo KB RDL @ 30X1

*On 10th rep of each leg, hold bottom of Split Squat for :15 then stand.

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/735226142/77918b2b71>

STIMULUS

OVERALL FEEL – QUALITY workout, just move and move well kind of day. The main focus will be to get comfortable with the KB Snatch and The OH Walk. Where we can push the intensity today can be those 1:00 Cardio Choice intervals in each Round. This should be a steady 75% burn from start to finish with minimal rest/ transition time needed.

PERFORMANCE GOAL – Athletes in this category should Push the Pace on the Cardio, at relatively high intensity. Then when it comes to the other movements smooth and steady while keeping the movements looking crisp and clean. Transitions between movements should be quick. 4-5 Rounds is the goal for these individuals!

FITNESS GOAL – Athletes in this category should hold a moderate pace each time they get on their Cardio and depending on where they are at, use it as a rest movement to allow them to keep grinding. For the KB Snatch, this is a good day to practice the technique so using a lighter KB might be the best option for these folks. OH Walk, focus on breathing and bracing, think of this movement like a moving Plank. 3-4 Rounds is the athlete goal here!

Friday 8/12/22

WARM-UP

3 ROUNDS

:30 Single Unders (Increase Complexity e/ Round)

12 Alt. Calf Stretches*

10 Supermans

10 Hollow Rocks

100m Run

*In the Tall Plank Position, fold one foot over the back heel of the other foot and slowly rock back and try to touch the heel to the floor. Hold this stretch for :05-ish each side and then switch back and forth for 12 total reps.

WORKOUT

AMRAP x 12 MINUTES

12 Chest to Bar Pull-Ups

36 Double Unders

100m Run

-Rest 2:00-

AMRAP x 6 MINUTES

6 Pull-Ups

18 Double Unders

50m Run

(Score is Total Rounds + Reps)

OPTIONAL FINISHER

2 SETS

50 Alt. Russian Twists 25 Tuck-Ups

15 Straight Leg Sit-Ups

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/735226402/90ed1f155a>

STIMULUS

OVERALL FEEL – These AMRAPs are shorter-ish but will feel long. Rounds go very quickly if you are a PU/ DU ninja. Be mindful of the grip because that might begin to fatigue and let's please make sure we aren't leaving any DNA on the rig with all our Pull-Ups...NO RIPS! Lats will definitely get juiced up along with the biceps/ shoulders but there isn't really anything today that should force anyone to stop moving and double over from fatigue. This is a churn and burn 80% effort from start to finish. Watch the hand ripping, keep the DU to :40/:20ish, and use the run as recovery (:30.:15 respectively) and your athletes will crush it!

PERFORMANCE GOAL – For our top performers they are looking at 7-8+ rounds. These individuals are keeping all pulling options unbroken, blazing through the DU, and using the 100m Run to get a little bit ahead of everyone else. Challenge these high capacity athletes to stop their run at the door, walk to the rig, and immediately hop up and go again. That walk constitutes their rest.

FITNESS GOAL – For most athletes they should be shooting for 5-6+ rounds. This will be dependent on adjustments to their pulling option and their ability to DU. For these athletes we want to see their pulling option completed in 2 sets, their DU :40 or less, and we want to encourage them to use the runs as an opportunity to catch their breath and shake out their arms, so think steady jog here!

Saturday 8/13/22

WARM-UP

AMRAP x 3 MINUTES

3 Inchworms + Push-Up

4 Scap Push-Up to Pike Position 5 Bootstrappers

Into...

AMRAP x 5 MINUTES

5 Up-Downs + Alt. Shoulder Tap 5/5 Single Arm Arnold Press

5 Jumping Air Squats

STRENGTH

EMOM x 8 MINUTES

MIN 1 - :40 Wall/Box Hollow Body Hold MIN 2 - Complete one of the below options...

Option 1:

3-5 Deficit Handstand Push-Ups

Or... Option 2:

3-5 Handstand Negatives

Or...

Option 3:

3-5 Slow DB Strict Press (:03 Lower)

(No Measure)

WORKOUT

FOR TIME 50 Burpees

Immediately Into...

8 ROUNDS

5 Handstand Push-Ups*

7 Back Squats (115/75)|(75/55)

Immediately Into... 50 Burpees

(Score is Time)

KG BB: (52.5/35)|(35/25)

*Option for Strict Handstand Push-Ups.

HSPU Option 1: Pike Push-Ups HSPU Option 2: DB Strict Press

<https://vimeo.com/735226326/7667086b25>

STIMULUS

OVERALL FEEL – About to feel a real deep shoulder burn today! 50 Burpees automatically will fatigue the pressers but take these steadily to not burn up before the rest of the workout begins. Our legs will really begin to blow up as we push through these 8 Rounds. The barbell should feel moderate and always be completed unbroken even as the legs fatigue. Those Handstand Push-Ups, although a relatively small number, will really become a challenge to keep unbroken. The final 50 Burpees is where everyone should empty the tank and GO!

PERFORMANCE GOAL – From a performance standpoint, we should be shooting for 12:00-14:00 minutes. Our Burpee rounds should be completed in 3:00 minutes or less. Look to hold an EMOM pace or just slightly faster than that through our 8 Rounds. These athletes can throw in an alternate Strict Handstand Push-Ups every other round if we have high proficiency in the movement.

FITNESS GOAL – From a fitness standpoint, we should be shooting for 14:00 - 16:00 minutes. Should be looking to complete the Burpees in 4:00 minutes or less. Our 8 Round effort should be done between 1:00 - 1:20 per Round. Look to keep the Handstand Push-Ups to no more than 2 Sets. Make sure we still have a Back Squat weight we can do unbroken.

Monday 8/1/22

WARM-UP

3 ROUNDS

1:00 Row*

10 Up-Downs

8 Tempo Knee Push-Ups @ 30X1 (Option to do from toes)

10 Ring Rows

*R1= 20-24SPM R2= 24-28SPM R3= 26-30+SPM

STRENGTH

10-8-6

Tempo Wide Grip Bench Press @30X1*

*Start light and build to a moderate weight. Use a slightly wider than standard grip. After each set complete Max Reps of Diamond Push-Ups.

Remember Tempo...

1st Number is 'Down Portion' 2nd Number is 'Down Position' 3rd Number is 'Up Portion'

4th Number is 'Up Position'

(Score is Weight)

WORKOUT

6 SETS

ON A 3:00 RUNNING CLOCK...

30/24 Cal Row

Max Reps in the Remaining Time...

ODD ROUNDS: Burpees

EVEN ROUNDS: Pull-Ups or Ring Rows

-Rest :30 b/t Sets- (Score is Total Reps)

<https://vimeo.com/733751672/fe8afe27dd>

STIMULUS

OVERALL FEEL Today is a gradual build to fatigue...the sets start out VERY manageable but then as athletes continue on they will feel the volume on the rower and with the Push/Pull begin to add up. The first thing to go will be the Row average, so keep things as consistent as possible even if that means starting a little slower. Today is a GREAT day to practice some Row intervals! Think steady on the Burpees instead of fast...just keep moving. Finally, with the Pull-Ups...pro-tip: do not go to failure! This ensures the athlete can hop back up the next set and hit the same number or stay pretty dang close!

PERFORMANCE GOAL Challenge your fire breather athletes to hold b/t a 1:48-1:50 for gents and 1:55-1:58 for ladies on the rower. This will be a challenge but they should find a pace and stick with it as long as possible. The Burpees should average b/t 16-20+ and the Pull-Ups will look the same, with a slightly higher rep range if the athlete is butterflying. These athletes should try to increase their reps by 1 each set!

FITNESS GOAL Most athletes should be holding b/t a 1:55-2:00 for the gents and 1:58-2:05 for ladies. Burpees will average around 12-16 and Pull-Ups will be closer to 10-12 depending on capacity. A great focus for most members is going to be adding a rep each set for the Burpees, and trying to keep their pulling option challenging and at the same reps throughout.

Wednesday 8/3/22

WARM-UP

2 ROUNDS

10 Slam Ball Ground to Overhead 7 Scap Pull-Ups

7 Short, Controlled Kipping Swing 7 Push-ups

Into...

2 ROUNDS

10 Slam Balls

7 Big, Dynamic Kip Swing

7 Kipping Jumping Pull-Ups or 7 Ring Rows

7 Hand Release Push-ups

SKILL

EMOM x 6 MINUTES

Practice one of below Pulling Options...

Option 1:

2 Hips to Bar + 1 Bar Muscle-Up

Or...

Option 2:

2 Dynamic Kip Swing + 1 Pull-Up

Or...

Option 3:

3 Simulated Kip Swing or 3 Jumping Pull-Ups

(No Measure)

WORKOUT

3 SETS

AMRAP x 6 MINUTES*

3 Bar Muscle-Ups

9 Hand Release Push-Ups

18 Slam Balls (30/20)|(20/10)

-Rest 1:30 b/t Sets-

*Pick up where you left off.

(Score is Total Rounds + Reps)

BMU Option 1: Jumping BMU

BMU Option 2: Chest to Bar Pull-Up

<https://vimeo.com/733750832/140cb56bae>

STIMULUS

OVERALL FEEL Tough workout on the lats and forearms. The Bar Muscle-ups will get more challenging each round and the shoulders will start to fatigue with the combination of all the other movements. The Hand Release Push-ups are just the right amount to go unbroken but still do damage over time. The Ball Slams will hit the whole body, especially the shoulders and legs.

PERFORMANCE GOAL Fittest athletes will look to complete 4-5+ rounds for each AMRAP. All movements should be completed unbroken with athletes taking limited rest in between rounds to quickly shake the shoulders out.

FITNESS GOAL Overall goal for athletes is to complete 3-4+ rounds for each AMRAP. Bar Muscle-up should be completed in 1-2 sets. Hand Release Push-ups should be completed unbroken as well as the Slam Balls.

Friday 8/5/22

WARM-UP

2 ROUNDS

200m Run

8 Lunges + PVC Passthrough 8 PVC Deadlifts

8 Hollow Rocks

Into...

2-3 ROUNDS

100m Run

8 Barbell Behind the Neck Press 8 Step-Ups*

8 Up-Downs

*Switch to Box Jumps on 2nd Round

STRENGTH

EVERY 1:30 x 6 SETS* 1 Snatch High Pull

+

1 Hang Power Snatch +

1 Power Snatch

*Start Moderate-Light and build up to Moderate-Heavy.

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES

1 Power Snatches (155/105)|(115/75)* 15 Box Jumps (24/20)

100m Run

*Add 1 rep of Power Snatch after every full round (1,2,3,4 and so on...).

(Score is Rounds + Reps)

KG BB: (70/47.5)|(52.5/35)

OPTIONAL FINISHER

2-3 SETS

8/8 Single Leg Glute Bridge-Up -Immediately Into-

15 DB Glute Bridge-Ups -Immediately Into-

:45 Glute Bridge Hold

-Rest as Needed b/t Sets- (No Measure)

<https://vimeo.com/733751427/a581fde2c2>

STIMULUS

OVERALL FEEL A sweaty powerhouse is coming at us today. The ascending Power Snatch will feel easy at the start of the workout, but as that time ticks away and Reps increase, boy oh boy are we humbled. The shoulder strength and hip drive needed for this movement becomes increasingly difficult right after the Round of 3. Our Box Jumps are at just the right amount of volume to really tax our hips and legs. Luckily, that Run allows for a quick shakeout before firing back up another Round.

PERFORMANCE GOAL From a performance standpoint we should be looking to get into the 7-8+ Rounds for today. The Power Snatches should be cycled in the smaller Rep Rounds, but then quickly adjusted to very fast singles. Look to keep the Box Jumps fairly quick. Runs should be completed in under :30 seconds today.

FITNESS GOAL From a fitness standpoint we should be looking to get into the 5-6+ Rounds today. Our Power Snatches should be performed as Sets of 2 if need be, but should quickly be adjusted to quick singles. Our Box Jumps should be performed under control and continuously. Make sure we keep the Run right around :30 - :35 seconds on the day.

Saturday 8/6/22

WARM-UP

AMRAP x 4 MINUTES

:30 Bike @ Moderate Pace 4 KB Deadlifts

4 KB High Pulls

4 Tuck-Ups

Into...

AMRAP x 4 MINUTES :30 Bike @ Hard Pace

4 Russian KB Swings

4 Mixed Grip Ring Rows 4 V-Ups

WORKOUT

FOR TIME*

200 Russian KB Swings (70/53)|(53/35) 150 Sit-Ups

100/80 Cal Bike

15 Rope Climbs

*Partition as needed to complete all reps. (Score is Time)

<https://vimeo.com/733751200/80a8c80b87>

STIMULUS

OVERALL FEEL A sweaty grind coming at us today. The first and most prevalent feeling that will hit is the massive grip fatigue that comes with this workout. The sheer volume of Russian KB Swings and Rope Climbs will really make the athlete question whether or not they can hold on. Pair these with the Sit-Ups that tax the midline directly and all the movements become even more taxing. The Cal Bike will allow the grip to come back but will offer no relief for the lungs and legs! Overall, a full-body grind.

PERFORMANCE GOAL From a performance standpoint, we should be shooting for 25:00 - 30:00 Minutes. We would like to see our Russian KB Swings be completed in Sets of 25+ if we asked them too. Our Sit-Ups should be performed fairly quickly. Our Cal Bikes should be completed in 9:00 minutes or less in total time. Look to complete our Rope Climbs in :15 seconds or less per rep.

FITNESS GOAL From a fitness standpoint, we are looking to complete this workout in 30:00 - 35:00 minutes. The Russian KB Swings should be completed in sets of 15-22+ on the day. Look to stay smooth and steady on our Sit-Ups. Our Cal Bike effort should be done between 9:00 - 10:00 minutes total time. Our Rope Climbs should be completed in :15 - :20 seconds per climb.

Monday 7-25-22

WARM-UP

1-2 SETS

6 Cat Cows

6 Push-Up to Pike 6 Moose Antlers 6 Boot Straps

Into...

AMRAP x 5 MINUTES

5 Up-Downs

5 Barbell Deadlifts

5 Barbell Hang High Pulls 5 Barbell Strict Press

STRENGTH

ON A 10:00 RUNNING CLOCK...

Build to a 1-Rep Heavy Clean & Jerk*

*Goal is to work up to and possibly past workout weight.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"THE CALI BEAR"

EVERY :30 FOR 20 MINUTES

1 Power Clean & Jerk (225/155)|(155/105)

*Beginners should adjust weight to a moderate load and perform 2-3 reps on the minute, resting as needed to ensure proper mechanics.

(Score is Weight)

KG BB: (100/70)|(70/47.5)

<https://vimeo.com/731309184/fd72de12c6>

STIMULUS

OVERALL FEEL – One of the best heavy and mental tests we have to offer! A total grind from the first rep to the 40th. This one will challenge you every step of the way. Our legs, pulling power and frankly just the full body will be taxed. About every 5 reps will feel like someone has added 5 pounds on top of what is already a heavy lift.

PERFORMANCE GOAL – From a performance standpoint we should be completing this Workout as written in terms of loading. However, if this workout has already been completed as written a few times, then let's look to add a little weight on top of what we have already done. Should be able to transition from that Power Clean directly into the Jerk.

FITNESS GOAL – Today's goal should be identifying and completing a challenging / heavy load for the day. There is opportunity to build in weight every 5-10 rounds and should do so if the challenge isn't being fulfilled.

Wednesday 7/27/22

WARM-UP

LINE DRILLS

100m Run (EZ Pace)

25ft Walking Samson Stretch

25ft High Knees

25ft Walking Staggered Stance Good Mornings

25ft Butt Kickers

25ft Hurdler Walks

25ft Bunny Hops

100m Run (EZ Pace)

Into...

2 ROUNDS

8 Alt. DB Goblet Lunges

5/5 Ankle Rotations (Clockwise/ Counter Clockwise)

8 Step-Ups

10 Alt. Cossack Squats

WORKOUT

FOR TIME

200m Run

40 Box Jumps (24/20)

600m Run

80 Alt. DB Goblet Box Step-Overs (50/35)|(35/20)

600m Run

40 Box Jumps

200m Run

(Score is Time)

KG DB: (22.5/15)|(15/10)

POST WORKOUT STRENGTH

EMOM x 8 MINUTES

MIN 1 - :40 Alt. Seated Arnold Presses

MIN 2 - :40 DBL DB OH Hold*

*Stand for DBL DB Hold.

(No Measure)

<https://vimeo.com/731309865/dd69670597>

STIMULUS

OVERALL FEEL – The first two runs and Box Jumps inspire confidence and can be finished relatively quickly with the lungs and legs mostly intact, but it will be the DB Goblet Box Step Overs that truly put people to the test! This will fry the legs, lungs, and biceps holding the DB in the goblet position but everyone should be able to knock out sets of AT LEAST 16 reps and if not the DB weight should be lowered. For most these 80 reps will take as long as the first half of the workout which is why this is a grind! After they get through that it's just hang on to keep the legs moving on the run, Box Jumps, and then going for broke on the final 200m!

PERFORMANCE GOAL – These athletes should aim to keep each section to roughly 6:00 or less. The box jumps should be non-stop and steady and the DB Goblet Box Step Overs should be completed in 4 sets or less. Quick lateral steps will help separate them from the rest of the pack and have them finish around 18:30-20:00.

FITNESS GOAL – These athletes are looking for a steady churn and burn from start to finish. The first half should be completed at a conservative pace to leave some gas for the middle 80 reps. These should be completed in no more than 6 sets or 8:00. If these athletes are slowing down too much they can complete bodyweight reps for the Step Overs and mix & match Box Jumps with Step-Ups. Most should aim for 20:00-22:00 finish times!

Friday 7/29/22

WARM-UP

AMRAP x 8 MINUTES

10/8 Cal Row*

8 Cat/Cows

10 Russian Kettlebell Swings :20 Tuck Hold

*Increasing Row paces ea RD. Start EZ and work your way up from there.

WORKOUT

5 SETS

ON A 3:00 RUNNING CLOCK... 15/12 Cal Row*

20 Alt. Single Arm Russian KB Swing (35/26)|(26/16)

Max Alt. V-Ups in Time Remaining...

-No Extra Rest b/t Sets-

*Increase Row by 5/4 Cals each Set. Set 1: 15/12

Set 2: 20/16

Set 3: 25/20

Set 4: 30/24 Set 5: 35/28

(Score is Total Reps of Alt. V-Ups)

KG KB: (16/12)|(12/7)

COOL DOWN

2 ROUNDS FOR RECOVERY 1:00 EZ Row

12 Slow Arm Haulers

10 Alt. Bird Dogs

8/8 Side Plank Rotations 1:00 Child's Pose

(No Measure)

<https://vimeo.com/731307390/e881d869cf>

STIMULUS

OVERALL FEEL – Absolute banger of a workout! No extra rest b/t sets so this workout does take a bit of gaming and finesse to get the best score. Aggressive pace on the Row, catch your breath on the Single Arm Russian Swings, and sprint the Alt. V-Ups. Lungs, Posterior Chain, Abs, and a side of grip is the chef's special today!

PERFORMANCE GOAL – For athletes in the performance category, we are looking for 130-150+ Reps of the Alt. V-Ups. Gradually build the Row and the Alt. V-Ups, smooth on the SA Russian Swings this will be the closest thing to catching your breath you will get on this workout. Lightning quick transitions.

FITNESS GOAL – For athletes in the fitness category, we are looking for 100-120+ Reps of the Alt. V-Ups. Try to stay consistent on the Row and get a little faster each round but not a complete sprint. Smooth and steady on the SA Russian Swings. Then push the Alt. V-Ups!

Saturday 7/30/22

WARM-UP

2 ROUNDS

5 Lunge-Lunge-Squat

5 Strict Press w/ :02 OH Hold 5 Up-Downs

8 Scap Pull-Ups

Into...

2 ROUNDS

5 Barbell Front Squats* 5 Barbell Push Press* 5 Burpees

10 Kip Swings

*On 2nd RND combine movements and complete 8 Thrusters.

EXTENDED WARM-UP

EMOM x 8 MINUTES

MIN 1 - 3 Thrusters*

MIN 2 - Complete one of the below Complexes...

Option 1...

1 Ring Kip Swing + 1 Hips to Rings + 1 Kipping Ring Muscle-Up

Or...

Option 2...

1 Kip Swing +

1 Big Kip Swing +

1-2 Jumping Chest to Bar Pull-Ups

*Start with an empty bar and end at workout weight.

(No Measure)

NCFIT BENCHMARK WORKOUT

"MYMC 22.3"

15 ROUNDS FOR TIME

1 Ring Muscle-Up

3 Thrusters (135/95)|(95/65)

6 Burpee Over Bar

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

NOTE: New Benchmark.

MU Option 1: Jumping Muscle-Up

MU Option 2: Burpee Chest to Bar Pull-Up

NCFIT BENCHMARK WORKOUT

"MYMC 22.3 ADJUSTED"

15 ROUNDS FOR TIME

2 Jumping Chest to Bar

3 Thrusters (95/65)|(65/45)

6 Burpee Over Bar

(Score is Time)

<https://vimeo.com/731306523/464fd80464>

STIMULUS

OVERALL FEEL – Sneaky workout where the volume will add up and hit you hard towards the end. Ring Muscle-ups will tax out the triceps and shoulders. The Thrusters will feel heavier each round but as the heart rate increases holding the weight overhead will become a challenge for the majority of our athletes. For some the Burpees Over Bar will be where they cover lots of ground and others will take their time to get a bit of rest on the ground.

PERFORMANCE GOAL – For our fittest athletes we are looking to complete this workout sub 17:00-19:00. A round can be as fast as sub :45 to 1:15 but all movements should be quick and rest should be limited between rounds.

FITNESS GOAL – Everyone else will look to complete this workout within 19:00-22:00. Keeping the rest to a minimum but finding ways to maintain a consistent pace for each round. The transition between movements should allow for a deep breath, pause, and then right to work.

Monday 7/18/22

WARM-UP

2 ROUNDS

8 Alt. Samson Stretches

8 Up-Down + 2 Scap Push-Ups

8 Slow Push-Ups (Knee Push-Ups Optional)

:10 Top of the Dip Hold*

:10 Bottom of the Dip Hold*

*Complete both holds on Box.

Into...

2 ROUNDS

6 Clean Deadlifts 6 Cuban Presses* 6 Muscle Cleans 6 Push Press

*Complete an upright row, flip the elbows through so the bar is now in the FR, and then complete a Strict Press. Trace the movements back to get to the start position.

EXTENDED WARM-UP

EMOM x 10 MINUTES

MIN 1 - 2-3 Ground to Overhead*

MIN 2 - 3-5 Strict Ring Dips or Slow Box Dips

*Start Light-Mod and build up to and possibly past workout weight. Clean & Jerk preferred.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "ELIZA & BETH"

FOR TIME

9-7-5

Ground to Overhead (185/135)|(135/95) 21-15-9

Ring Dips

-Rest 3:00-

15-12-9

Ground to Overhead (95/65)|(65/45) 21-15-9

Burpees Over the Bar

(Score is Total Time)

<https://vimeo.com/729451693/093a7cf140>

STIMULUS

WORKOUT FEEL – The first half is a challenge of muscular fatigue rather than the lungs. The heavy bar “quick” singles with roughly :05-:10 b/t reps. The Ring Dips will be a challenge for some and gas the pressing muscles needed to lock the bar out overhead. Big hip drives will

save lives on the bar today! The 3:00 rest seems like a lot, but will go by VERY quickly but should give enough time to change weights and lower the HR a bit. The second couplet is going to be all about the lungs and how bad the athlete wants to go into that dark place. Legs get JUICED going from the heavy bar to the higher rep lighter bar. It starts out cool but that quickly goes away. In the second couplet just hang out and sprint for the finish line!

FITTEST GOAL – Fittest will finish 15:00-16:00. The goal for the first couplet is to try and finish around 7:00. If C&J'ing it should be a quick P. Clean RIGHT to OH, drop, quick shake out, and then go again. The Ring Dips should be done unbroken or in 2 sets with a quick :10-:15 shakeout. The goal of the second couplet should be to burn it down...keep the BB unbroken and keep all BOB's to under 1:00!

GROUP GOAL – Goal for most is 20:00-22:00. The first couplet should be quick singles at a weight that is slightly heavier than normal. If they can make the quick transition from Clean to OH then it should be practiced, otherwise a full reset is fine! The Dips should be broken up into 2-3 sets and if the 21-15-9 is not reached after 3 sets they should move back to the bar to not get caught up. Second couplet is a sprint to the finish but if the Snatch is still new, have them instead stick with the C&J. A good goal for most athletes is to keep the same time frame from the first couplet to the second!

Wednesday 7/20/22

WARM-UP

1 ROUND (8 MIN CAP) :30 Single Unders
20 Piked Shoulder Taps 10 PVC Pass Thrus
10 Barbell Strict Press 10 Snatch Grip Deadlift

Into...

2 ROUNDS

:30 High Jump Single Unders or Doubles 20 Piked Shoulder Taps
10 PVC Around the Worlds
8 Barbell Push Press w/ :02 Pause in Dip 10 Hang Muscle Snatch
NCFIT BENCHMARK WORKOUT "MYMC 22.2"

1.) AMRAP x 10 MINUTES

6 Power Snatches (95/65)|(65/45)

8 Push Press

24 Double Unders

(Score is Rounds + Reps)

KG BB: (42.5/30)|(30/20) -Rest 2:00 b/t Part 1 & Part 2-

2.) ON AN 8:00 RUNNING CLOCK... Build to a Heavy Complex...

1 Power Snatch

+

1 Hang Power Snatch (Score is Weight)

NCFIT BENCHMARK WORKOUT "MYMC 22.2 ADJUSTED"

1.) AMRAP x 10 MINUTES

6 Power Snatches (65/45)|(45/35) 8 Push Press

50 Single Unders

(Score is Rounds + Reps)

KG BB: (30/20)|(20/15)

-Rest 2:00 b/t Part 1 & Part 2-

2.) ON AN 8:00 RUNNING CLOCK... Build to a Heavy Complex...

1 Power Snatch

+

1 Hang Power Snatch (Score is Weight)

<https://vimeo.com/729450261/5f83faa0ad>

STIMULUS

WORKOUT FEEL – Weightlifting and cardio going down here for this workout and it will challenge our athletes' overall endurance. The Power Snatch will get spicy over time and the midline and shoulders will get impacted. The Push Press will do the same as the Power Snatch but athletes will be able to cruise through this due to the light weight. The Double Under will end each round and get the heart rate pumping making it harder to stabilize the barbell overhead.

FITTEST GOAL – Our fittest athletes will look to complete 8-10+ rounds looking to hold a round every 1:00-1:15. The Power Snatches and Push Press should be completed unbroken and the transition between movements should be seamless. The Double Unders should be completed unbroken each round.

GROUP GOAL – Everyone else will look to complete 6-8+ rounds looking to hold a round every 1:15-1:30. The Power Snatches and Push Press should be completed unbroken with limited rest between movements. The Single Unders / Double Unders should be completed within :30-:40 each round.

Friday 7/22/22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :45 Row @ Mod Pace

MIN 2 - 12 Step-Ups + Max Groiners MIN 3 - :45 Push-Up to Pike

MIN 4 - 12 Slow Med Ball Squats + Max Cat Cows

NCFIT BENCHMARK WORKOUT "STRAIGHT 100."

FOR TIME

25 Cal Row

20 Wall Balls (20/14)|(14/10) 20 Box Jumps (24/20)

25 Cal Row

30 Wall Balls (20/14)|(14/10) 30 Box Jumps (24/20)

25 Cal Row

50 Wall Balls (20/14)|(14/10) 50 Box Jumps (24/20)

25 Cal Row

(Score is Time)

KG WB: (9/6)|(6/5)

NOTE: Last Seen 2/23/2022

POST WORKOUT STRENGTH

3 SETS

:30 Hollow Body Hold

8/8 Box Piked Around the World Steps :30 Wall or Free Standing HS Hold

-Rest As Needed b/t Sets-

<https://vimeo.com/729450903/13d8135cf4>

STIMULUS

WORKOUT FEEL – It is really hard to tell what is more spicy in this workout. The legs or the lungs? Either way we are left feeling “Straight Beat Up” after this one. Distance on the Row today definitely becomes seriously challenging to drive as we constantly fatigue our legs with the Wall Balls and Box Jumps. Both of those movements we have some early confidence in, but the nature of the ascending reps leaves us with some solid doubt. The Wall Balls quickly feel like someone switched the weight out on us as those reps go up. The Box Jumps might as well feel like someone added a few extra inches.

FITTEST GOAL – Fittest should be looking to complete in 15:00 - 16:00 minutes on the day. Look to complete the Row in 1:15 or less. The Wall Balls should be completed either unbroken or in very large sets consistently. Especially in the set of 50. Box Jumps look to move quickly through all rep ranges.

GROUP GOAL – All athletes should be looking to complete between 17:00 - 19:00 on the day. Look to complete the Row between 1:15 - 1:25. Wall Balls should be completed in at least 2-4 sets depending on the rep ranges. Look to keep a consistent and steady pace on the Box Jumps.

Saturday 7/23/22

WARM-UP

AMRAP x 4 MINUTES

10 Slam Ball Deadlift

20 Alt. Plank Hip Taps

:30 Cardio Choice (EZ-MOD)

Into...

AMRAP x 4 MINUTES

10 Slam Ball Ground To Overhead 20 Banded Pull-Aparts

:30 Cardio Choice (MOD-HARD)

WORKOUT

EMOM x 25 MINUTES

MIN 1 - :45 Slam Balls (30/20)|(20/10) MIN 2 - :45 Russian Twists*

MIN 3&4 - Max Cal Cardio Choice

MIN 5 - Walking Rest

*Option to use Slam Ball. (Score is Lowest Cals) KG SB: (15/10)|(10/5)

COOL DOWN

FOR RECOVERY

1:00 Single Arm Banded Distraction (R) 1:00 Single Arm Banded Distraction (L) 1:00 Hanging Partner Shoulder Stretch 2:00 Foam Roll Lats
(No Measure)

<https://vimeo.com/729450635/749a7b4984>

STIMULUS

WORKOUT FEEL – Steady, just keep moving Grunt work, kinda vibes. This workout can either be a pretty chill cruise or a straight up body on fire EFFORT. It just depends on how hard you go on each Round. Which Cardio Machine you choose will vary where you feel the most burn, but each machine will give you a solid workout. One thing is for sure, each of the Walking Rest Minutes felt like it went by a lot faster than the other Minutes.

FITTEST GOAL – Slam Balls and Russian Twists should be done Fast and Unbroken for athletes in this category.

Bike- 28-35 Row- 35-40 Ski- 28-32

Athletes in this category should work on pacing strategies, aim to add 1-2 Calories ea. Round while staying in or above the Goal Calorie range.

GROUP GOAL – All athletes should aim to do Slam Balls and Russian Twists at a steady pace in 1-2 Sets.

Bike- 24-30 Row- 24-30 Ski- 22-26

Athletes in this category can bounce from machine to machine to spice up this workout and keep it fun! If athletes stay on the same machine the goal is to stay consistent and in the Calorie ranges.

Monday 7/11/22

WARM-UP

3:00 Cal Bike*

Into...

2-3 ROUNDS (Time Permitting)

8 Long Lunge + PVC Pass Thru

8 Scarecrow Snatch

8 Snatch Grip PVC DL + Upright Row (Option to use BB R2-3)

8 Air Squats w/ :01 Pause at Bottom**

STRENGTH

EVERY 1:30 x 6 SETS*

1 Power Snatch

+

1 Hang Power Snatch +

1 Overhead Squat

*Start Light and build to a Moderate weight.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"FANCY NANCY"

10 ROUNDS FOR TIME

12/10 Cal Bike

7 Hang Squat Snatch (75/55)|(65/45) (Score is Time)

KG BB: (35/25)|(30/20)

NOTE: New Benchmark

<https://vimeo.com/727303191/0d4b02cd26>

STIMULUS

WORKOUT FEEL – Legs from start to finish. The Cal Bike should be a steady 80% all 10 rounds and hover b/t :45-1:00. Use the first 2-4 Cals to recover, if needed, and then give the last bit a little push. The HSS should be unbroken even if that means using an empty barbell.

Consistency across all 10 rounds is the goal!

FITTEST GOAL – Fittest should shoot for 13:00-15:00 overall time. This puts them at roughly 1:15 a round. The Cal Bike should hover b/t 60-67+ for these athletes and the HSS should be quick and unbroken. These athletes can really capitalize on a fast transition on/off the bike along with cycling from the high hang.

GROUP GOAL – Most should look to keep times b/t 16:00-20:00. At most rounds should take 2:00 but everyone should start out a little faster than that. The Cal Bike will probably hover around 1:00 for most and they will need a little shakeout before getting hands on the bar. HSS should be a weight that can be done unbroken.

Wednesday 7/13/22

WARM-UP

EMOM x 8 MINUTES (:40 ON/ :20 OFF)

MIN 1 - Row @ EZ Pace

MIN 2 - Lunge + Lunge + Air Squat

MIN 3 - :20 Single Unders + :20 Alt. Planked Calf Stretches

MIN 4 - Row @ Mod Pace

MIN 5 - Slow Deadbugs

MIN 6 - Empty Bar FR Lunge

MIN 7 - :20 Single-Single-Double + :20 Double Unders

MIN 8 - Sit-Ups

WORKOUT

FOR TIME*

5:00 ON / 1:00 OFF**

240 Double Unders

180/144 Cal Row

120 Sit-Ups

60 Front Rack Lunges (135/95)|(95/65)

*Complete sets of 5:00 ON / 1:00 OFF until all work is completed. **Partition 1 of 2 Ways ONLY...

Option 1 -- Straight Through, No Partition or...

Option 2 -- Partition into 4 Sets of... 60 Double Unders

45 Cal Row

30 Sit-Ups

15 Lunges

(Score is Total Time)

KG BB: (60/42.5)|(42.5/30)

OPTIONAL COOL DOWN

FOR RECOVERY

:45/:45 Rig Heel Stretch

:45/:45 Prone Piriformis Stretch 1:00 Child's Pose

1:00 Rebound Pose

(No Measure)

<https://vimeo.com/727302692/b2b9484815>

STIMULUS

WORKOUT FEEL – The Double Unders kick the party off and each Rep becomes increasingly difficult from the Front Rack Lunges. Our Row is going to fully tax the body today, especially getting into the later sets. Just far enough where you want a break, but in doing so you know you will only fall behind. Sit-Ups is the first section we can get some sort of relief in our Legs, but in doing so we bring that dangerous midline fry that we need for the Front Rack Lunges. Each step of the Front Rack Lunges slowly brings a deeper and stronger burn. Embrace your Grind and keep it moving.

FITTEST GOAL – Fittest should strongly consider taking on the straight through option. Looking to finish right at the end of the 4th Block (21:00 - 23:00) or early in that 5th (24:00 - 25:00). When taking on the 4 Set option look to finish around the same. Double Unders should be Unbroken for the most part. Our Row should be done in 3:00 minutes or less. Look to move quickly through the Sit-Ups. Keep your Front Rack Lunges Unbroken today.

GROUP GOAL – All athletes should be finishing in the middle of the 5th Block or right near the Timecap (25:00 - 29:00). Double Unders should be done in 2-3 Sets. Row should be done in no more than 3:15. Sit-Ups should be steadily completed. Look to keep the Front Rack Lunges to no more than 2 Sets.

Friday 7/15/22

WARM-UP

2 SETS (8:00 CAP)

10 Alt. Groiners

15 Wall Ball Front Squats 10 Scap Pull-Ups

1:00 Cal Bike

Into...

2 SETS

10 Alt. Cossack Squats 15 Wall Ball Push Press 10 Ring Rows

1:00 Cal Bike

NCFIT BENCHMARK WORKOUT "MYMC 22.1"

AMRAP x 18 MINUTES

22 Wall Balls (20/14)|(14/10)

22 Pull-Ups 22/16 Cal Bike

(Score is Rounds + Reps) KG WB: (9/6)|(6/5) NOTE: New Benchmark

NOTE: New Benchmark

FINISHER

3 SETS

1:00 Ring Body Saw -Immediately Into-

1:00 Max Plank Wall Ball Taps

-Rest 2:00 b/t Sets- (No Measure)

<https://vimeo.com/727300873/a42cd09baf>

STIMULUS

WORKOUT FEEL – Arms, cardio, and legs! This will be a full body workout that will get more challenging each round. The Wall Balls will tax the legs early and get the heart rate going. The Wall Balls will also fatigue the shoulders a bit going into the Pull-ups. Over time the Pull-ups will fully fatigue the shoulders and grip making it harder to hold on for big sets. The Cal Bike will get more challenging as the legs get more fatigue and athletes will have to earn each calorie.

FITTEST GOAL – Our fittest athletes will look to complete 5-5.5 rounds for this workout. The Wall Balls should be completed unbroken each set. The Pull-ups should start unbroken and over time athletes may look to complete these in 2 sets. The 22/16 Cal Bike should be completed in 1:15 or less each round.

GROUP GOAL – Everyone else will look to complete 3.5-4+ rounds for this workout. The Wall Balls should be completed in 1-2 sets. The Pull-ups should be completed in 2-3 sets. The 22/16 Cal Bike should be completed in 1:30 or less each round.

Saturday 7/16/22

WARM-UP

3 ROUNDS

50ft Bear Crawl (25ft/25ft) 10 Slam Ball Deadlifts

10 Scap Push-Up

5 Inchworm + Push-Up

:20 Tuck Hold

Into...

2-3 ROUNDS (Time Permitting) 5 Slow Push-Ups

20 Russian Twists

10 Slam Balls

10 Up-Downs

WORKOUT

8 SETS (:20 ON/ :10 OFF)

MOVT 1 - Slam Balls (30/20)|(20/10)

MOVT 2 - Push-Ups

MOVT 3 - Slam Ball Russian Twists

MOVT 4 - Up-Downs

1 SET = MOV'T 1 to MOV'T 4.

-No Additional Rest b/t Sets-

(Score is Total Reps)

KG SB: (24/16)|(16/12)

COOL DOWN

FOR RECOVERY

ON A 3:00 RUNNING CLOCK... Perform mobility/ foam rolling on the upper body.

-Into-

ON A 3:00 RUNNING CLOCK... Perform mobility/ foam rolling on the lower body.

(No Measure)

<https://vimeo.com/727301566/db32317b97>

STIMULUS

WORKOUT FEEL – The hammies and shoulders are going to feel this one! Right off the bat the heart rate is spiking with the fast Box Jump Overs. The HSPU is short reps and then it's right on the Deadlift where we're looking for athletes to TNG their reps. Have to have the midline locked in getting upside down on the HSPU and the Deadlift or the back will get lit up. Loading on the barbell should be Moderate to Moderate heavy so athletes should be able to hold unbroken reps. The Double Unders take away any chance for the heart rate to come back down.

FITTEST GOAL – Aim for 16-19:00. These athletes are booking it. They should be going unbroken on all movements with the same fast pace each round even with the heavier Deadlifts. If they can keep no trip ups on the Doubles they will see the faster times.

GROUP GOAL – Aim for 19-22:00. These athletes should be focusing on maintaining a consistent pace. This means not coming out too hot because it will feel easier the first few rounds but have to leave just a little in the tank for the Deadlifts as they get heavier. No more than 2 Sets on the HSPU. Break these up ahead of time if necessary so they don't burn out their shoulders too early.

Monday 7-4-22

WARM-UP

EMOM x 5 MINUTES*

MIN 1 - :30 Arms Only + :30 Arms + Body

MIN 2 - :30 Half Slide Rowing + :30 Full Slide Rowing

MIN 3 - Full Slide Rowing @ 20-24 SPM

MIN 4 - Full Slide Rowing @ 22-26 SPM

MIN 5 - Full Slide Rowing @ 24-28 SPM

*This is meant to be 5:00 continuous rowing to work positions and then to figure out spm for the workout!

Into...

2 ROUNDS

10 Alt. Groiners
10 WB Thruster
:10 Dead Hang
10 Ring Rows
HERO WORKOUT "HILDY"
FOR TIME*
100/80 Cal Row
75 Thrusters (45/35)|(35/25)
50 Pull-Ups
75 Wall Balls (20/14)|(14/10)
100/80 Cal Row

*If you have a 20/14lb weight vest wear it.
(Score is Time)

<https://vimeo.com/725231029/9f76d2cf1a>

STIMULUS

WORKOUT FEEL – Lungs, legs, with a splash of arms. Today is going to be all about settling into a moderate pace and just going. The first Cal Row won't be too bad but still should be taken at a conservative pace. The Thrusters will feel pretty solid too, but about 2/3 through the lungs and legs will start to feel it. The PU will provide some breathing break due to the high volume so most will be taking rest here but once they dive back into the WB's they will enter the pain cave. This is where everyone needs to pin their ears back and get after it. Descending reps will get everyone through the WB and the final row is going to be a slog due to overall body fatigue. Keep swinging away and try to match your first Row time!

FITTEST GOAL – Fittest will look to finish this in 20:00-22:00...some might even complete it sub 20:00. The Rows should be roughly 5:30-6:00 and kept consistent from the first and second row. Thrusters/Wall Balls should take 2-3 sets so think: big set to open and then hang on for the next set. Pull-Ups should be completed in 2-3 sets as well but will take less time than the Thruster/WB due to the shorter ROM. This is going to be tough even for experienced athletes but let's see what they can do!

GROUP GOAL – Most will take b/t 25:00-28:00 The Cal Rows should be 6:00-7:00 depending on proficiency on the rower. Thrusters and WB's should take 4-5 sets tops and should take no more than 3:00-4:00. PU will have to be split w/ an adjusted movement for most athletes to ensure they are spending too much time staring at the bar. If they are going to give all 50 a go, no more than 5-6 sets!

Wednesday 7-6-22

WARM-UP

EVERY 2:00 x 2 SETS

:30 Bike @ Moderate Pace

12 Quad Heel Taps

8 Barbell Strict Press

Max Plank to Pike

Into...

EVERY 2:00 x 2 SETS

:30 Bike @ Hard Pace

12 Slow Alt. Shoulder Taps

8 Barbell Push Press

Max Barbell Flag Pole Stretch*

*Stand the barbell upright. Place hands towards the top collar and walk feet back until a triangle is created w/ feet + arms. Gently leave the head/ shoulder through and feel the stretch through the lats.

STRENGTH

ON A 12:00 RUNNING CLOCK...

Build to a Moderate 5-Rep Push Jerk

(Score is Weight)

WORKOUT

5 SETS

25/20 Cal Bike Immediately into...

Max Unbroken Push Jerks*

*Use 75% of established 5-Rep from strength.

Goal is at least 8-12+ reps.

-Rest 1:30 b/t Sets- (Score is Lowest Reps)

<https://vimeo.com/725229750/78ba6f35ee>

STIMULUS

WORKOUT FEEL – Gnarly mental test coming to us today. First the Cal Bike will feel just far enough that we can't make it or don't want to push that hard. The real challenge on the day comes from that spicy word that is 'Unbroken'. We would typically know we can complete the Rep total needed for a workout, but adding that word causes just a bit of hesitation. Pairing that with Leg spice that just came from the Bike makes this push all that much harder. Look to really trust your Hips today and get to work!

FITTEST GOAL – Fittest should be able to shoot for 12-15+ Reps on the day. If they are able to consistently get to that 15 mark within the first 2 Sets then encourage them to go a bit heavier. Bike effort should be done in 1:30 or less. They should only need about :05 seconds of transition before going on to that Barbell.

GROUP GOAL – All athletes should be shooting for 8-12+ Reps on the day. Look to keep consistency between the Reps during each Set. Bike effort should be completed at 1:30 to 1:45 at the most. Should have about :05 - :10 seconds of Rest between Bike and Barbell.

Friday 7-8-22

WARM-UP

AMRAP x 6 MINUTES

20 Crossbody Mountain Climbers

10 Elbow Punches

5 Scap Pull-Up

5 Strict Knees to Chest

8 Jumping Air Squats*

*At 3:00, switch to 5 Front Rack Lunge-Lunge-Squat.

STRENGTH

EVERY 1:30 x 5 SETS

1 Power Clean

+

2 Hang Power Clean

*Start Light and end Moderate-Heavy.

(Score is Weight)

WORKOUT

1.) 3 SETS*

AMRAP x 3 MINUTES

1 Power Clean (185/135)|(135/95)

2 Front Squats

3 Toes to Bar

-Rest :30 b/t Sets-

(Score is Rounds + Reps)

*Pick-up where you left off.

-Rest a Full 2:00 b/t Part 1 & Part 2-

2.) 3 SETS*

AMRAP x 3 MINUTES

3 Hang Power Cleans (135/95)|(95/65)

6 Front Squats

9 Sit-Ups

-Rest :30 b/t Sets-

(Score is Rounds + Reps)

*Pick-up where you left off.

OPTIONAL COOL DOWN

FOR RECOVERY

1:00 Foam Roll Right Quad

1:00 Foam Roll Left Quad

1:00 Pigeon Pose (R)

1:00 Pigeon Pose (L)

(No Measure)

<https://vimeo.com/725229076/9843b20d63>

STIMULUS

WORKOUT FEEL – You know in the movies when the smoke is coming out from under the hood of a car, then all the engine lights come on. That's just about what this workout feels like. There is nowhere to hide here...grip, legs, lungs, and midline all are going to be challenged. The real test is going to be whether or not athletes can hang on to stay consistent with reps during the short :30 rest!

FITTEST GOAL – In Part 1, athletes should be looking for under :45 for each of the Rounds. 11-12+ RDs. In Part 2, athletes should be faster than 1:00 per Round pace or slightly faster. 9-10+ RDs. Unbroken on everything and lightning quick transitions are a must!
GROUP GOAL – In Part 1, athletes should aim for :45 per Rd. 8-10+ RDs. In Part 2, athletes should aim for 1:00 per Rd. 6-8+ RDs. Unbroken on everything is the goal so consider a lighter bar if needed. Challenge these athletes to keep score to see if they fade or increase their pace!

Saturday 7-9-22

WARM-UP

1 ROUND

100m Run

10 KB Deadlift

10 Scap Pull-Ups

10 Hollow Rocks

Into...

2 ROUNDS

100m Run

8 Russian KBS (AKBS in Round 2)

8 Kip Swings

8 Up-Downs (Burpees in Round 2)

SKILL

3 SETS

Complete one of the below Complexes...

Option 1...

2 Kip Swings

+

1 Hips to Rig

+

1 Bar Muscle-Up

Or...

Option 2...

2 Scap Pull-Ups

+

2 Kip Swings

+

2 Kipping Pull-Ups

-Rest As Needed b/t Sets-

(No Measure)

NCFIT BENCHMARK WORKOUT "HELENA"

3 ROUNDS FOR TIME

800m Run

32 KB Swings (70/53)|(53/35) 10 Bar Muscle-Ups

(Score is Time)

KG KB: (32/24)|(24/16)

BMU Option 1: Jumping BMU

BMU Option 2: Chest to Bar Pull-Up

NOTE: New Benchmark. Option for Russian KB Swing.

<https://vimeo.com/725227757/de90e2df09>

STIMULUS

WORKOUT FEEL – Long runs, Heavy KBs and complex gymnastics. This is going to be a sneaky grippy one today. The first run will separate the pack, and the heavy KB won't feel too bad the first set. Athletes may even find the BMU or Pull-Ups very manageable, but the second set comes and the run starts hurting more and this is where the grip sneaks up on you. The longer run is going to feel like the grip got a nice long break but the Heavy KB will take its toll and then the gymnastics part will get tough with the heavy breathing. Have to be able to push the run as well as be smart about managing the grip on this one.

FITTEST GOAL – Aim for 19:00-22:00. Focus on keeping the KB to 2-3 Sets and the BMU in 1-2 Sets. Try to push the run to get those faster times in...if these athletes are keeping everything unbroken the run is the last place they can work on speed!

GROUP GOAL – Aim for 22:00-26:00. Focus on being consistent with the KB as well as the BMU or adjusted movement. Fast runners can push this but may struggle with the heavier KB and complex gymnastics but they will be able to make up time on the Run.

Monday 6-27-22

WARM-UP

2 ROUNDS

30 Crossbody Mountain Climbers 6/6 Single Arm Ring Row

6 Push-up to Pike

Into...

2 ROUNDS

1:00 Bike or Row

10 Single DB Floor Press 10 Ring Rows

5 Burpees

STRENGTH

ON A 20:00 RUNNING CLOCK... Build to a Heavy 1-Rep Bench Press

Week 9 of 9

(Score is Weight)

WORKOUT

EMOM x 8 MINUTES

MIN 1 - :50 Max Cal Cardio Choice (Row or Bike)

MIN 2 - :50 Max Single DB Floor Press (Athlete Choice, Mod-Heavy)

Immediately Into...

EMOM x 8 MINUTES

MIN 1 - :50 Max Cal Cardio Choice (Row or Bike)

MIN 2 - :50 Max Ring Rows

(Score is Total Reps)

OPTIONAL FINISHER

2-3 SETS

8/8 DB Turkish Sit-Ups

16 V-Ups

1:00 DB Slides

-Rest As Needed b/t Sets-

(No Measure)

<https://vimeo.com/722842061/f7a3293a07>

STIMULUS

WORKOUT FEEL – Challenging cardio push followed by muscle overload! The machine of choice can change but the focus should stay the same: push hard and be able to repeat Cals each time they load back in. The DB Floor Press will start out with a high volume of reps, but if athletes are truly going for a max set they will definitely start to see their reps fall off a bit. Always aim for a minimum of 15. The Ring Rows should only have one break and everyone should adjust their feet back as needed to ensure body position and ROM is maintained! Enjoy the cardio push and the sweet sweet pump!

FITTEST GOAL – Fire breathers should aim for roughly 16/13 Cals on their Bikes or 20/15 Cals on the rower each time they sit down. The DB Floor Press should range from 25-30+ and the Ring Rows will creep into the 25+ range. Goal for these athletes is to stay within 2-3 reps of their previous round.

GROUP GOAL – Most athletes should try to get 12/10 Cals on the Bike and 15/12 Cals on the Rower. Their DB Floor Press should range from 15-20+ reps and their Ring Rows should be about the same. The goal for these athletes is to stay within 5-6 reps of their previous round!

Wednesday 6-29-22

WARM-UP

AMRAP x 3 MINUTES

5 Barbell Strict Press

5 Barbell Good Mornings 10 Step-Ups

10 Cat Cows

Into...

AMRAP x 4 MINUTES 5 Barbell Push Press 5 Barbell RDL

10 Box Jumps

10 Alt. V-Ups

STRENGTH

ON A 25:00 RUNNING CLOCK... Build to a Heavy 1-Rep Deadlift

Week 9 of 9

(Score is Weight)

NCFIT BENCHMARK WORKOUT "OPEN 13.2"

AMRAP x 10 MINUTES

5 Shoulder to Overhead (115/75)|(75/55) 10 Deadlifts

15 Box Jumps (24/20) (Score is Rounds + Reps)

NOTE: New Benchmark

<https://vimeo.com/722841651/4089270c2e>

STIMULUS

WORKOUT FEEL – Absolutely blistering 10:00 minutes coming at us. The Shoulder to Overhead really isn't a problem here, but more a refreshing break from the spicier posterior pump that the Deadlifts and Box Jumps bring. Deadlift begins to burn a bit about halfway into the workout. Not due to the weight, but more the pace at which you are going. For the Box Jumps however, this is really where we need to push. It is a consistent uncomfortable push throughout the workout and should always be felt that way.

FITTEST GOAL – Fittest should be looking to complete 6-8+ Rounds on the day. Look to really push that threshold more than you want too. Both Barbell movements should be unbroken and either transitioned immediately into the next part or a quick shakeout. Box Jumps should be FAST! As soon as you step down to the ground you should immediately be coming back up.

GROUP GOAL – All athletes should be shooting to complete 4-6+ Rounds on the day. Should be able to keep the Barbell unbroken. Look to get a quick little break between the Shoulder to Overhead and the Deadlift. Box Jumps should be a fast, but consistent pace relative to the individual. Should always be finding a way to move.

Friday 7-1-22

WARM-UP

AMRAP x 3 MINUTES 6/4 Cal Bike (Mod)

6 Slow Air Squats

4 Alt. Groiners

Rest 1:00

AMRAP x 3 MINUTES 6/4 Cal Bike (Fast)

6 Kang Squats

4 Push-Ups

STRENGTH

ON A 25:00 RUNNING CLOCK... Build to a Heavy 1-Rep Back Squat

Week 9 of 9

(Score is Weight)

WORKOUT

4 SETS

ON A 2:30 RUNNING CLOCK... 20/15 Cal Bike

Max Reps in the Remaining Time...

ODD ROUNDS: No Push-Up Renegade Rows (50/53)|(35/20)*

EVEN ROUNDS: Push-Ups

-Rest :30 b/t Sets-

*1 Rep = Right Arm + Left Arm. (Score is Total Reps)

<https://vimeo.com/722840359/ccb6b14f27>

STIMULUS

WORKOUT FEEL – Fast paced workout with a quick effort on the Bike into a Pull/Push combo. The 25/20 Cal Bike will be a nice buy in each round for athletes to get after. The pace on the bike should be fast but athletes should be able to match it each round. The No Push-up Renegade Row will challenge the forearms and shoulders while the Push-ups will get to the triceps and pecs. The :30 rest will go by quickly but enough time to be aggressive going into the next round.

FITTEST GOAL – Fittest athletes will look to complete the Cal Bike 1:15 or less each round. For the No Push-Up Renegade Rows athletes should look to complete 12-15+ reps each set. For the Push-ups athletes should look to complete 25-30+ reps.

GROUP GOAL – Everyone else will look to complete the Cal Bike by 1:30 each round. For the No Push-Up Renegade Rows athletes should look to complete 10-12+ reps each set. For the Push-ups athletes should look to complete 12-16+ reps.

Saturday 7-2-22

WARM-UP

1 ROUND

30 Singles Unders 10 Air Squats

10 Strict Press

10 Slow Deadlifts

Into...

2 ROUNDS

15 Double Unders 8 Wall Balls

8 Good Mornings

8 Push Press

8 KB Swings

8 Jumping Pull-Ups

NCFIT BENCHMARK WORKOUT "FILTHY 50"

FOR TIME

50 Box Jump (24/20)

50 Jumping Pull-ups

50 Kettlebell Swings (53/35)|(35/26)

50 Walking Lunges

50 Knees to Elbow

50 Push Press (45/35)|(35/15)

50 Plate Good Mornings (25/15)|(15/10)*

50 Wall Balls (20/14)|(14/10)

50 Burpees

50 Double Unders

*Plate Good Mornings, Empty Barbell Good Mornings, GHD Hip Extensions or GHD Back Extensions are all acceptable.

<https://vimeo.com/722839951/3596d5ebbc>

STIMULUS

WORKOUT FEEL – This is a longer workout and 500 Reps but everything should feel light. Athletes should focus on moving constantly with big sets but managing fatigue. Do not take movements to failure. The movements are not complex so it's easy to get moving fast in the start of the workout but this will catch up to athletes later, gotta continuously be leaving a little in the tank for the last few sets of each movement. Athletes are going to want to rest but need to find that extra grit to keep themselves moving.

FITTEST GOAL – Fittest will range from 20:00-25:00. These athletes are hitting big sets and flying through the very lightweight/bodyweight movements in 2-3 sets with quick rest. Sub 20 is doable, but that's booking it!

GROUP GOAL – We are looking for athletes to finish in the 25:00-30:00 Range. A lot of movements here. So some athletes will move faster than other athletes at different parts of the workout. The key here is to keep reps into 3-4 sets.

Monday 6-20-22

WARM-UP

AMRAP x 4 MINUTES

20 Crossbody Mountain Climbers

6 Scap Push-ups

6 Step-Ups

6 Slam Ball Deadlifts

6 Slam Ball Front Squats

Into...

2 ROUNDS

10 Box Jumps w/ Step-Down

8 Push-Up to Pike

8 Slam Balls

STRENGTH

1x5 @ 40% 1x5 @ 50% 1x5 @ 60% Bench Press*

*Based off of 90% of Heavy 1-Rep. This is a Deload Week.

Week 8 of 9

(Score is Weight)

WORKOUT

AMRAP x 16 MINUTES

10/10 Single Arm DB Deficit Push-Up

20 Box Jumps (24/20)

30 Slam Balls (30/20)|(20/10)

(Score is Rounds + Reps)

OPTIONAL FINISHER

FOR TIME 20-15-10-15-20

Alt. Plank Slam Ball Taps 40-30-20-30-40

Slamball Russian Twists

(Score is Time)

<https://vimeo.com/720489549/d3d46f622f>

STIMULUS

WORKOUT FEEL – Athletes should think about slowing the DB DPU down to ensure their form does not go out the window half way through the AMRAP. When I tested this, I broke the reps up from the start and this allowed me to keep moving even when tired. Remind everyone they are doing a total of 20 PU before moving on and that is a lot for most! Once they get through the PU they can lay on the steam...Box Jumps should be steady and consistent taking no more than 1:15, and the Slam Balls should be unbroken throughout the AMRAP! Keep the PU quality high and push the pace on the other two movements to maximize this 16:00!

FITTEST GOAL – Fire breathers will get to their 5th round and potentially finish it if they are flying. That means PUs remain mostly unbroken or with a quick shake out, Box Jumps are taking less than 1:00 and the Slam Balls are taking roughly: 45-1:00. Transitioning between movements quickly and really getting after the second two movements is where these athletes will make up the most time!

GROUP GOAL – For most they are aiming for 3-3.5 rounds. PUs should be broken up from the start to make sure they don't lose their pressing power halfway through...I always tell my athletes to leave 2-3 reps in the tank so they can save them for later. For The Box Jumps, chip away at these but ensure they take no more than 1:15-1:30...have athletes move on if they are getting stuck here. Finally, with the SB's they should be unbroken or in 2 sets so adjust the weight down to make sure everyone can get through those 30 reps fairly quickly!

Wednesday 6-22-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - 100m Run + Max Bootstraps

MIN 2 - :45 Lunge + Lunge + Air Squat

MIN 3 - 10 Up-Downs + Max Cat/Cow

MIN 4 - :45 Cossack Squats

STRENGTH

1x5 @ 40% 1x5 @ 50% 1x5 @ 60% Back Squat*

*Based off of 90% of Heavy 1-Rep.

This is a Deload Week.

Week 8 of 9

(Score is Weight)

WORKOUT

5 SETS*

AMRAP x 3 MINUTES

12 DB Goblet Squats (50/35)|(35/20)

8 Alt. DB Goblet Lunges

100m Run

-Rest 1:00 b/t Sets-

*Pick-up where you left off.

(Score is Total Rounds + Reps)

<https://vimeo.com/720488629/d804e144b5>

STIMULUS

WORKOUT FEEL – If you really don't feel like walking the rest of the day, then this workout is perfect for you. From 3..2..1.. Go till we call time, our legs get absolutely no relief. This is the one time where holding the DB in that Goblet position really doesn't affect you because of how much your legs pumped and hurting. We hope the Run would be our friend in a quick flush out, but only come to find out due to the pace it makes it so much worse.

FITTEST GOAL – Fittest should be looking to complete 2-2.5+ Rounds per AMRAP. There is a chance at 3, but the cost to achieve that is going to be very uncomfortable. Should be able to remain unbroken from DB Goblet Squats to those Lunges. Runs should be under :30 seconds and hard pace every time.

GROUP GOAL – All athletes are looking to complete 1.5 - 2+ Rounds per AMRAP. Look to have a quick shakeout of those legs between the Squats and Lunges. However, the movements themselves should remain unbroken. Keep the Run to no more than :30 seconds here.

Friday 6-24-22

WARM-UP

2 ROUND

1:00 Cal Bike (EZ-MOD)

5 Inchworms

5/5 Staggered Stance Good Mornings

10 Deadbugs

Into...

1 ROUND

:30 Cal Bike (FAST)

10 Up-Downs

10 Barbell RDL

STRENGTH

1x5 @ 40% 1x5 @ 50% 1x5 @ 60% Deadlift*

*Based off of 90% of Heavy 1-Rep.

This is a Deload Week.

Week 8 of 9

(Score is Weight)

WORKOUT

EMOM x 16 MINUTES

MIN 1&2 - 35/28 Cal Bike

MIN 3 - 7 Sumo Deadlifts (275/185)|(185/135) + Max Up-Downs to a Target

MIN 4 - Rest

(Score is Total Reps of Up-Downs)

<https://vimeo.com/720488219/d064dea3d4>

STIMULUS

WORKOUT FEEL – There is no pacing guide today. You will have to PUSH if you want to get those Calories on the Bike. It will take the majority of the 2:00. Sumo Deadlifts should be unbroken, then put down the hammer on those Up-Downs. Go all the way through the final seconds! Earn that minute of rest every single Round. This workout is a HEAVY and SPRINT effort. It Burns out your Legs, Hips, and Lungs straight from the jump. The faster you go, the more you get rewarded. Go faster than you want to!

FITTEST GOAL – Cals on the Bike should take roughly 1:35-1:40, but these athletes will have to push. Athletes in this category are trying to get 18-22+ Reps every single Round. A good challenge for these athletes is to try the DBL Overhand grip for all their DL sets!

GROUP GOAL – Cals on the bike might have most athletes working right up to the final seconds of the 2:00 so if needed adjust to allow for a quick transition off. Move all the way through the Minute of those Up-Downs even if they are just a slog and aim for 15-18+ Reps every round.

Saturday 6-25-22

WARM-UP

AMRAP x 3 MINUTES

30 Single Unders

10 Alt. DB Deadlifts

10 DB Bent Over Rows

Into...

2 ROUNDS

30 High Jump Single Unders (or Double Unders)

15 Sit-Ups

10 Alt. DB Swings

:20 Dead Hang

SKILL

3 SETS

20 Banded Lat Push Down

3-5 Kip Swings

2-4 Kipping Pull-Up w/:02 Pause at Top

-Rest As Needed b/t Sets-

(No Measure)

WORKOUT

4 ROUNDS FOR TIME*

4 Strict Pull-Ups

16 Alt. DB Hang Muscle Snatch (35/20)|(20/15)**

6 Pull-Ups
24 Sit-Ups
8 Chest to Bar Pull-Ups
48 Double Unders

*If you finish the 4 Rounds in 12:00 or less you can complete an optional 5th Round.

*Option to use heavier DB.

(Score is Time)

OPTIONAL FINISHER

6 SETS (:20 ON/ :10 OFF)* MOVT 1 - Tuck-Ups MOVT 2 - Hollow Hold

*1 SET = MOVT 1 + MOVT 2. (No Measure)

<https://vimeo.com/720487671/186a82d874>

STIMULUS

WORKOUT FEEL – This workout will attack the biceps and shoulders and by the end of the workout the lats will be fried also. The Strict Pull-ups will start off the workout and slowly deteriorate the pulling strength. The Alt. DB Hang Muscle Snatch will tire out the lats and shoulders going into the next set of Pull-ups. The Sit-ups will be a quick break to arms before the Chest to Bar Pull-ups. The Double Unders will seem a lot harder than expected due to the fatigue for the shoulders and will spike the heart rate going into the next round.

FITTEST GOAL – Fittest athletes will look to complete the 4 rounds of this workout around sub 12:00-13:00. All the Pull-ups should be completed unbroken. The Alt. DB Hang Muscle Snatch, Sit-ups, and Double Unders should be completed quickly and expected to be unbroken. If they opt for an extra round the time domain should be similar to the first 4 rounds keeping them to sub 3:00-3:30 per round.

GROUP GOAL – Everyone else will look to complete this workout 13:00-16:00. All the Pull-ups should be completed in 1-2 sets. The Alt. DB Hang Muscle Snatch, Sit-ups, and Double Unders should be completed quickly and expected to be unbroken. Each round should take athletes 3:30-4:00.

Monday 6-13-22

WARM-UP

ON A 7:00 CLOCK...

2 ROUNDS

:45 Bike @ Moderate Pace 10 Scap Pull-Ups

6/6 Single Arm Ring Rows 12 Banded Chest Fly

Into....

2 ROUNDS

:30 Bike @ Hard Pace

10 Slow Banded Lat Pushdowns 10 Slow Banded Face Pulls

6 Hand Release Push-Ups

STRENGTH

1x5 @ 75% 1x3 @ 85% 1x1+ @ 95% Bench Press*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 7 of 9

(Score is Weight)

WORKOUT

6 SETS

ON A 2:00 RUNNING CLOCK...

20/15 Cal Bike

Max Strict Pull-Ups in Time Remaining...

-Rest 1:00 b/t Sets- (Score is Total Reps)

<https://vimeo.com/718201538/bc8ddddd862>

STIMULUS

WORKOUT FEEL – Blistering Sprint/Effort style of workout in store. 20/15 Cal Bike feels just far enough today in that timeframe to really know you need to go. This pace should be fast and uncomfortable. We are left with a bit of time to try and get a deep breath before we control the Pull. As each Rep and Set goes, it almost feels like a max effort every time.

FITTEST GOAL – Fittest should be looking to complete the Bike in 1:00 minute or less. Keep the Strict Pull-Ups between 10-15+ per Set. If that is still too easy, then can you do a Strict Chest to Bar?

GROUP GOAL – All athletes should be completing the Bike by 1:15 or less. Looking to keep the Strict Pull-Ups to 6-10+ on the day. Don't be afraid to find a backup adjustment in order to stick to the numbers.

Wednesday 6-15-22

WARM-UP

1 ROUND

200m Run

15 Sit-Ups

8 Lunge-Lunge-Squat

10 Slam Ball Ground to Overhead

1 ROUND

100m Run

10 Slam Balls

10 Slam Ball Goblet Squats

STRENGTH

1x5 @ 75% 1x3 @ 85% 1x1+ @ 95% Back Squat*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 7 of 9

(Score is Weight)

WORKOUT

EMOM x 15 MINUTES

MIN 1 - 5 Front Squats (Athlete Choice, Heavy)*

MIN 2 - 25 Slam Balls (30/20)|(20/10) MIN 3 - :45 Max Sit-Ups

*Option to build or use the same weight for all sets. Bar can come from floor or rack.

(Score is Total Sit-Ups)

KG BB: (90/65)|(65/45) KG SB: (15/10)|(10/5)

OPTIONAL COOL DOWN

FOR RECOVERY

5:00 Olympic Wall Squat 2:00 Frog Stretch

(No Measure)

<https://vimeo.com/718200408/e7137a021e>

STIMULUS

WORKOUT FEEL – After the Back Squats in Strength, the Legs will most likely be toasty. This makes the Front Squats extra challenging. Keep that in mind when choosing your starting weight. You can always add weight after your Sit-Ups. This feels more like a mix of Heavy Effort, then Grind, then Cruise Workout. So just a Triple Action of fun! For a majority of athletes, the Front Squats will be the most challenging portion of this workout especially after frying the Midline with the Sit-Ups. Stay consistent to Weights and Reps you can hit for every RD.

FITTEST GOAL – Find a challenging Front Squat weight and build to a heavy 5 for the final set. Finish the Slam Balls in :40-:45. 25-30+ Sit-Ups per Round. Athletes in this category should be limited by how fast they can perform Full ROM Sit-Ups not limited by their fatigue.

GROUP GOAL – Find a Front Squat weight that you can accomplish the 5 Reps in under :40. 20-25 Reps of the Slam Balls in :50 seconds on each Round. 18-22+ Reps on the Sit-Ups try to keep each RD of the Sit-Ups as consistent as possible.

Friday 6-17-22

WARM-UP

4 SETS (:20 ON/ :10 OFF)* MOVT 1 - Single Unders MOVT 2 - Good Mornings

*1 SET = MOVT 1 + MOVT 2.

Into...

2 ROUNDS

10 Alt. Deadbugs

8 Tempo KB Deadlifts (20X1) 6 Cat/Cows

15 Tall Jump Single Unders

Into...

1-2 ROUNDS (Time Permitting) 20 Alt. Plank Hip Taps

10 Russian KB Swings

:20-:30 Double Under Practice*

*DU Options: Penguin Taps Single-Single-Double Single-Double Double Unders

STRENGTH

1x5 @ 75% 1x3 @ 85% 1x1+ @ 95% Deadlift*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 7 of 9

(Score is Weight)

WORKOUT

AMRAP x 10 MINUTES

2 Library TNG Deadlifts (Athlete Choice, Heavy)

8 Russian KB Swings (70/53)|(53/35) 32 Double Unders

(Score is Rounds + Reps)

KG KB: (32/24)|(24/16)

OPTIONAL FINISHER

3 SETS

12 Deadbugs

1:00 Ring Body Saw 30 Alt. Plank Hip Taps

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/718202081/23904a524f>

STIMULUS

WORKOUT FEEL – Today is going to be all about proper hinge positions and Double Under proficiency. The DL's are heavy and meant to be Library, but for 2 reps they shouldn't gas the legs or the lungs too bad. The KB Swings are just to eye level, so even with the heavier bell the reps should be unbroken and the athlete shouldn't have to rest too long from the DL's. If proficient with the rope, athletes will finish their 32 reps in sub :30 and be able to hop right back on the bar. Everyone should focus on weight in the heels, shoulders back and set to ensure the first two movements tax the hamstrings not the backs!

FITTEST GOAL – Fittest will climb to 9-10+ rounds. DL weight will be relative but because they are Library the bar won't be so heavy they have to take an excessive amount of set-up time. The KB should be an easy 8 reps and the DU is where these athletes can take a quick break and breathe. Equipment should be set up close by to ensure they can transition quickly!

GROUP GOAL – Most should be aiming for 7-8+ rounds. First two movements should be unbroken but as time ticks away they might need to take a little breather from DL's to KBS so they can potentially space their equipment out. The DU should take no longer than :35-:40, and for those just getting the movement it might be in their best interest to stick with Single Unders so they can keep moving instead of flailing with the rope!

Saturday 6-18-22

WARM-UP

AMRAP x 3 MINUTES 6 Up-Downs

10 Mountain Climbers 6 Bird Dogs

10 Barbell Deadlift

Into...

AMRAP x 3 MINUTES 5 Burpees

5 Barbell Upright Rows 5 Barbell Strict Press 5 V-Ups

STRENGTH

ON A 12:00 RUNNING CLOCK... Build to a Moderate 3-Rep Ground to Overhead*

*Start Light and Build to Moderate. Goal is perfect mechanics.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "OPEN 20.1"

10 ROUNDS FOR TIME

8 Ground to Overhead (95/65)|(65/45) 10 Bar Facing Burpees

(Score is Time)

<https://vimeo.com/718200962/4a3ee77508>

STIMULUS

WORKOUT FEEL – One word to describe this workout. OOOOF. The collective deep breath of just pure discomfort. Right out of the gate feeling fresh and with a Barbell we feel confident in performing, we get to work. After which we start the process of the Bar Facing Burpees. As each Rep and Round progress it may as well feel like we are doubling our effort. 8 feels like 16 and 10 may as well be 20. Try and focus on one Rep and Round at a time and just hang on!

FITTEST GOAL – Fittest should be looking to complete this workout between 12:00 - 14:00 minutes. Look to keep the Ground to Overhead fairly unbroken through most of the workout. With 2 max Sets in the later rounds more for strategic purposes then fatigued. Bar Facing Burpees should be done fairly quickly and immediately as that Bar hits the ground.

GROUP GOAL – All athletes are looking to complete this workout in 15:00 - 18:00 minutes on the day. We want to make sure we have a weight on the Bar we can always complete in 2 Sets. Breaking this up early with a shorter rest will preserve our fatigue for later on. Bar Facing Burpees should be done fairly consistently and choosing to Step Up or Over as needed in order to keep us moving.

Monday 6-6-22

WARM-UP

2 ROUNDS

8/6 Cal Bike (EZ Pace)

6 Cat/ Cows

6/6 Single Leg Glute Bridge-Ups 8 Alt. Deadbugs

Into...

2 ROUNDS

10/8 Cal Bike (Hard Pace)

5/5 Staggered Stance Good Mornings (Optional BB)

8 Above the Knee Deadlifts*

:30 Tuck Hold

*Round 2 complete Empty Bar Deadlifts.

STRENGTH

1x3 @ 70% 1x3 @ 80% 1x3 @ 90% Deadlift*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 6 of 9

(Score is Weight)

WORKOUT

AMRAP x 10 MINUTES

20/15 Cal Bike

3 Deadlifts (315/205)|(225/155)*

*Increase Reps by 2 after each full round. (Score is Rounds + Reps)

KG BB: (143/93)|(100/70)

OPTIONAL FINISHER

2-3 SETS

7-10 Barbell Rollouts

12-15 Strict Knees to Chest 15-20 Deadbugs

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/715904399/6a829095b1>

STIMULUS

WORKOUT FEEL – Overall this is going to be mostly a Bike workout. The challenge is going to keep efforts on the bike consistent and no longer than 1:30. This means everyone should start out at 80% pacing, whatever that means for them, and look to hold that throughout. The heavy DL will begin to tax the legs...the weight should be heavy enough that everyone has to take a few seconds before liftoff but no one should be shooting singles out of the gate. This is intended to really juice the legs for the next bike! See ya posterior chain, talk to you next week.

FITTEST GOAL – Fittest should get 4.5-5 rounds. For the big bois/ gurls this is a very doable goal. The Bike should hover around 1:00-1:10 and the DL will feel heavy but doable in sets of 3-5 reps meaning the first few rounds might be unbroken. Oof. Challenge these athletes to double overhand grip the bar and always complete their DL's in 2 sets if they dare!

GROUP GOAL – Most will average 3.5-4 rounds total. The bike should take 1:15-1:30 and there might be a bit of a fade from there but the majority of the workout should settle them there. The DL will be noticeably heavy for most so picking a weight that always allows for 2-3 reps is going to be crucial. If they go too heavy they will be left staring at the bar or lifting with poor mechanics...no thank you.

Wednesday 6-8-22

WARM-UP

ON A 7:00 RUNNING CLOCK... 2 ROUNDS

12 Up-Downs

6/6 SA DB Strict Press

12 Alt. Lunges 12 Sit-Ups

Into...

2 ROUNDS

12 Slam Ball Ground to Overhead 6/6 SA DB Floor Press

12 Goblet Squats

12 Tuck-Ups

STRENGTH

1x3 @ 70% 1x3 @ 80% 1x3 @ 90% Bench Press*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 6 of 9

(Score is Weight)

WORKOUT

4 ROUNDS FOR TIME

24 Up-Downs

21 DB Floor Press (50/35)|(35/20) 18 Slam Balls (30/20)|(20/10)

15 Jumping Air Squats

(Score is Time)

<https://vimeo.com/715903170/a9d114b04a>

STIMULUS

WORKOUT FEEL – High heart rate burner today! The Up-Downs out of the gate are just enough to really push that threshold of discomfort. We get a small relief of breathing during the DB Floor Press, but then realize our Shoulders are starting to burn out. As we approach the Slam Balls, you can't help but hesitate slightly as you want to try and preserve your Shoulders. Finishing up the Round with just 15 Jumping Air Squats. Boy oh boy do those really burn a bit. Luckily we have 3 more Rounds to go....

FITTEST GOAL – Fittest are looking to complete this workout in 12:00 - 13:00 minute range on the day. Most of our movements should be done fairly fast and unbroken. We can break up the DB Floor Press, but should think to get that weight directly back up as soon as they break.

GROUP GOAL – All athletes should be able to finish the 13:30 - 15:00 minute range on the day. Look to stay steady and smooth through most of our movements on the day. The DB Floor Press should be done in 2-3 Sets. You don't need to sprint, but you should definitely stay steady and smooth.

Friday 6-10-22

WARM-UP

1 ROUND

10 Alt. Samson Stretch

20 Deficit Calf Raises (On Plate) 10 Bootstrappers

Into...

2 ROUNDS

10 Plate Front Squats 10 Burpees

10 Alt. Cossack Squat

STRENGTH

1x3 @ 70% 1x3 @ 80% 1x3 @ 90% Back Squat*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 6 of 9

(Score is Weight)

NCFIT BENCHMARK WORKOUT "OPEN 18.2"

FOR TIME

1-2-3-4-5-6-7-8-9-10

DB Front Squats (50/35)|(35/20) DB Facing Burpees

(Score is Time)

KG DB: (22.5/15)|(15/10)

OPTIONAL COOL DOWN

FOR RECOVERY 5:00 Foam Roll Legs

(No Measure)

<https://vimeo.com/715900810/12c8992d4d>

STIMULUS

WORKOUT FEEL – This is a Full Tilt, Full SPRINT, Pedal to the Floor workout. Rounds 1-6 are pretty fun and you feel like you are on the gravy train of GAINS. Then it hits you, legs feeling like they are in quicksand kinda vibe. The rest of the workout will be a true what's between the ears test. Can you keep the pace up and hold on?

FITTEST GOAL – 4:30-6:30 is the Goal for the Fittest. These athletes should be going Unbroken and Fast. Transitions Between DB Front Squats and Burpees need to be lightning fast and seamless to get in this time frame.

GROUP GOAL – 7:00-10:00 for most individuals completing this workout in the Time Cap will require a full send! That is the goal, we want unbroken Reps and HIGH intensity for this one!

Saturday 6-11-22

WARM-UP

2 ROUNDS (7:00 CAP)

100m Run

5/5 Single Arm Ring Rows

5/5 Alt. Single Arm KB Deadlifts

Into...

1 ROUND

200m Run

5/5 Single Arm KB Upright Rows :10 Dead Hang into :10 Active Hang 10 Scap Pull-Ups

STRENGTH

3 SETS

10/10 Single Arm Banded Lat Pull Down 10-15 Banded Pull-Apart

7-10 Strict Pull-Ups

-Rest As Needed b/t Sets-

(No Measure)

WORKOUT

5 SETS

ON A 4:00 RUNNING CLOCK...

12 Chest to Bar Pull-Ups

18 KB Swings (53/35)|(35/26)*

200m Run

-Rest Remainder of Time-

*Option to use heavier KB.

(Score is Slowest Set)

KG KB: (24/16)|(16/12)

OPTIONAL FINISHER

ON A 5:00 RUNNING CLOCK... Accumulate Max Time in a Banded Plank Hold

(No Measure)

<https://vimeo.com/715899236/2eff833c9f>

STIMULUS

WORKOUT FEEL – This triplet will get grippy and each set will be more challenging than the next. The Chest to Bar Pull-ups will be the opening act that will fatigue the grip and tire out the lats. Each round, athletes will have to fight to keep the sets consistent with limited rest. The KB Swings will further kill off the grip strength and each round it will become tough to hold on. The 200m Run should be a sprint to the finish but will be a welcomed break to the arms and hands.

FITTEST GOAL – Our fittest athletes will look to complete each set within 1:45-2:00. The Chest to Bar Pull-ups should be completed in 1-2 sets but the goal should be unbroken. The KB Swings should be completed unbroken each round. The 200m Run should be completed in :45-1:00 each set.

GROUP GOAL – Everyone else will look to complete each set within 2:00-2:30. The Chest to Bar Pull-ups should be completed in 1-2 sets. The KB Swings should be completed unbroken each round. The 200m Run should be completed in 1:00-1:15 each set.

Monday 5-30-22

WARM-UP

1 ROUND

100m Run

8 Single Ring Ring Rows

8 Knee Push-ups to Pike

6 Alt. Walking Samson Stretch

Into...

1 ROUND

100m Run

8 Ring Rows

8 Push-Ups to Pike

8 Tempo Air Squats (12X1)

Into...

1 ROUND

100m Run

8 Kip Swings
8 Jumping Pull-Ups w/ Kip Swing 8 Push-Ups
8 Air Squats
HERO WORKOUT "MURPH"

FOR TIME*

1 Mile Run
100 Pull-ups
200 Push-ups
300 Air Squats
1 Mile Run

*If you have a 20# weighted vest, put it on! Reps for the BW movements can be completed in any sequence.

(Score is Time)

"MINI MURPH" FOR TIME* 800m Run

Into...

10 ROUNDS 5 Pull-Ups 10 Push-Ups 15 Squats

Into... 800m Run

*Mandatory break-up the reps into 10 rounds. Weighted vest optional.

(Score is Time)

<https://vimeo.com/713581874/3fd37a5682>

STIMULUS

WORKOUT FEEL – This is going to be a slog. The mile runs will tax the lungs and the legs before diving into the gymnastics portion of Murph so if needed take these at a moderate pace or break it up into smaller distances. The gymnastics movements will be tough for all due to the volume. Break things up early from the start to ensure muscle fatigue doesn't set in too quickly! That second mile run is about grit and determination...you're almost home so just keep moving forward!

FITTEST GOAL – Fittests athletes should aim to finish Murph under 40:00. There are numerous ways they can tackle this workout but for the ultimate challenge, work through Murph unpartitioned to really learn the meaning behind muscle fatigue!

GROUP GOAL – Most are looking to get out the door for their second mile run by the 45:00 cap we have placed on the class. If not a BW Ninja, break these movements up into the classic 20 rounds of 5-10-15 to not get stuck on any one movement and allow for a steady slog through. Having back-up movements on standby for mid-workout is also highly advised!

Wednesday 6-1-22

WARM-UP

AMRAP x 4 MINUTES

30 Jumping Jacks

5 Inch Worms + Push-Up 5/5 DB Deadlifts

5/5 DB Upright Rows

Into...

AMRAP x 4 MINUTES 30 Alt. DB Toe Taps

5 Up-Downs Over DB 5/5 DB Power Cleans 20 Mountain Climbers

STRENGTH

1x5 @ 65% 1x5 @ 75% 1x5 @ 85% Deadlift*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 5 of 9

(Score is Weight)

WORKOUT

FOR TIME*

100 Alt. DB Up-Down Devil's Clean (50/35)|(35/20)

*Every 2:30 including 0:00, complete 50 Crossbody Mountain Climbers.

(Score is Time)

<https://vimeo.com/713580907/b821fbac95>

STIMULUS

WORKOUT FEEL – Absolutely burner today. An Effort based workout with Sprint elements.

The first Round of Crossbody Mountain Climbers really set a standard for the rest of the workout. These will jack up the HR and as time progresses, fatigue the shoulders! . Our Up-Down Devil's Clean total volume is a tricky challenge. Each Rep makes this movement increasingly difficult to stay in control. The ability to get sloppy can happen very fast. Trust your positioning and move soundly in order to achieve success.

FITTEST GOAL – Fittest should be shooting for 10:30 - 12:00 minute range for the day. Don't be surprised if you have some absolute monsters shoot for a bit lower. Our Crossbody Mountain Climbers should be done at or under :30 seconds. Look to move for close or more than 2:00 minutes of consistency on these Up-Down Devil's Clean. Try to stay in the 10+ Per minute range.

GROUP GOAL – All athletes should be going for 12:00 -14:00 minutes on the day. Crossbody Mountain Climbers should be done in no more than :40 seconds. We would like about 1:45-2:00 minutes of work for the Up-Down Devil's Clean. Should be able to complete about 8-10 Reps per minute.

Friday 6-3-22

WARM-UP

2 ROUNDS

:30 Cal Bike (EZ-MOD)

8 Barbell Strict Press

10 Tall Jumps or Penguin Taps 8 Scap Ring Rows

Into...

1 ROUND

:20 Cal Bike (FAST)

8 Barbell Push Press

15 Double Unders or :20 of DU Attempts 8 Ring Rows

STRENGTH

1x5 @ 65% 1x5 @ 75% 1x5 @ 85% Bench Press*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 5 of 9

(Score is Weight)

WORKOUT

8 SETS (:20 ON / :10 OFF) MOVT 1 - Cal Bike

MOVT 2 - Push Press (95/65)|(65/45) MOVT 3 - Double Unders

MOVT 4 - Ring Rows

1 SET = MOVT 1 to MOVT 4. -No Additional Rest b/t Sets-

(Score is Total Reps)

<https://vimeo.com/713580252/b453cf6023>

STIMULUS

WORKOUT FEEL – During a normal Tabata it starts to get challenging at around the halfway point. Well this is 4x the amount of a normal Tabata. The goal is for everybody to move through the whole :20 of work. The :10 of rest tricks you into thinking you feel okay enough to SPRINT but it doesn't make any of the movements feel easier. Now all that being said, all these movements are set-up to make you feel like hitting max effort every RD. It's far from EZ but it's a whole lot of fun!

FITTEST GOAL – Goal Per RD Cal Bike- 8-12+ Cals

Push Press - 10-14+ Reps Double Under - 25-35+

Ring Row - 10-14+ Reps

These athletes should be working right up to the beep to maximize their time with the movement. Full send each interval!

GROUP GOAL – Goal Per RD Cal Bike 6-8+ Cals

Push Press 8-10+ Reps Double Under 15-25+ Reps Ring Row 8-10+ Reps

Most athletes should give themselves an extra :03-:05 of transition time to ensure consistency.

Start conservative and gradually start to speed up!

Saturday 6-4-22

WARM-UP

AMRAP x 6 MINUTES 100m Run

5 Up+Overs*

10 Lunges

10 Groiners + Thoracic Rotation

10 Alt. Bird Dogs

*1 Rep of an Up+Over = w/ bar in Front Rack, Push Press it overhead, slowly lower it onto the back, and then Push Press it back OH and lower it back to the FR.

STRENGTH

1x5 @ 65% 1x5 @ 75% 1x5 @ 85% Back Squat*

*Based off of 90% of Heavy 1-Rep **Add 5-10lb to the working weight today.

Week 5 of 9

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

12 Back Rack Reverse Lunges (115/75)|(75/55)*

400m Run

*After each full round, increase reps by 4 Reps. Ex. R1 = 12 Reps, R2 = 16, and so on.

(Score is Rounds + Reps)

KG BB: (52.5/35)|(35/25)

OPTIONAL FINISHER

AMRAP x 7 MINUTES 40 Alt. Supine Heel Taps 20 Glute Bridge-Ups*

40 Alt. Russian Twist

*Option to use light DB. (Score is Rounds + Reps)

<https://vimeo.com/713579683/782d3e30ec>

STIMULUS

WORKOUT FEEL – Beautiful couplet that will tax the legs and get the heart rate pumping quickly. The legs will already be slightly fatigued the Back Squats so the impact of the Lunges will build quickly. Each 400m Run will get the heart rate pumping and the legs will feel heavy as the workout progresses.

FITTEST GOAL – Fittest athletes will look to complete 4-4.5 rounds of this workout. The Lunges will be completed unbroken and looking to finish each set in 1:00 or less. The 400m Run should be held to 1:45-2:00 each round.

GROUP GOAL –Everyone else will look to complete 3-4 rounds of this workout. The Lunges will be completed unbroken, so adjust loading as needed, and the 400m Run should be held to 2:00-2:15 each round.

Monday 5-23-22

WARM-UP

1:30 Cal Bike (EZ-MOD Pace)

Into...

2-3 ROUNDS

5/5 Wrist Circles (5 Clockwise/ 5 Counter Clockwise)

8 Reverse Lunges*

6 Up-Downs + Scap Push-Up

4 Push-Up to Pike

*R2+ switch to Empty Bar Front Rack Reverse Lunges.

Into...

1:30 Cal Bike (MOD-HARD Pace)

STRENGTH

1x5 @ 75% 1x3 @ 85% 1x1+ @ 95% Bench Press*

*Based off of 90% of Heavy 1-Rep Week 4 of 9

(Score is Weight)

WORKOUT

AMRAP x 6 MINUTES

10 Alt. Front Rack Reverse Lunges (95/65)|(65/45)

8/6 Cal Bike

6 Up-Downs

-Rest 1:30-

AMRAP x 6 MINUTES

10 Bar Facing Up-Downs

8/6 Cal Bike

6 Alt. Front Rack Reverse Lunges (135/95)|(95/65)

(Score is Total Rounds + Reps)

<https://vimeo.com/711061807/545f4b2f2e>

STIMULUS

WORKOUT FEEL – This is going to start fast paced and end the same way. The Lunges in the first AMRAP won't be too much of a challenge because they are light. The Cal Bike is going to be the equalizer and REALLY gas the lungs/ legs. Up-Downs are just there for a quick rest. The second AMRAP is going to be a different story...the Bar Facing Up-Downs are going to challenge the athlete to keep them unbroken and FAST (like sub :35 fast), the Bike is going to be a GUT PUNCH because we are already fatigued, and the Lunges are now going to feel heavy even though the weight is meant to feel moderate. Legs and lungs, exit stage left...you're done after this one, WOO!

FITTEST GOAL – For the first AMRAP fire breathers should aim to average 1:10-1:20 per round. That's roughly :25-:35 for the Lunges/ Bike and :15-:20 for the Up-Downs leaving them with 4-4.5 rounds. For the second AMRAP try to keep rounds to 1:15-1:30. All movements should take no more than :30 for these fit folks to finish 4 rounds total!

GROUP GOAL – For most, the first AMRAP rounds will average roughly 1:30 aiming to keep all movements around :30 or less with the Lunges/ Bike potentially taking more time. The second AMRAP might cause rounds to fade to upwards of 1:45-2:00 per round. The first AMRAP goal should be 4 rounds and the second, 3 rounds!

Wednesday 5-25-22

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 100m Run @ Mod Pace + Max Alt. Lunges

MIN 2 - 10 Scap Pull-Ups + Max Ring Rows

MIN 3 - 10 Scap Push-Ups + Max Hand Release Push-Ups

MIN 4 - 100m Run @ Mod Pace + Max Air Squats

MIN 5 - 10 Scap Pull-Ups + 10 Ring Rows

MIN 6 - 10 Scap Push-Ups + Max Hand Release Push-Ups

STRENGTH

1x5 @ 75%

1x3 @ 85%

1x1+ @ 95% Back Squat*

*Based off of 90% of Heavy 1-Rep Week 4 of 9

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES*

5 Pull-Ups

10 Push-Ups

15 Air Squats

*After every Two Rounds, complete a 200m Run.

(Score is Rounds + Reps)

<https://vimeo.com/711061558/8e573dc925>

STIMULUS

WORKOUT FEEL – You will need a different style of push today than when we typically do for a workout like 'Cindy'. The volume will most certainly add up depending on our strengths and weaknesses during the 5/10/15. However, we have a unique opportunity to get a controlled shakeout during the Run. The Run should still feel pushed as we don't want this to be a recovery. The spice comes from that, we want to push the Run to get back to work, but also want to be controlled as we take on the bodyweight movements. Time to focus on one thing at a time and drive your pace.

FITTEST GOAL – Fittest should be getting 7-9+ Rounds on the day. Cindy style movements should be completed unbroken and moving with some serious purpose. We would like our Runs to be under 1:00 minute.

GROUP GOAL – All athletes are looking to complete 5-7+ Rounds on the day. Pull-Ups and Push-Ups should be completed in no more than 2 Sets. Keep the Air Squats steady and fast. Runs should be at or under 1:00 minute.

Friday 5-27-22

WARM-UP

EMOM x 4 MINUTES

(:45 ON/ :15 OFF)

MIN 1 - Cal Row (EZ-MOD)

MIN 2 - Step-Ups

MIN 3 - 3 Inchworms + 3 Jefferson Curls

MIN 4 - Alt. Staggered Stance Good Mornings

Into...

EMOM x 4 MINS (:45 ON/ :15 OFF)

MIN 1 - Cal Row (MOD-FAST)

MIN 2 - Deadbugs

MIN 3 - Max Box Jumps w/ Step-Down

MIN 4 - Barbell RDL

STRENGTH

1x5 @ 75%

1x3 @ 85%

1x1+ @ 95% Deadlift*

*Based off of 90% of Heavy 1-Rep Week 4 of 9

(Score is Weight)

NCFIT BENCHMARK WORKOUT "CHRISTINE"

3 ROUNDS FOR TIME

500/400m Row

12 Deadlifts (Bodyweight)*

21 Box Jumps (24/20)

*BW DL should be considered relatively light and done unbroken.

(Score is Time)

<https://vimeo.com/711061175/41c7bfabee>

STIMULUS

WORKOUT FEEL – This Workout is a straight up WHAMMY of a Workout. The Reps, Movements, and Loading is set-up in a way where you can transition quickly between unbroken/fast paced movements. Your posterior chain gets no break. That being said it switches from Light(Row), Heavy(Deadlift), and Dynamic(Box Jumps). Classic 3 Round style, First Round feels relatively easy, Second Round is a humbling GUT CHECK, with the final round challenging you to hang on and SPRINT to get the thing over with!

FITTEST GOAL – These athletes should be Blazing through this workout, 10:00-12:00 or faster! 90+%. Keep the pace on the row around 1:45-1:55 EACH round, the Deadlifts unbroken and snappy, and the Box Jumps should be kept right around 1:00-1:15. Speed speed speed!

GROUP GOAL – Everybody should aim to beat the Time-Cap Today! 12:00-14:00 or faster. 80+% Pace on the Rows (think 1:55-2:10), hold a pace that is challenging but will not heavily impact the other movements. Aim for Unbroken Deadlifts and a steady pace on the Box Jumps that lasts no longer than 1:30.

Saturday 5-28-22

WARM-UP

2-3 ROUNDS

30 Single Unders

20 Mountain Climbers 10 Plate Ground to OH

10 Alt. Tuck-Ups

Then...

Play a Game to finish off the Warm-Up!

WORKOUT

3 SETS FOR QUALITY

40/30 Cal Bike

30 Sit-Ups

10/10 Single Leg Glute Bridge-Up*

10 Alt. Plate Around the World

(Athlete Choice, Moderate-Light)

50m Overhead Plate Walk

*Option to use DB.

**Pre-Murph Prep Day

-Rest 1:00 b/t Sets-

(No Measure)

OPTIONAL COOL DOWN

FOR RECOVERY

1:00 Hurdler Stretch (R)

1:00 Hurdler Stretch (L)

1:00 Banded Shoulder Distraction (R) 1:00 Banded Shoulder Distraction (L)

2:00 Olympic Squat Stretch

(No Measure)

<https://vimeo.com/711060677/e56b4291af>

STIMULUS

WORKOUT FEEL – Movement is focused around quality. The Bike will get the legs and arms ready to go for the rest of the round. From here the reps should be just enough to get a nice pump going through the legs, glutes, core and shoulders but not ever enough to feel like they're burning out. If athletes are really feeling sore the movements may start to feel tough in the later rounds but ultimately by the end of the workout athletes should be feeling more fresh.

FITTEST GOAL – Aim to finish within 20:00-22:00. To get a nice burn going at the start athletes can push the bike more but going into the rest of the movements we still want to keep things slow and moving for quality.

GROUP GOAL – Aim to finish within 22:00-25:00. Focus on getting the heart slightly elevated on the Bike and then slow things down with deliberate movement to the standards. This is an opportunity to get a good flush before hitting Murph tomorrow.

Monday 5-16-22

WARM-UP

ON A 10:00 RUNNING CLOCK...

400m Run @ Mod Pace

Into...

1 ROUND

12 Alt. Groiners

10 Air Squat + Thoracic Rotation

8 Push-Up to Pike

Into..

1 ROUND

200m Run @ Mod-Hard Pace 8 Barbell Strict Press

8 Barbell Back Squats

8 Up-Downs

Into...

1 ROUND

100m @ Hard Pace

10 Up-Down Over Bar

10 Front Squats

10 Push Press

STRENGTH

1x3 @ 70%

1x3 @ 80%

1x3 @ 90%

Back Squat*

*Based off of 90%

of Heavy 1-Rep Week 3 of 9

(Score is Weight)

NCFIT BENCHMARK WORKOUT "PUNCH OUT"

FOR TIME

800m Run

30 Thrusters (115/75)|(75/55)

30 Lateral Burpees Over Bar

(Score is Time)

KG BB: (50/35)|(35/25)

OPTIONAL COOL DOWN

FOR RECOVERY

2:00 Pigeon Pose (R)

2:00 Pigeon Pose (L)

2:00 Corpse Pose (Rebound)

(No Measure)

<https://vimeo.com/708503415/fed67bfeaa>

STIMULUS

WORKOUT FEEL – Absolutely burner coming at us! 800m Run should be hard and uncomfortable. It will feel like there is no end or we aren't able to push, but we have to dig deep. As we come back in, we are afforded a few short big deep breaths before going for close to unbroken on these Thrusters. Not just that, but a fast push here as well, almost pulling that Bar back down. Last but certainly not least, an all out sprint effort on these Lateral Burpees Over Bar. Going at a dizzying pace here, nothing left but to do but just go get it!

FITTEST GOAL – Fittest should be looking to complete in 6:30 - 7:30 minute range. Should be pushing that Run under 3:45 today. Thrusters should ideally be Unbroken, but can be done in 2 very quick Sets. All out go, go for broke pace on the Lateral Burpees Over Bar.

GROUP GOAL – All athletes should be done between 8:00 - 10:00 minutes on the day. Should complete the Run at or under 4:00 minutes. Thrusters should be done in 2 maybe 3 Sets, but very quick ones. Lateral Burpees Over Bar are at a fast pace relative to the individual.

Wednesday 5-18-22

WARM-UP

2 ROUNDS

30 Mountain Climbers

10 Up-Down +Scap Push-Ups

30 Russian Twists

5 Push-Ups to Pike

Into...

1-2 ROUNDS

30 Crossbody Mountain Climbers

10 Wide Stance Up-Downs*

8 Hand Release Push-Up

*Start with feet wide and jump back to a wide stance. A wider base allows you to cycle down and up faster!

STRENGTH

1x3 @ 70%

1x3 @ 80%

1x3 @ 90%

Bench Press*

*Based off of 90% of Heavy 1-Rep Week 3 of 9

(Score is Weight)

WORKOUT

EMOM x 16 MINUTES

MIN 1&2 - AMRAP of Triplet*

MIN 3 - Max Strict Ring Dips

MIN 4 - Rest

*1 Round of Triplet is...

6 Hand Release Push-Ups

12 Up-Downs

24 Alt. Russian Twists

(Score is Total Strict Ring Dips)

KG DB: (15/10)|(10/7.5)

<https://vimeo.com/708502992/a556e58095>

STIMULUS

WORKOUT FEEL – Stay consistent on the Ring Dips, get as many as you can without going to failure. You should feel like you always have at least one more rep in the tank. The AMRAP should be a full tilt sprint, the Reps are set-up in a way where most will be able to stay moving with quick transitions between all the movements. The whole day is just a “Pushing” complex blaster with a dash of abs on those Russian Twists. Today is going to be a great challenge to push your pace and then slow things down and work a high skill movement!

FITTEST GOAL – 12-17+ Ring Dips per each Round. The goal is to match the Reps for all of the Rounds. For the AMRAP athletes in this category should be getting over 2 RDs.

GROUP GOAL – 8-12 Ring Dips per each Round. Try and get close to the same amount of Reps in every round. Everybody should aim for 1.5-2 RDs per AMRAP.

Friday 5-20-22

WARM-UP

AMRAP x 7 MINUTES

1:00 Bike (Increasing Pace)

10 Box Step-Ups*

5/5 Staggered Stance Good Mornings (BB Optional)

10 Barbell RDL

*Round 1- Box Step-Ups

Round 2 - Half Box Jumps

Round 3+ Box Jump Overs

STRENGTH

1x3 @ 70%

1x3 @ 80%

1x3 @ 90%

Deadlift*

*Based off of 90% of Heavy 1-Rep Week 3 of 9

(Score is Weight)

WORKOUT

FOR TIME

35/28 Cal Bike

Into...

3 ROUNDS

30 Box Jump Overs (24/20)

10 Deadlifts (255/175)|(175/115)

Into...

35/28 Cal Bike

(Score is Time)

KG BB: (115/79)|(79/52.5)

OPTIONAL FINISHER

2-3 SETS

12-15 Barbell Rollouts

:45 Side Plank (R)

:45 Side Plank (L)

-Rest As Needed b/t Sets-

(No Measure)

<https://vimeo.com/708502808/400e03a68c>

STIMULUS

WORKOUT FEEL – This workout will be a leg burner and a challenge to the core. The Cal Bike should be a sprint at 80-85% effort. Moving into the Box Jump Overs the legs will already be pumped up so jumping will be a challenge. The Deadlifts will further tax the legs and the heavy breathing from the Box Jump Overs will make it harder to keep the core braced. Moving back onto the Cal Bike the legs will feel heavy and it will be a fight to the finish.

FITTEST GOAL – Fittest athletes will look to complete this workout within 10:00-12:00. The Cal Bikes should be completed in 2:00-2:15. The Box Jump Overs should be completed unbroken and around 1:30-1:45. The Deadlifts should be completed unbroken each round.

GROUP GOAL – Everyone else will look to complete this workout within 12:00-15:00. The Cal Bikes should be completed in 2:15-2:30. The Box Jump Overs should be completed around 1:45-2:00. The Deadlifts should be completed 1-2 sets each round.

Saturday 5-21-22

WARM-UP

AMRAP x 3 MINUTES

10 Lunges with
PVC Pass Through
10 PVC RDL
10 Slow Tuck-Ups
10 Push-Up to Pike

Into...

AMRAP x 4 MINUTES

8 Kip Swings
8 Strict Knee Raises
8 Barbell Back Squats
8 Barbell Behind the Neck Press

STRENGTH

EVERY 1:30 x 5 SETS*

1 Hang Power Snatch + 1 Power Snatch

*Start Light-Moderate and build up to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

1.) AMRAP x 8 MINUTES

3 Power Snatches (135/95)|(95/65)

6 Alt. Back Rack Lunges

9 Toes to Bar

(Score is Rounds + Reps)

-Rest 2:00 b/t

Part 1 & Part 2-

2.) FOR TIME

6-9-12-9-6

Power Snatches (95/65)|(65/45)

Alt. Back Rack Lunges

Toes to Bar

(Score is Time)

OPTIONAL FINISHER

FOR TIME

20-15-10-15-20

Alt. Hip Taps*

Tuck-Ups

*1 Rep= R+L. (Score is Time)

<https://vimeo.com/708503185/27d8f52f64>

STIMULUS

WORKOUT FEEL – What a grippy shoulder burner on the day. The Grip needed for both the Power Snatches and Toes to Bar really is tested on the day. Really have to be able to manage the fatigue throughout, but still push it. Our Legs really get burned up from the Lunges. Although it does not feel like a lot, the power needed for the Power Snatch greatly gets fatigued based on the Back Rack Lunges. No shortage of volume accumulated. What feels like what should be a much faster “For Time” section, almost feels longer due to the previous AMRAP. A bit of strategy was needed to push the AMRAP, but still try and leave enough in the tank for the second section.

FITTEST GOAL – Fittest should be looking to complete 6-7+ Rounds on the day. Should be able to stay unbroken and moving smoothly from Power Snatch to our Back Rack Lunges. Toes to Bar should be unbroken, if not 2 controlled Sets as you get near the back end of the AMRAP. “For Time” goal should be completed in 7:00 - 9:00 minutes. Power Snatches should be done unbroken and perhaps 2 Sets as we reach the round of 12. Should not need 3 Sets here. Back Rack Lunges should remain unbroken. Toes to Bar should be completed in no more than 2 Sets.

GROUP GOAL – All athletes should be looking to complete 5-6+ Rounds on the day. Should be able to stay Unbroken with our Power Snatches, but 2 quick sets near the end of the AMRAP can work too. Back Rack Lunges should be unbroken. 2-3 Sets on the Toes to Bar for today. “For Time” goal should be completed in 9:00 - 11:00 minutes. Power Snatches should be unbroken up till 9. Then, they should be completed in no more than 1-2 Sets. Back Rack Lunges should remain unbroken. Toes to Bar throughout should be 2-3 Sets.

Monday 5-9-22

WARM-UP

AMRAP x 3 MINUTES

12 Step-Ups

10 Push-Up to Pike

8 Jefferson Curls

6 Deadbugs

Into...

AMRAP x 4 MINUTES

6 Low Box Jumps

6 Pike Push-Ups or Push-Ups

8 Barbell RDL

12 Straight Leg Sit-Ups

STRENGTH

1x5 @65% 1x5 @75% 1x5 @85% Deadlift*

*Based off of 90% of Heavy 1-Rep (Score is Weight)

Week 2 of 9

WORKOUT

FOR TIME

27-21-18

Box Jumps (30/24)|(24/20)

18-15-9

Handstand Push-Ups

9-6-3

Deadlifts (315/205)|(225/155)

(Score is Time)

HSPU Option 1: Pike Push-Ups

HSPU Option 2: DB or BB Strict Press

OPTIONAL COOL DOWN

2-3 ROUNDS FOR RECOVERY

10 Cat/Cows

1:00 Seated Forward Fold

1:00 Child's Pose

(No Measure)

<https://vimeo.com/705950046/8e20e723b6>

STIMULUS

WORKOUT FEEL – This will feel like a Sprint / Effort style workout. Moving with some purpose on the Box Jumps becomes difficult not only due to the height, but also the Deadlifts we have done thus far and are still yet to come. Handstand Push-Ups almost feel like a welcome break for our Posterior, but are still a gnarly combo to try and get settled. As we approach the Deadlifts, we can't help but take a second to pause and really evaluate what we are about to do. Trust the push and continue to grind through this Heavy load.

FITTEST GOAL – Fittest athletes are looking to go 10:00 minutes or less. The Box Jumps should be done fairly fast and fluid despite the height. Our Handstand Push-Ups should be done in no more than 2 Sets. We are shortening the break time between these Deadlift Sets. They should also be completed in 2-3 Sets at max.

GROUP GOAL – All athletes are looking to go 10:00 - 13:00 minutes on the day. Box Jumps will be more on the steady side, not resting too long, but not staring at the Box. Our Handstand Push-Ups or variations should be done in 2-3 Sets. Our Deadlifts are very focused and should be completed in 3 Sets. You are definitely pausing a slight bit longer on these in order to properly brace and go.

Wednesday 5-11-22

WARM-UP

2 SETS (8:00 CAP)

100m Run

10 Up-Downs

5 Lunge-Lunge-Squats

:30 Squat Hold

Into...

2 SETS 100m Run

10 Burpees

15 Air Squats

STRENGTH

1x5 @65% 1x5 @75% 1x5 @85% Back Squat*

*Based off of 90% of Heavy 1-Rep

(Score is Weight)

Week 2 of 9

WORKOUT

AMRAP x 16 MINUTES

50 Air Squats

400m Run

25 Burpees To Target*

200m Run

*Target is 6 inches above standing reach.

(Score is Rounds + Reps)

<https://vimeo.com/705949596/3629b6e69a>

STIMULUS

WORKOUT FEEL – Murph-ish feel working here with the goal of constant motion throughout. Starting off with a higher volume of on the Air Squats that will set the tone for the workout. Most athletes will knock these out quick but pacing them will make the 400m Run more efficient. The Burpees to Target will slow athletes down a bit and keep the heart rate revved up. The final 200m Run will feel like a quick break to start the process all over again.

FITTEST GOAL – Fittest athletes will look to complete 3-3.5+ Rounds for this workout. The goal will be to keep the Air Squats unbroken while keeping the 400m Run to 1:45-2:00 each set and the 200m Run to :45-1:00.

GROUP GOAL – Everyone else will look to complete 2-2.5+ Rounds for this workout. The goal will be to keep the Air Squats within 1-2 sets with quick shake outs, while keeping the 400m Run to 2:00-2:15 each set and the 200m Run to 1:00-1:15.

Friday 5-13-22

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 30 Mountain Climbers + Max Plank

MIN 2 - 10 SB Deadlifts + 10 SB Curl to Press

MIN 3 - 10 Scap Pull-Ups + Max Bar Hang

MIN 4 - 10 Up-Downs + Max Shoulder Taps

MIN 5 - 10 Slam Ball Ground to Overhead + 10 Ring Rows

MIN 6 - 10 Slow Push-Ups to Pike Position

STRENGTH

1x5 @65% 1x5 @75% 1x5 @85%

Bench Press*

*Based off of 90% of Heavy

1-Rep

(Score is Weight)

Week 2 of 9

WORKOUT

4 SETS

AMRAP x 3 MINUTES*

12 Up-Downs

10 Slam Balls (30/20)|(20/10)

8 Pull-Ups

-Rest :30 b/t Sets-

*Pick up where you left off.

(Score is Total Rounds + Reps)

FINISHER

6 SETS (:20 ON/ :10 OFF)*

MOVT 1 - Alt. V-Ups

MOVT 2 - Tuck Hold

*1 Set= MOVT 1 + MOVT 2.

(No Measure)

<https://vimeo.com/705950277/53c96f984a>

STIMULUS

WORKOUT FEEL – Straight lung burner on the docket for the day. Our Up-Downs and Slam Balls provide that discomfort right out of the gate. Both strong hinge and pop movements and both high heart rate. It is going to be very easy to try and sit back and move slowly here. Don't let it happen! After you have done those two, one or two quick deep breaths as we try and power our way through 8 Pull-Ups. Out of the gate this doesn't feel too bad, but as each round and rep progresses, what feels like automatic now becomes a point of hesitation. Keep that effort and move!

FITTEST GOAL – Fittest should be looking to complete 9-10.5+ Rounds on the day.

Showcasing the ability to really embrace the burn that comes with the day. The Up-Downs and Slam Balls are fast and quick transitions throughout. The Pull-Ups will most likely be unbroken through the majority of this workout, with a quick shakeout coming near the backend of our final Rounds.

GROUP GOAL – All athletes are looking to complete 7-8.5+ Rounds on the day. We want to make sure we can consistently move from our Up-Downs to our Slam Balls without too long of a hesitation. Our Pull-Ups today should always be done in no more than 2 Sets.

Saturday 5-14-22

WARM-UP

2 ROUNDS

20 Single Unders

10 Lunges

10 KB Deadlift
10 Scap Pull-Ups

Into...

2 ROUNDS

8 Up-Downs*

8 Jumping Lunges

8 Russian KB Swings**

8 Kip Swings

*2nd Round perform

6 Burpees, 6 American KB Swings

EXTENDED WARM-UP

3 SETS

3-5 Reps of Bar Muscle-Up Practice*

6-10 Lunges**

:30 Double Under Practice

*Bar Muscle-Up Options: Jumping Bar Muscle Up

Strict Chest to Bar/ Chin Over Bar Pull-Ups

Hips to Rig

Big Kip Swings

**Start w/ Bodyweight Lunges and build to workout weight.

(No Measure)

NCFIT BENCHMARK WORKOUT

"SNAKE EYES"

11 ROUNDS FOR TIME

3 Bar Muscle-Ups

6 DBL DB Alt. Front Rack Reverse Lunges (50/35)|(35/20)

9 KB Swings (70/53)|(53/35)

36 Double Unders

(Score is Time)

BMU Option 1: Jumping BMU (3 Reps) BMU Option 2: Up-Down Chest to Bar Pull-Ups (4 Reps)

PARTNER WORKOUT OPTION IN TEAMS OF 2...

28 ROUNDS FOR TIME*

2 Bar Muscle-Ups

4 DBL DB Alt. Front Rack Reverse Lunges (50/35)|(35/20)

6 KB Swings (70/53)|(53/35)

24 Double Unders

*P1 starts a round and P2 begins their round once P1 begins their Double Unders. Once done with Double Unders P1 rests until P2 begins their Double Unders. Complete rounds in this fashion until 28 total rounds are completed.

(Score is Time)

BMU Option 1: (3 Reps) Jumping BMU BMU Option 2: (4 Reps) Up-Down Chest to Bar Pull-Up

<https://vimeo.com/705949435/e6d302937d>

STIMULUS

WORKOUT FEEL – Athletes have to control the pace on this one. It's a lot of rounds with short reps so it's easy to come out swinging hot. Everything should be unbroken but the grip and shoulders will catch up to them and not to mention the double unders at the end of each round to keep the heart rate up. They have to manage the shoulder and grip fatigue throughout the workout. Start steady and end fast!

FITTEST GOAL – These athletes are aiming for 19:00-21:00. Goal here is to move nonstop with reps but also transitions while keeping the Double Unders unbroken. Minimize transition b/t movements to ensure rounds are kept speedy and if a rest needs to occur, take it before the KB Swings!

GROUP GOAL – Aim for 22:00-26:00. Keep these athletes under that 2:30 round to make sure they can finish in the time limit. These athletes might benefit from their stations being a bit more spread out and using the walking rest as their recovery to keep them honest and starting their next movement as soon as they get to the station.

Monday 5-2-22

WARM-UP

EMOM x 5 MINUTES (:50 ON/ :10 OFF)

MIN 1 - :20/:20 Staggered Stance Good Morning (Barbell Optional)

MIN 2 - :20 Single Unders into Max Double Unders/Attempts

MIN 3 - :20 Bootstrappers into Max Good Mornings

MIN 4 - :20 Single Unders into Max Double Unders/Attempts

MIN 5 - :25 Above the Knee Deadlifts into :25 Below the Knee Deadlifts

STRENGTH

ON A 25:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Deadlift

(Score is Weight)

Week 1 of 9

WORKOUT

12 ROUNDS FOR TIME

3 Deadlifts (70% of 1-Rep Deadlift)

20 Double Unders*

*Increase Double Unders by 10 Reps Every 4 Full Rounds...

R1-4 - 20

R5-8 - 30

R9-12 - 40

(Score is Time)

<https://vimeo.com/703171196/c7fcaa7a92>

STIMULUS

WORKOUT FEEL – Sprint style couplet that will test athletes ability to move fast and stay coordinated under fatigue. The Deadlifts will get more challenging each round but the low amount of reps will have them completed quickly. The Double Unders get incrementally more

challenging as the reps and rounds increase. Keep yourself to a time limit to complete them to keep the sprint stimulus alive!

FITTEST GOAL – Fittest athletes will look to complete this workout around sub 9:00-10:00.

They can either shoot to complete each set of Deadlifts unbroken or go the route of quick singles. Another goal to shoot for is unbroken Double Unders each round.

GROUP GOAL – Everyone else will look to complete this workout within 11:00-13:00. Spend a little more time in transition to ensure proper bracing mechanics are maintained each time these athletes get to the bar.

Wednesday 5-4-22

WARM-UP

ON A 7:00 MINUTE CLOCK

1:30 Row (MOD PACE)

Into...

2 ROUNDS

10 Bootstraps

10 Alt. Cossack Squats

10 Push-Up to Pike

Into...

2 ROUNDS

6 Lunge + Lunge + Air Squat

6 Slamball G2O

30 Crossbody Mountain Climbers

Into...

1:30 Row (HARD PACE)

STRENGTH

ON A 25:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Back Squat

(Score is Weight)

Week 1 of 9

WORKOUT

ON A 5:00 RUNNING CLOCK...

Max Cal Row*

-Immediately Into-

AMRAP x 5 MINUTES*

15 Slam Balls (30/20)|(20/10)

10 Slam Ball Front Squats

5 Jumping Air Squats

*Total Cals are added as Reps. 1 Round of AMRAP = 30 Reps.

(Score is Total Reps)

KG SB: (15/10)|(10/5)

OPTIONAL FINISHER

2 SETS

:45 Side Plank (L) :45 Side Plank (R) 1:00 Plank

-Rest As Needed b/t Sets- (No Measure)

<https://vimeo.com/703172216/ff8d04b018>

STIMULUS

WORKOUT FEEL – No doubt about it, this is going to Burn! A hard push to kick things off as we constantly push for every single Cal we can muster. After what seems like a long push on the Rower, we switch to a complete Lower Body blowup. The Slam Balls become increasingly challenging not only during that movement, but the Front Squat as well. Each Jumping Air Squat might as well be a max effort after the amount of work we have done thus far today.

FITTEST GOAL – Fittest should be looking to get 95+ Cals for the guys and 80+ cals for the Ladies. For our AMRAP we are looking at 6-7+ Rounds on the day. Look to be able to make smooth and very quick transitions between movements.

GROUP GOAL – All athletes should be looking to get 75+ Cals for guys and 60+ Cals for the ladies. For our AMRAP today we are looking at 4.5 - 5.5+ Rounds on the day. Should be able to stay smooth through the movements, but with slight deep breath pauses as each Round and Rep progresses.

Friday 5-6-22

WARM-UP

2 ROUNDS

20 In-Place High Knees 12 Alt. KB Deadlift

20 In-Place Butt Kickers 10 Scap Push-Ups

Into...

AMRAP x 4 MINUTES

6/6 Single Arm Russian KB Swings 6 Burpees

100m Run

STRENGTH

ON A 20:00 RUNNING CLOCK... Build to a Heavy 1-Rep Bench Press

(Score is Weight)

Week 1 of 9

WORKOUT

AMRAP x 12 MINUTES

10 Russian KB Swing (70/53)|(53/35)

15 Sit-Ups

100m Run

(Score is Rounds + Reps)

KG KB: (32/24)|(24/16)

EXTRA CREDIT MURPH PREP - DAY 1

CONDITIONING

4 SETS*

400m Run

-Rest 1:30 b/t Sets-

*GOAL: Mirror the splits for all 4 efforts at 75-80% effort. Simply getting our feet underneath us and logging a mile on the road. We will be running 2x a week in prep for Murph.

(No Measure)

STRENGTH

EMOM x 15 MINUTES*

MIN 1 - 12-15 Ring Rows or 5-7 Strict Pull-Ups

MIN 2 - 10 Push-Ups**

MIN 3 - 20-30 Air Squats

*GOAL: Volume building EMOM...goal here is to build volume across the 5 rounds without burdening the body with all of the volume, all at once.

**Option to complete Knee Push-Ups or option to increase reps by 2 every other round.

(No Measure)

<https://vimeo.com/703172613/adc4e02a5a>

STIMULUS

*WORKOUT FEEL * – Simple, sweet, effective. The heavy KB is just a blip on the radar and should be picked up almost immediately upon coming in from the 100m Run. Priority is a proper hinge to light up the hammies, not the low back. The Sit-Ups are normally a resting movement but for today encourage everyone to push their pace and cycle them a little quicker than normal. The 100m Run should take around :30 so it's just enough time to shake out the arms and get right back to work. HR will get up there but at no time should anyone be gasping for breath or find themselves taking excessive amounts of rest. Keep grinding!

FITTEST GOAL – Fire breathers will average about 1:30-1:45 per round landing at 6.5-7.5 total rounds. The Swings will be quick and unbroken along with the Sit-Ups. A great way to speed these up is to actively pull the KB down once it reaches the eyes, and then push off the heels during the Sit-Up to speed the opening of the body. These tips might seem small but they make a difference and will challenge these athletes! The 100m Run should look more like a 90% push or sprint with these athletes pushing their pace and getting back to the KB ASAP!

GROUP GOAL – Most will be averaging 1:45-2:00 per round finishing right around 5.5-6.5 rounds. Even if using a heavier than normal KB, the swings should be unbroken, the Sit-Ups lasting no longer than :30-:40, and the run taking about :30-:40. A good goal for most is to try and keep moving with little to no transition time. Play with pacing, and encourage consistent rounds!

Saturday 5-7-22

WARM-UP

8 SETS

(:20 ON/:10 OFF) Cal Bike*

Into...

AMRAP x 4:00

4 Push-Up to Pike

6 DB Strict Press

4/4 Lunge**

20 Russian Twists

*Increasing paces on the Bike ea RD.

**Option for DB Lunges on 2nd RD and beyond.

WORKOUT

EMOM x 25 MINUTES

MIN 1 - 20 Alt DB Goblet Lunges (Athlete Choice, Moderate)*

MIN 2 - 7-10 Strict Handstand Push-Ups

MIN 3 - 12/10 Cal Bike

MIN 4 - :50 Plank Hold (Athlete Choice)**

MIN 5 - Rest

*Option to complete Lunges without DB.

**Plank Hold Options...

Elbow Plank

Tall Plank

Side (Star)

Plank Reverse Plank

(No Measure)

FINISHER

FOR TIME 20-15-10-15-20

Russian Twists*

Sit-Ups

*1 Rep= R+L.

(Score is Time)

<https://vimeo.com/703171563/54692ece9a>

STIMULUS

WORKOUT FEEL – Today is intended to be a choose your own adventure day. Today's workout is sandwiched between two HEAVY days. Depending on how athletes feel this can be a more moderate day or athletes can get after it and make this a really challenging Heavy Lunge, Deficit HSPU, and Bike sprint day.

FITTEST GOAL – For the Fittest the goals for each minute: MIN 1 - 50/35 on the DB or Heavier.

MIN 2 - 10 SHSPU w/option for deficit.

MIN 3 - 12/10 Cals in :25-:35 or faster

MIN 4 - Hold a Plank option for all of the :50

GROUP GOAL – For Everybody the goals for each minute: MIN 1 - Body Weight or 35/20 DB
MIN 2 - 7 HSPU or 7-10 Pike HSPU or 10 Seated DB Strict Press
MIN 3 - 12/10 Cals in :30-:45 or faster

MIN 4 - Hold a Plank option for :30-:50

Monday 4-25-22

WARM-UP

ON A 5:00 HARD CAP...

1 ROUND

10 Scap Push-Ups

8 Alt. Groiners

10 Push-Up to Pike 8 Squat Jumps

Into...

2-3 ROUNDS

6 Barbell Deadlifts

6 Barbell High Pulls 6 Barbell Strict Press

STRENGTH

ON A 15:00 RUNNING CLOCK... Build to a Heavy Complex of:

1 Deadlift

+

3 Hang Power Cleans +

3 Shoulder to OH

(Score is Weight)

HERO WORKOUT

"DT"

5 ROUNDS FOR TIME

12 Deadlifts (155/105)|(115/75) 9 Hang Power Cleans

6 Push Jerks

(Score is Time)

KG BB: (70/45)|(50/35)

In honor of USAF SSgt Timothy P. Davis, 28, who was killed on Feb, 20 2009 supporting operations in OEF when his vehicle was struck by an IED. Timothy is survived by his wife Megan and son T.J.

<https://vimeo.com/701020724/e0824a35ee>

STIMULUS

Goal (Fittest) – Fittest are looking to complete the workout in 7:00 minutes or less. Don't be surprised if you see absolutely Barbell monsters go way faster than this. Should be able to show poise and control through each Rep and Round. Sticking to that strategic break up strategy, but building pace between each Round.

Goal (All) – All athletes should be shooting for 8:00 - 12:00 minutes on the day. Look to control that breakup of the bar. Should still be able to move the workout through that controlled break, but taking a little longer than our fittest between their movements.

Workout Feel (All) – An absolute burner. A true test of your strength and conditioning today. Starting fast with a Deadlift we know we can do unbroken for large Sets. After which we are focused, but moving with purpose on these Hang Power Cleans. The tricky part of this workout comes from the Push Jerk. Trusting our Lungs and drive to really get that Bar Overhead. Trust the burn and honor the fallen!

Wednesday 4-27-22

WARM-UP

ON A 8:00 RUNNING CLOCK...

3 SETS

5 Reps of IYT with Light Weights*

Into...

3 ROUNDS

:45 Bike @ Moderate Pace

12 Banded Lat Push Down

12 Banded Face Pull

12 Banded Tricep Extension

12 Alt. Shoulder Taps

*Perform with small plates or DB's in each hand. In a bent over position with arms straight, create the shapes of IYT with your arms. I for 5 Reps, Y for 5 Reps and T for 5 Reps = 1 Set.

STRENGTH

5-5-5-5

Weighted Pull-Ups

*Weight starts light, build to Heavy.

(Score is Weight)

WORKOUT

EMOM x 15 MINUTES

MIN 1 - 12/10 Cal Bike

MIN 2 - :50 Max Strict Pull-Ups or Ring Rows*

MIN 3 - :50 Max Hand Release Push-Ups

*Optional for Feet elevated Ring Rows (Score is Total Reps)

<https://vimeo.com/701021015/e44d614f58>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete the Bike :45 seconds or less. Pull-Up variation should be challenging. Looking to complete 10-13+ Reps. Hand Release Push-Ups should have 18+ completed.

Goal (All) – All athletes are looking to complete their Bike effort no more than :55 seconds. Look to hold 8-10 Challenging Pull-Ups on the day. 12-15+ Hand Release Push-Ups are good for all athletes today.

Workout Feel (All) – Absolutely have to push that Bike today. We are keeping that uncomfortable pace for as long as we can. As we approach our Pull-Ups we are graced with a few quick short breaths before we start the Pull. Each Round and Rep becomes increasingly challenging. Just like the Pull-Up before it, the Hand Release Push-Up continues to increase in challenge. The hardest part of the day is consistency. How much are you willing to push to maintain consistent times and Reps. Only one way to find out.

Friday 4-29-22

WARM-UP

GENERAL WARM-UP

2 ROUNDS

30 Crossbody Mountain Climbers

10 Sumo Stance Good Mornings

10 Alt. KB Deadlift

10 Deadbugs

5 Cat Cows

Into...

ROWING SPECIFIC WARM-UP

EMOM x 6 MINUTES (:40 ON/ :20 OFF)

MIN 1 - Arms Only Rowing

MIN 2 - Arms + Body Rowing

MIN 3 - Half Slide Rowing (Slight bend in knee + heels down)

MIN 4 - Full Slide Rowing (SPM b/t 22-26)

MIN 5 - Full Slide Rowing (SPM b/t 24-28) MIN 6 - Full Slide Rowing (SPM b/t 26-30+)

WORKOUT

FOR TIME

24-21-18-15-12-9-6*

Cal Row

Kettlebell Swings (53/35)|(35/26)**

*Alt. Cals: 21-18-15-12-9-6-4

**Option for Heavier KB

(American Swing)

(Score is Time)

KG KB: (24/16)|(16/12)

FINISHER

3 SETS FOR QUALITY

1:00 Plank Rotations

-Rest :30-

1:00 Alt. Sit-Thrus

-Rest 1:00 b/t Sets-

(No Measure)

<https://vimeo.com/701020271/29d6c752b2>

STIMULUS

Goal (Fittest) – The goal for these athletes is to finish in 10:00-12:00 or faster. Elite athletes should try and meet this same goal with a heavier KB. Quick transitions and mostly unbroken KB Swings with +1000/cal per HR pace will get you in this time. Will anybody get sub 10:00 with a 70/53 KB?!

Goal (All) – The goal for all should be to finish in 12:00-15:00 or faster. Don't be afraid to break up the Kettlebell Swings early with quick breaks to manage the grip and HR. Transitions between the movements should be relatively quick. Since the Reps are decreasing negative splits in every single RD is the goal. Get faster as you go!

Workout Feel (All) – This workout is a nasty Grip BURNER. If you go hard on this workout the Heart Rate spikes up and it does so fast! Classic Metcon experience where the middle Rounds are the heart and soul of this workout. The 18, 15, and 12 RDS are where the intensity really hits. Hold on to your pace here and the last couple sets will feel like a breeze!

Saturday 4-30-22

WARM-UP

10m LINE DRILLS (4:00 Cap)

High Knees

Butt Kickers

High Skip

High Knee (Right Leg Only)

High Knee (Left Leg Only)

Carioca (Down and Back)

Broad Jumps

100m Run

Into...

2 ROUNDS

10 Step-Ups

10 Lunges

10 WB Push Press*

*Round 2 perform WB Front Squat

WORKOUT

FOR TIME

1 Mile Run

100 Box Jumps (24/20)

80 Wall Balls (20/14)|(14/10)

60 Alt. DB Suitcase Lunges (50/35)|(35/20)

*Partition as needed to complete all the work.

(Score is Time)

KG WB: (9/6)|(6/5)

KG DB: (22.5/15)|(15/10)

COOL DOWN

FOR RECOVERY

2:30 Calf Smash

2:30 Plantar Smash

(No Measure)

<https://vimeo.com/701020468/b81c8daf12>

STIMULUS

Goal (Fittest) – Fittest should aim for sub 20:00. They can cycle through or aim for big sets with the option to go through as written for an extra challenge. If partitioning, keep reps quick and try to minimize transition/ rest time b/t movements to really keep the intensity high!

Goal (All) – Aim to keep this sub 25:00. Focus on trying to keep moving through this as they partition through the workout. These athletes should work with even splits of reps for everything to help keep them moving and not bogged down on one movement.

Workout Feel (All) – Longer workout today so expect the long grind. Focus on big sets but also athletes should focus on keeping themselves moving. They have to manage leg fatigue. The shoulders sneak up on them if they are going to hit big sets on the Wall Balls and then hang on to the DBs in the Lunges. The fact they can partition this one today is helpful because they can move on when they feel fatigue in a specific movement. This should be their motivation to move quicker on this one.

Monday 4-18-22

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :30 Max Single Unders + 12 Slow Calf Raises

MIN 2 - 12 Slow Med Ball Squats + Max Bootstraps

MIN 3 - :30 Slow Barbell RDL + Max Hollow Hold

MIN 4 - 30 Double Unders + Max Cat Cow

MIN 5 - 12 Med Ball Thrusters + Max Overhead Hold

MIN 6 - :30 Slow Barbell High Pull + Max Alt V-Ups

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Clean and Jerk

(Score is Weight)

Week 8 of 8

WORKOUT

AMRAP x 13 MINUTES

40 Double Unders*

30 Wall Balls (20/14)|(14/10)

20 Toes to Bar

*Option for 'Unbroken'

(Score is Rounds + Reps)

<https://vimeo.com/698775694/2263a65d30>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete 4-4.5+ Rounds on the day. Double Unders should be unbroken and challenged for it. Look to complete the Wall Balls unbroken or add 1 very quick shakeout. Toes to Bar should be done in 2 Sets Max today.

Goal (All) – All athletes should be completing 3-4+ Rounds on the day. Double Unders should be completed in 2-3 Sets. Wall Balls should be done in no more than 2 Sets for today. Look to complete the Toes to Bar in no more than 3 Sets.

Workout Feel (All) – A fast high rep workout! This workout encourages you to go! We start out fast with the Double Unders setting the stage. Choosing to go unbroken definitely makes you second guess your ability during the later stages of the workout. Our Wall Balls start to get a bit uncomfortable after we just lifted heavy for the last 20:00 minutes. Grip and drive is also a decent challenge on the Toes to Bar. Our Heavy 1-Rep really makes what is usually a confident workout for us all the more challenging. Paired with the shorter time domain, you really have to put your head down and battle through it.

Wednesday 4-20-22

WARM-UP

1 ROUND

400m Run

8 Alt. Bird Dogs

6/6 Quad Stretch to Knee Hug

8 Good Mornings

Into...

2 ROUNDS

7 Clean Deadlift

7 Upright Rows*

7 Hang Muscle Clean + 1/1 Elbow Punch

7 Strict Press*

*Round 2 complete 7 Hang High Pulls & 7 Push Press.

NCFIT BENCHMARK WORKOUT "AVA"

AMRAP x 20:53 MINUTES

400m Run

21 Ground to Overhead (95/65)|(65/45)

(Score is Rounds + Reps)

KG BB: (42.5/30)|(30/20)

FINISHER

3 SETS FOR QUALITY

1:00 Hollow

Hold Immediately Into...

1:00 Superman Hold

-Rest 1:00 b/t Sets- (No Measure)

<https://vimeo.com/698775330/f81274845e>

STIMULUS

Goal (Fittest) – Athletes here should be shooting for 5-7 RDS. Cruising the Runs and hanging onto the barbell for 1-2 sets each RD will get you there. Elite athletes should be pushing for unbroken on this for most or all of the RDS. Challenge these athletes to use the first 200m Run to keep the HR up and the final 200m to slow down a bit and recover so they can go right to the bar and GET AFTER IT!

Goal (All) – Everyone should be shooting for 4+ RDS on this workout. Stick to a weight where you can get the Ground to Overhead in 2-3 Sets. Cruise the runs to get bigger sets and quicker breaks in-between sets on the Barbell.

Workout Feel (All) – Definitely a grip burner of a workout, chest and upper body will be feeling the pump even on the Runs. The HR will be high the entire time so athletes can make the choice to push the run or take it as more of a recovery. The BB work is going to be the real challenge so they should go in with a plan, and personally, descending reps (8-7-6) are a great plan to tackle these reps!

Friday 4-22-22

WARM-UP

ON A 7:00 RUNNING CLOCK...

1 ROUND

1:00 Row @ Easy Pace

10 PVC Lunge + Pass Through

10 Push-Up to Pike

Into...

2 ROUNDS

:30 Row @ Mod Pace

8 Barbell RDL

8 Barbell Behind the Neck Strict Press

8 Barbell Back Squat

Into...

1-2 ROUNDS

:30 Row @ Hard pace

6 Barbell Hang High Pull

6 Barbell Behind the Neck Push Press

6 Barbell Alt. Back Rack Lunges

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Snatch

(Score is Weight)

Week 8 of 8

WORKOUT

3 ROUNDS FOR TIME

500/400m Row

6 Power Snatches (135/95)|(95/65)

12 Alt. Back Rack Lunges

(Score is Time)

<https://vimeo.com/698775893/455806fb1c>

STIMULUS

Goal (Fittest) – Fittest should definitely be under 10:00 minutes today. Row should definitely be under 2:00 minutes each round. Power Snatch should be unbroken. A shakeout only comes if we pull incorrectly. Keeping the Alt. Back Rack Lunges smooth and fast.

Goal (All) – All athletes should be done between 10:00 - 12:00 minutes today. We want that Row under 2:00 minutes or right at it. Shouldn't be more than 2:00. Power Snatches should be done in 2 sets at the most, but very automatic quick Singles can work too. All Alt. Back Rack Lunges should be unbroken.

Workout Feel (All) – 3...2...1... SPRINT! Starting out of the gate hot with this 500/400m Row. A distance which sometimes feels just far enough away, but we can definitely shoot for that uncomfortable push. That first Power Snatch definitely feels a bit heavier than it needs too, but the Sprint mentality pushes that thought out of our mind. We want to move fast on the Alt. Back Rack Lunges, but each step becomes harder and harder. We take a deep breath and realize we have 2 more to go. Keep that pedal down!

Saturday 4-23-22

WARM-UP

AMRAP x 3 MINUTES

20 Jumping Jacks

10 Scap Push-Ups

10 Step Ups

Into...

2 ROUNDS

5 Push-Up to Pike

5 Up-Downs

5 DB Deadlift*

5 Box Jumps

*Round 2 Perform DB Bent Over Row

STRENGTH

4 SETS

8-12 Reps DB Bench Press*

20 Seated Banded Rows**

*Start Moderate, build to Heavy.

**Slow and controlled reps.

-Rest as Needed b/t Sets-

(Score is Weight)

WORKOUT

FOR TIME

2-4-6-8-10-8-6-4-2*

Burpee Box Jump Overs (30/24)|(24/20)**

*50m DBL DB Carry (50/35)|(35/20)

after each set. DBs can be held any way.

**Option for 'Crawl Over'

(Score is Time)

KG DB: (22.5/15)|(15/10)

OPTIONAL COOL DOWN FOR RECOVERY

2:00 Twisted Cross (R) 2:00 Twisted Cross (L)

(No Measure)

<https://vimeo.com/698775510/3cf2e9f2d7>

STIMULUS

Goal (Fittest) – Aim for sub 12:00. These athletes should focus on flying through the Burpee Box Jump Over especially in the second half as the reps go down. There should also be minimal transition time from the DB Carry to the BBJO...finish with the box, take the DB's on a walk, drop them off, and get right back to work!

Goal (All) – Aim for sub 15:00 focus on setting a pace they can hold in the second half. The higher box will make this more challenging to maintain the pace even though the reps are going down, so start a bit slower and then try to speed the second half up!

Workout Feel (All) – This is a different grind today. The blend is nice because the BBJO will get the heart rate up but give the grip a break from the DB Carry. The DB Carry will really burn the grip but give the heart rate a break from the BBJO. The goal here is to just keep moving. I started with a moderate pace and tried to pick up the pace. I also played around with the Box Crawl Over and had a fun time with that in the workout. It's a good way to keep athletes moving if they are more deconditioned or feel unsafe transitioning from the Burpee to a higher box.

Monday 4-11-22

WARM-UP

ON AN 8:00 RUNNING CLOCK....

3 SETS

10 Banded Pull Aparts

10 Banded Presses

10 Dead Bugs

Into...

3 SETS

:30 Bike @ Hard Pace

8/8 SA DB Arnold Press W/ Pause

8/8 SA DB High Pull

12 Up-Downs + Alt. Shoulder Tap*

* Shoulder Tap is 1 per Arm before completing Up-Down.

STRENGTH

3x3*

Split Jerk

-Rest as Needed b/t Sets-

*All working sets should be Light...about 70-75% of 1-Rep Jerk. This is Deload week, keep mechanics perfect.

(Score is Weight)

Week 7 of 8

WORKOUT

AMRAP x 15 MINUTES

21/16 Cal Bike

7 Shoulder to Overhead (135/95)|(95/65)

3 Wall Walks

(Score is Time)

<https://vimeo.com/695912185/4354246097>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete 5-6+ Rounds today. Should be able to complete the Bike in 1:15 or less. That means guys are holding 65-70+ RPM and ladies should be doing 50-56+ RPM. Shoulder to Overhead should be unbroken and Wall Walks should be completed fast and smooth.

Goal (All) – All athletes should be completing 4-5+ Rounds today. Should be completing the Bike under 1:20. That means the guys are looking at holding 60-65+ RPM and ladies holding 50-56+ RPM. Shoulder to Overhead should be completed unbroken, with perhaps 1 shakeout near the end of the AMRAP. Wall Walks should be completed steady and very smooth.

Workout Feel (All) – Banger of a Shoulder burn today. Bike effort is definitely at a high. Not a sprint, but definitely an uncomfortable but repeatable effort. As we approach our Shoulder to Overhead it is easy to hesitate slightly as our Shoulders feel really fired up as the workout progresses. What once was a weight that felt very doable, now provides a slight hesitancy. Now that our Heart Rate is elevated and Shoulders burning, let's walk up some walls. Each Rep and Round of the Wall Walks will have you hoping that clock magically skips a couple minutes. Manage the fatigue and get to work!

Wednesday 4-13-22

WARM-UP

1 ROUND

:30 Single Unders

10/10 Lunges

10 Up Down Step-ups

1:00 Bike (Easy Pace)

1 ROUND

:30 High Jump Single Unders

8/8 Single DB Box Step-ups

10 Box Jumps

1:00 Bike (Moderate Pace)

1 ROUND

:30 Double Unders / Double Under Attempts

10 Alt. DB Box Step-Ups

10 Up Down Box Jumps

1:00 Bike (Hard Pace)

WORKOUT

FOR TIME

100 Double Unders

30 Alt. DB Box Step-Ups (50/35)|(35/25)|(24/20)

30 Up-Down Box Jump Overs

50/40 Cal Bike

30 Up-Down Box Jump Overs

30 Alt. DB Box Step-Ups

100 Double Unders

(Score is Time)

<https://vimeo.com/695911454/4813428dc6>

STIMULUS

Goal (Fittest) – Fittest athletes will look to finish this workout sub 17:00-19:00. The Double Unders should be completed within 1:30 or less. The Alt. DB Box Step-Ups should be smooth and steady, unbroken reps should be the goal here. The Up Down Box Jump Overs should also be completed with steady motion and take athletes less than 2:00. The 50/40 Cal Bike should be complete within 4:00 or less.

Goal (All) – Everyone else will look to finish this workout within 19:00-21:00. The Double Unders should be completed within 1:30 with that being the hard cap. The Alt. DB Box Step-Ups should be completed in 1-3 sets. The Up Down Box Jump Overs should be completed with a steady motion and take athletes 2:30 at most. The 50/40 Cal Bike should be complete within 4:30 or less.

Workout Feel (All) – Athletes need to buckle up for a long one with this workout. The Double Unders are the first hurdle and will get the heart and blood pumping. Athletes will feel these going into the Alt. DB Box Step-Ups which will fatigue the legs. The Up Down Box Jump Overs will be a long journey to 30 reps with the first 10 feeling really good due to less weight to carry. After that the heart rate will spike which will lead to the Cal Bike. The legs will feel heavy paddling and athletes will have to fight to get to the 50/40 rep range. After that it's back down the mountain and doing it all in reverse where everything will feel familiar but a lot more difficult this time around.

Friday 4-15-22

WARM-UP

QUICK RUN DRILLS

(25 ft Each)

Walking Knees to Chest

Walking Heel to Butt

Walking Figure 4

High Knees

Butt Kickers

High Skips

Lateral Skips (Down and Back)

Into.. 200m Run

Into...

1 ROUND

10 Alt Cossack Squats

10 Alt. 90/90 Stretch

5 Bootstrappers

5 Inch Worms to Squat

1 ROUND

10 Elbow Punches

5 OH Press

5 Front Squat

5 Behind Neck OH Press 5 Back Squat

STRENGTH

3x3*

Squat Clean

*All working sets should be Light...about 70-75% of 1-Rep Clean. This is Deload week, keep mechanics perfect.

(Score is Weight)

Week 7 of 8

NCFIT BENCHMARK WORKOUT

"CLOUDKICKER"

4 ROUNDS FOR TIME

7 Unbroken Bear Complex* (115/75)|(75/55)

400m Run

*1 Bear Complex = 1 Power Clean + 1 Front Squat + 1 Push Press + 1 Back Squat + 1 Behind the Neck Push Press

(Score is Time)

KG BB: (50/35)|(35/25)

<https://vimeo.com/695911609/310de2b4aa>

STIMULUS

Goal (Fittest) – Fittest athletes should aim to finish this sub 12-13:00. This comes down to who is willing to push the run harder, because these athletes will all be keeping the barbell unbroken.

Goal (All) – Athletes should aim to keep this one under 15-16:00. Stay unbroken and focus on smooth transition with the barbell. Keep the run consistent!

Workout Feel (All) – This one is going to a burner on the legs, which means they're doing it right! The barbell movements although have OH components the driving force should be the legs. With all the moving parts in the Bear Complex athletes will want to stay as efficient as possible. This means keeping the bar close and high on the shoulders and relying on the legs to move the weight. The run should be pretty uncomfortable but focus more on staying consistent every round.

Saturday 4-16-22

WARM-UP

2 RDS
6 I-Y-T (with DB or Plates)
12 Face Pulls
12 Supinated Pull-Aparts
6/6 Slow Half Kneeling Banded Press
1-2 RDS
20 Hollow Rocks
20 Plank Shoulder Taps
10 Scap Push-Ups

SKILL

ON A 8:00 RUNNING CLOCK... Practice Strict Ring Muscle-Ups

*Strict RMU Option 1: Strict Negative Ring Muscle-Ups

Strict RMU Option 2: False Grip Strict Ring Pull-Up

Strict RMU Option 3: False Grip Ring Row

(No Measure)

WORKOUT

3-4 SETS FOR QUALITY

10-12 Strict Ring Dips or Bar Dips

20 Wtd. Sit-Ups (Athlete Choice)

12-15 Ring Rows or 3-5 Strict Ring Muscle-Ups

1:00 Plank

-Rest 1:30 b/t Sets-

(No Measure)

OPTIONAL FINISHER

FOR TIME 28-22-16-10

Alt. Slam Ball Lunges Slam Balls

(Score is Time)

<https://vimeo.com/695911772/2486033095>

STIMULUS

Goal (Fittest) – The goal for the Fittest today will be to Get all 4 Rounds in 21:00-24:00 as written. That being said athletes priority should be movement quality and Full ROM above all else.

Goal (All) – The Goal for Everybody is to finish either 3 RDS in 17:00-20:00 or 4 RDS in 21:00-24:00. Everyone should aim to get a Push and a Pull movement that goes through a deep ROM that they can control throughout the whole movement.

Workout Feel (All) – The focus today is QUALITY, Speed is not the goal on this one. You'll be able to breathe comfortably through a massive Upper-Body pump. After the Skills session the upper body will feel primed for the workout. RD 1 is a good feeler round to see what you can hold on to for quality movements and if you can go unbroken or not. By RD 2 the pump is real, stay consistent and control the Eccentrics to keep stable throughout the movements. The RDS

3-4 is where I was starting to wonder if I could keep the sets unbroken, try and hold on, but don't lose the QUALITY of movement here!

Monday 4-4-22

WARM-UP

2 Sets

6 Push-Up to Pike

6/6 Moose Antlers

6 Cat Cows

6/6 Alt. Groiners

2 Sets

6/6 DB Arnold Press

6/6 DB Crossbody Deadlifts

6/6 SA DB Bent Over Row

6/6 SA DB Upright Rows

2 Sets

6 Slam Ball Cossack Squats

6 Slam Ball Hang to Overhead

6 Slam Ball Lunges

6 Slam Ball Glute Bridges

WORKOUT

AMRAP x 4 MINUTES

6 DB Deadlifts (50/35)|(35/20)

8 Slam Balls (30/20)|(20/10)

8 Alt. Lunges

-Rest 2:00-

AMRAP x 6 MINUTES

6 DB 'No Push-Up' Renegade Rows*

8 Slam Balls

10 Burpees

-Rest 2:00-

AMRAP x 8 MINUTES

6 DB Up-Downs

8 Slam Balls

12/10 Cal Row

*1 Rep = Row L / Row R

(Score is Rounds + Reps)

KG DB: (22.5/15)|(15/10) KG SB: (15/10)|(10/5)

COOL DOWN

FOR RECOVERY

400m Nasal Breathing Only Recovery Walk 1:00 Samson Stretch (R)

1:00 Samson Stretch (L)

(No Measure)

<https://vimeo.com/693791775/d1c7088bdf>

STIMULUS

Goal (Fittest) – Fittest should be shooting for 5+ Rounds per AMRAP. All movements should definitely be done unbroken and with some purpose. The 2:00 minute rest at the end of the AMRAP should be well earned today. Take advantage of pushing that transition from movement to movement.

Goal (All) – All athletes should be shooting for 4+ Rounds Per AMRAP. We want to make sure we can keep the DB movements to no more than 2 Sets. Should be able to move with control and pace between each movement. Only time we should be resting is when the 2:00 minute is upon us.

Workout Feel (All) – Not the most cardio intensive workout, but the muscular fatigue is at a high immediately. So much hinging, pulling, and pushing all in one go really puts some damage on our Posterior, Back and Shoulders. Have to give your whole body a big shakeout before you take on each individual movement. It'll be hard to push that pace because of the big burn that is coursing through the body.

Wednesday 4-6-22

WARM-UP

ON AN 8:00 RUNNING CLOCK...

2 Sets

100m Run

8 Bootstraps

8 Cossack Squats

8 Push-Up to Pike

2 Sets

100m Run

8 Med Ball Squats

8 DB Strict Press

8 Alt. V-Ups

2 Sets

100m Run

8 Med Ball Thrusters

8 Pike Push-Ups

8 V-Ups

STRENGTH

3-3-3-3* Back Squats

*Weight starts Moderate, building to Heavy. Perfect mechanics.

This is a supplemental strength session for our current cycle.

(Score is Weight)

WORKOUT

AMRAP x 17 MINUTES

7 Handstand Push-Ups*

21 Wall Balls (30/20)|(20/14)

35 Sit-Ups

400m Run

*Strict Preferred

(Score is Rounds + Reps)

KG WB: (14/9)|(9/6)

HSPU Option 1: Pike Push-Ups

HSPU Option 2: DB Strict Press

<https://vimeo.com/693791910/0aeb5689e8>

STIMULUS

Goal (Fittest) – Fittest should be shooting for 4+ Rounds today. Make sure you take on the Strict version of Handstand Push-Ups if you have them. No more than 2 Sets would be ideal. Look to use that Heavier Medicine Ball and keep it to no more than 2 Sets. Sit-Ups should be fairly quick and smooth. Run should be done in under 2:00 minutes.

Goal (All) – All should be shooting for 3+ Rounds today. Pick a Handstand Push-Up option that can be completed in 2 maybe 3 Sets near the end of the workout. Wall Balls we would like to keep to no more than 3 quick sets. Sit-Ups should be steady and smooth. Runs should be completed right around the 2:00 minute mark.

Workout Feel (All) – The Shoulder fatigue hits hard quickly! Pairing both the Handstand Push-Ups with a heavier Wall Ball today will really make you feel that deep achy feel as if you just did a full workout already. The Sit-Ups do start to really fatigue the midline, but you find yourself almost going a little slower as you don't want to get back to the eventual Shoulder fatigue. Our Run is a unique opportunity to really focus on shaking out those arms to get ready for another round! Keep the fatigue controlled and really push where you can!

Friday 4-8-22

WARM-UP

ON A 10:00 RUNNING CLOCK...

1:00 Bike EZ to Moderate

Immediately Into..

2 SETS

6/6 Lunges

10 Tuck-Ups

6/6 Step-Ups

:10 Bar Hang

Then,

1 SET

6/6 KB Goblet Alt. Step-Ups

10 Strict Knees to Chest
...In remaining time Mod-Hard Bike

WORKOUT

EMOM x 20 MINUTES

MIN 1 - 16 KB Goblet Alt. Box Step-Ups (53/35)|(35/26)|(24/20)

MIN 2 - 15 Toes to Bar

MIN 3&4 - Max Cal Bike

MIN 5 - Rest

(Score is Total Cals)

KG KB: (24/16)|(16/12)

COOL DOWN

FOR RECOVERY

5:00 Olympic Wall Squat

2:00 Slow Side Lying Thoracic Rotations (R)

2:00 Slow Side Lying Thoracic Rotations (L)

(No Measure)

<https://vimeo.com/693791445/816f5c49ac>

STIMULUS

Goal (Fittest) – Score on this Workout is based off of Calories on the Bike. Athletes in this category are trying to hit 140-160+ Calories total. Will any athlete get over 200 Calories on this?! I think it's possible! MIN 1 + MIN 2 in the EMOM, just stay consistent and get all the reps in.

Goal (All) – Score of this Workout is based off of Calories on the Bike. All athletes are aiming to get 110-130+ Calories on the Bike. This workout is mainly a Bike workout. For MIN 1 + MIN 2 on the EMOM athletes should pick a movement adjustment or rep scheme that they can consistently finish each round in :45-:55.

Workout Feel (All) – This Workout is a Bike workout. The minute of Rest goes by very quickly. Rounds 1-3 the MIN 1 + MIN 2 should be relatively comfortable, then when you get on the Bike go as hard as you can. The faster you go the more you get rewarded on the bike. Rounds 4-5 the MIN 1 + MIN 2 the Grip really starts to burn, hold on to those KBs and keep the Toes to Bar in big consistent sets!

Saturday 4-9-22

WARM-UP

JUMP ROPE WARM-UP

(4:00 Cap)

20 Single Unders

10 Right Leg Singles

10 Left Leg Singles

20 Alt. Singles

10 Forward/Backward Hop

10 Right/Left Hop

10 Scissor Kick Singles

10 Single, Single, High Jump
10 Penguin Hops (Single Tap)
10 Penguin Hops (Double Tap)
:30 Double Under Practice*

2 ROUNDS

10 PVC Pass Throughs
8 PVC Push Jerks
6 Broad Jumps

1 ROUND

5 BB Snatch Deadlift
5 BB Snatch Push Jerks
5 BB Hang Muscle Snatch

*Athletes can practice Single + Single + Double; Single + Double, or work on stringing Double Unders together

STRENGTH

3 SETS*

1 Snatch Pull + 1 Power Snatch

*All working sets should be Heavy...about 90+% of 1-Rep Snatch. Option to build in later sets if perfect mechanics are maintained.

(Score is Weight)

Week 6 of 8

WORKOUT

FOR TIME

3-6-9-12-9-6-3

Hang Power Snatch (115/75)|(75/55)

30-40-50-60-50-40-30

Double Under*

*Option for 'Unbroken' Double Unders (Score is Time)

KG BB:(50/35)|(35/25)

OPTIONAL FINISHER

2-3 SETS FOR QUALITY

20 Alt. Weighted Plate Russian Twists Immediately Into...

1:00 Weighted Hollow Hold

(No Measure)

<https://vimeo.com/693791623/ed7189d0cd>

STIMULUS

Goal (Fittest) – Sub 10:00. This is meant to be fast and unbroken. Challenge your strong jump rope athletes to keep their DU's unbroken as well. Sub 9:00 is very doable!

Goal (All) – Aim for sub 12:00. We want these athletes choosing a light weight so they can focus on moving fast throughout the workout.

Workout Feel (All) – Right after the second round the heart rate is going to be through the roof. The goal is to keep moving when everything is under fire! Keep thinking one more rep with the barbell in the hand, the volume is light so this should give athletes an extra push to keep the bar

in their hands the whole set. This will be no easy task, as the Jump Rope will sneak up on the grip. If there is anywhere to break it will be the round of 12, but take this through as many reps as possible then a quick finish off because the reps are going back down. Make sure athletes get a time frame on the Jump Rope but they should keep this moving or move on, we do not want this to turn into a Jump Rope workout the focus is the barbell.

Monday

WARM-UP

3 SETS

15 Toe Touch Jumping Jacks 5/5 Split Squats*

5 Push-Up to Pike

10 Elbow Punches

5 OH Press**

*Round 2 perform 5/5 Jumping Split Squats, Round 3 perform 10 Jumping Lunges.

**Round 2 perform Push Press, Round 3 perform Press from the Split Position

STRENGTH

5 SETS*

2 Split Jerks

*All working sets should be Heavy...about 80-90% of 1-Rep Split Jerk.

Option to build in later sets if perfect mechanics are maintained.

(Score is Weight)

Week 5 of 8

NCFIT BENCHMARK WORKOUT "GRACE"

FOR TIME

30 Clean & Jerks (135/95)|(95/65)

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

<https://vimeo.com/691180976/8927a7f281>

STIMULUS

Goal (Fittest) – Really advanced athletes are looking at sub 2:00, your fittest should aim for 3-4:00. These athletes are doing big sets, possibly some singles to quickly finish off.

Goal (All) – For all athletes we want to see them get this anywhere between 5-8:00. Some will have set reps to continue to knock out as they chip away at this or quick singles the whole way through.

Workout Feel (All) – Grippy for sure, should be a light to light moderate load feel for all athletes with a sprint effort leaving everyone breathless. The goal is to stay on the bar and keep hitting big sets or quick singles. Athletes will all have different strategies on how to chip away at this one but ultimately its about having the urgency to keep picking up the bar.

Wednesday

WARM-UP

2 ROUNDS

10 PVC Pass Throughs 8 Jumping Squats

6 Inch Worms

1-2 ROUNDS

10 Up-Downs

8 PVC Snatch Push Jerks 6 PVC Jumping OHS

STRENGTH

5 SETS*

2 Squat Snatch

*All working sets should be Mod-Heavy to Heavy...about 80-90% of 1-Rep Snatch. Option to build in later sets if perfect mechanics are maintained.

(Score is Weight)

Week 5 of 8

NCFIT BENCHMARK WORKOUT "INGRID"

10 ROUNDS FOR TIME

3 Power Snatches (135/95)|(95/65)

3 Burpees Over Bar

(Score is Time)

<https://vimeo.com/691182548/f6df992e56>

STIMULUS

Goal (Fittest) – These athletes are aiming for sub 7:00. Focus on keeping the barbell unbroken for as long as possible with quick burpees.

Goal (All) – Aim for sub 12:00. Athletes should be able to perform each round in a 1:00 or less. Burpees should be smooth and nonstop.

Workout Feel (All) – We have a fun Spin on Isabel today that takes away a little bit of the grip but adds a tougher shoulder component. The load should be light no more than light-moderate for athletes because they should be focusing on getting right back to picking up the barbell.

Friday

WARM-UP

IN 8:00 GET AS FAR AS YOU CAN...

200m Run

25' Of the Following High Knees

Butt Kickers

Skip for Height High Kicks

200m Run

Into....

1-2 SETS

8 Scap Pull-Ups

8 Small Kip Swings 8 Banded Pull Aparts

1-2 SETS

8 Big Kip Swings

8 Banded Pull Downs 8/8 SA Ring Rows

SKILL

ON A 10:00 RUNNING CLOCK... Practice Kipping Pull-Ups*

*Drilling Options...

Beginner: Kipping Swings

Intermediate: Kipping Pull-Ups w/ Pause @ the top

Advanced: Butterfly

(No Measure)

NCFIT BENCHMARK WORKOUT "NICOLE"

AMRAP x 20 MINUTES

400m Run

Max Unbroken Pull-Ups*

*Must perform a max set of unbroken Pull-Ups. Unbroken means resting in any other position than a hang.

(Score is Reps)

NOTE -- Option to perform with Strict Pull-Ups.

OPTIONAL COOL DOWN

FOR RECOVERY

2:00 Nasal Breathing Only Walk 5:00 Foam Roll Back

2:00 Bicep Smash

(No Measure)

<https://vimeo.com/691183254/6a9556c391>

STIMULUS

Goal (Fittest) – Fittest should be looking to perform 150+ Pull-Ups today. Should know they are able to come out with really large and smooth Sets. That would set us up for about 25+ per Set. Runs should be done around 2:00 minutes or less. Look to Run about 6 times or less.

Goal (All) – All athletes should be looking to perform 80 - 100 + Pull-Ups today. Sets should be fairly consistent looking for 8-12 Reps today. Runs we would like 2:00 - 2:20 today. Try to keep it to 6-8 Runs. Anything more and we need to do our strategy listed in the Adjustments section.

Workout Feel (All) – Each Run honestly felt good. It was a time to evaluate and strategize that next Set of Pull-Ups that was to come. The challenge for this workout is telling yourself that you are ready for the next big Set. Each Pull-Up becomes harder and harder. Your Lats, Biceps, Shoulders and Forearms are screaming at you to please stop as every Rep. Keep holding on and go get the next one!

Saturday

WARM-UP

ON A 10:00 RUNNING CLOCK.. 400m Run

Into...

2 ROUNDS

10 Samson Stretches 8 Inchworms

10 Kipping Swings :30 Squat Hold

Into...

2 ROUNDS

10 Tempo Air Squats (32x1) 8 Tempo Push-ups (32x1) :20 Scap Pull-ups

Into...

Practice Single Unders / Double Unders / Double Under Attempts

NCFIT BENCHMARK WORKOUT "LEADING LADIES"

FOR TIME*

50-40-30-20-10

Double Unders 50-40-30-20-10 Sit-Ups

5-4-3-2-1

Rounds of 'Cindy'*

*1 Round of 'Cindy' = 5 Pull-Ups + 10 Push-Ups + 15 Air Squats.

(Score is Time)

<https://vimeo.com/691180122/508679ce6e>

STIMULUS

Goal (Fittest) – Fittest athletes will be looking to finish this workout sub 19:00-21:00. All movement will look to remain unbroken and they should have a pace that remains intact through the entire workout. Each round of Cindy should take athletes around :45-1:05.

Goal (All) – Everyone else will be looking to complete this workout within 21:00-25:00. Double Unders should be completed quickly with a few stoppages on the way. Sit-ups should be completed in 1-2 sets at most. Pull-ups should be completed unbroken. Push-ups in 1-2 sets and Air Squats completed unbroken.

Workout Feel (All) – Fast paced workout where athletes will find their groove early on and fight to stick with it. The combo of Annie and Cindy will mesh perfectly together and each movement will complement the next. The Double Unders will rev up the engine and the Sit-ups will be a way to calm the body back down. The Pull-ups will go by quick and before athletes know it they will be on the ground for the Push-ups. Push-ups will be the sneaky movement in this workout and over time will get more difficult. The Air Squats should be unbroken but will burn towards the tail end of the workout.

Monday

WARM-UP

2 Sets (10:00 Cap)

1:00 Row @ Mod Pace

10 Push-Up to Pike

10 Cat Cows

10 Moose Antlers

10 Alt. V-Ups

2 Sets

1:00 Row @ Hard Pace

8 Up-Downs

8 Glute Bridge-Ups

8 V-Ups

8 Barbell Strict Press

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Push or Split Jerk

Week 4 of 8

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES

500/400m Row

10 Hand Release Push-Ups*

7 Jerks (135/95)|(95/65)**

*Increase by 5-Reps Every Round

**Option for Push or Split

(Score is Rounds + Reps)

<https://vimeo.com/688312259/76b59d309f>

STIMULUS

Goal (Fittest) – Fittest should be looking to get 4-5+ Rounds today. Each round you should be looking to add about :10 - :20 seconds due to the additional 5 Hand Release Push-Ups. Jerks should be unbroken and Row should be done at 2:00 or under.

Goal (All) – All athletes should be completing 3.5-4.5 Rounds today. Looking to add about :30 seconds to each round as the Hand Release Push-Ups progress. Still keep the Jerks unbroken. Row should be done at 2:00 - 2:15 at the very most.

Workout Feel (All) – Coming out of the gate with a bit of confidence. We are using the Row to strategize a bit of how we want to attack these 2 pushing movements. Coming off the Row our Hand Release Push-Ups always start good, but about halfway through continue to get more challenging as the workout progresses. Our Jerks we feel confident with to start, but with the more time on the Row and Hand Release Push-Ups, what felt like an automatic Set now becomes increasingly difficult. Look to shake out what we can and get to work!

Wednesday

WARM-UP

ON AN 8:00 RUNNING CLOCK...

400m Run

Into...

2 Sets

10 Banded Pull Aparts

10 Scap Pull-Ups

10 Lunges

10 Sit-Ups

2 Sets

10 Banded Lat Pull-Downs

10 Alt. KB Goblet Lunges

10 Burpees

10 V-Ups

SKILL

3 SETS FOR QUALITY

5-8 Strict TTB or Slow Hanging Knee Raise 5-8 Strict Pull-Ups

(No Measure)

WORKOUT

FOR TIME

50 Air Squats

25 Pull-Ups

50 KB Alt. Goblet Lunges (53/35)|(35/26)

25 Toes to Bar

100 Up-Downs

25 Toes to Bar

50 KB Alt. Goblet Lunges

25 Pull-Ups

50 Air Squats

(Score is Time)

<https://vimeo.com/688312023/43019d9b81>

STIMULUS

Goal (Fittest) – Fittest are looking to complete today's workout around 15:00 - 17:00 minutes. Should be able to complete the Up-Down portion in under 5:00 minutes. The Rig movements should be completed in 2-3 Sets as needed. Quick Shakeout on the KB Alt. Goblet Lunges, but could go unbroken if you needed too.

Goal (All) – All athletes should be looking to complete today's workout around 18:00 - 21:00 minutes. Should be able to complete the Up-Downs under the 8:00 minute Cap. Both the Pull-Ups and Toes to Bar should be done in 3-5 Sets. Picking controlled numbers that you can move through. The KB Alt. Goblet Lunge should be done in 2-3 Sets.

Workout Feel (All) – A fairly consistent Heart Rate will be had today as we can move smoothly, but with purpose. Starting with a decent number of Air Squats to begin that Quad burn. Both the Pull-Ups and Toes to Bar really fire up your Lats and Grip. The burn really starts to amp up during the Alt. KB Goblet Lunge. It is enough of a burn of the Quads and Arms that you don't want to do another, but know you are capable of it. Up-Downs provide the most challenge on the day, not only from a Rep perspective, but the Shoulder and Leg burn we have already turned this movement much harder than it needs to be. Once 100 is complete, time to do it all again.

Friday

WARM-UP

2 ROUNDS

1:00 Bike*

10 Toe Touch Jumping Jacks

8 Elbow Punches

8 Good Morning**

6 Broad Jumps

6 Hollow Rocks

*Round 1 perform Light to Moderate.

Round 2 perform Moderate to Hard

**Round 2 Perform Hang Muscle Clean

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Power Clean

Week 4 of 8

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

15/12 Cal Bike

9 Hang Power Cleans (165/115)|(115/75)

(Score is Time)

KG BB: (75/50)|(50/35)

<https://vimeo.com/688311803/5b41d2fb81>

STIMULUS

Goal (Fittest) – Sub 7-8:00 for the fittest. These athletes will go unbroken from start to finish. The key here for those faster times is who's willing to push the bike pace harder and is going to transition faster to the barbell. I went 6:05, sub 6:00 is doable!

Goal (All) – Goal is sub 10:00. Most athletes will be able to push the bike, its about encouraging them to start hard on the bike instead of getting on and coastin the first few calories and then picking up those RPMs. Athletes should be able to

Workout Feel (All) – Sprint is the name of the game here. Focus on trying to get faster each round. Weight in the HPC should be unbroken for everyone today. This will be tempting to go all out in the first round but you have to leave a little in the tank and then really send it on the last 2 rounds. There needs to be a sense of urgency transitioning from the Bike to the Barbell. The training today is to be able to find that inner grit and pick up the barbell right away off the Bike, avoid trying to wait that second before getting started. Get all the chalking and water out of the way and just GO!

Saturday

WARM-UP

1-2 ROUNDS

10 Up-Downs

10 PVC Pass Throughs

10 PVC Snatch Push Jerks*

10 Scap Pull-Ups

1 ROUND

8 Burpees

8 PVC Scarecrow Power Snatch** 8 Jumping Squats

8 Kip Swings

*The Snatch Grip Push Jerk is performed from behind the neck

**Start in the Scarecrow position (Snatch grip and elbows high) and on the toes. Athletes will jump down into the Power position and punch the bar OH. Landing should be the same as the Push Jerk.

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Power Snatch

Week 4 of 8

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"POWER PLUS AMANDA"

FOR TIME

11-9-7-5

Power Snatch (135/95)|(95/65) Bar Muscle-Up

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

BMU Option 1: Jumping BMU BMU Option 2: Burpee Pull-Ups

<https://vimeo.com/688539646/4c3d175c67>

STIMULUS

Goal (Fittest) – For each AMRAP our fittest athletes should be looking to complete 3.5-4+ rounds and remain unbroken the whole way throughout. The Double Unders should be completed in :30 or less each set.

Goal (All) – For each AMRAP our all other athletes should be looking to complete 3-3.5+ rounds and remain unbroken the whole way throughout. The Double Unders should be completed in :30 or less each set.

Workout Feel (All) – Major pump to the legs coming athlete's way with this workout. The DB Front Squats will feel heavier as they progress through the workout but athletes will be able to stay unbroken throughout. The DB Suitcase Step-ups will be the most challenging movement as athlete's legs will be challenged each time they step onto the box. The Double Under will feel harder than usual as the legs start to feel heavy.

Monday 3-14-22

WARM-UP

AMRAP x 5 MINUTES

7 Squat Jumps
7 Barbell Upright Rows* 7 RDL **
7 Strict Press
* Switch to Hang Muscle Cleans at Halfway
** Switch to Clean Deadlift at Halfway

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy Complex:

1 Power Clean

+

1 Hang Squat Clean +

1 Split Jerk

(Score is Weight)

Week 3 of 8

NCFIT BENCHMARK WORKOUT

"ELIZA-PLUS"

FOR TIME

27-21-15-9

Power Clean (135/95)|(95/65)

Ring Dip or Push-up

(Score is Time)

<https://vimeo.com/683448196/e8b4e696f3>

STIMULUS

Goal (Fittest) – Fittest should be going sub 12:00 minutes here today. Should be able to hold on to the Barbell for 8+ Reps throughout. Barbell Monsters will hold on to more, but the minimum should be 8 Reps. Look to complete larger Sets on the Dips or Hand Release Push-Ups as well. If you haven't done this with Strict Dips, look to add that challenge today.

Goal (All) – All athletes should be completing this in under 15:00 minutes. Should have a weight we can do 5-7+ Reps for today. Starting off strong, but having the ability to adjust to smaller and quicker Sets as needed. Breaking up the Dips or Hand Release Push-Ups to sets that work best for the individual. Keeping it moving and steady. Dips ideally 3-5 and Hand Release Push-Ups 7+.

Workout Feel (All) – A gnarly combo of a fast aggressive Pull and paired with a challenging Push. Starting out the gates with 27. Feeling fresh, but coming out too hot can seriously break us for later. Each Rep of our Power Clean really starts to become increasingly challenging especially knowing we can really push this weight. Our Dips or Hand Release Push-Ups provide a unique challenge where we really want to push and finish them before that fatigue really sets in. The challenge for this workout comes from the middle. Both the later parts of the Round of 21 and the whole 15. This is where the effort is really needed. Can we hold on to that Bar for one more Rep. Can we control that push and fight for that full extension. The speed and Reps really add up. Time to test our mettle.

Wednesday 3-16-22

WARM-UP

AMRAP x 6 MINUTES 100m Run

35 Single Unders

10 Med Ball Front Squats* 10 Groiners

* Front Squats turn to Med Ball Thrusters at 3:00 minutes

STRENGTH

8-8-8

Tempo Back Squat (32X1)

*Weight starts Light, building to Moderate. Perfect mechanics. This is a supplemental strength session for our current cycle.

(Score is Weight)

WORKOUT

4 SETS FOR TIME*

40 Double Unders

40 'Unbroken' Wall Balls (20/14)|(14/10)**

-Rest 1:30 b/t Sets-

*Anytime athletes breaks set by dropping ball or stopping the unbroken reps, must run 100m then continue the set.

**Option to use a Heavier Ball.

(Score is Total Time)

<https://vimeo.com/683449110/4c717ff24e>

STIMULUS

Goal (Fittest) – Fittest should be looking to keep both the Double Unders and Wall Balls Unbroken. If they do break on the Wall Balls the Run should be completed under :30 seconds. Strongly encourage that added challenge of a slightly heavier Med Ball if you have it. 14:00 minutes or less is doable for the day.

Goal (All) – All athletes should be looking to complete the Double Unders in under 3 Sets. Our Wall Balls should be completed in no more than 2 Sets ideally. Runs should be done at :30 or less. Look to complete under 16:00 today.

Workout Feel (All) – The power of the word 'Unbroken' does some tricky things to your head today. We start by getting the Heart Rate slightly elevated with our Double Unders. After that we are left with a slight pause as we approach the task of going 'Unbroken'. Not only is this physically demanding throughout the workout, but each Rep becomes more of a mental strain as well. The constant threat of a 100m Run is forever on the forefront of your thought process. Have to be willing to push that burn and make it count!

Friday 3-18-22

WARM-UP

200m Run

Into...

4 ROUNDS (:15 EACH) - Jumping Jacks
- PVC Pass Throughs - Jumping Squats*
- Hollow Hold

*Round 3 switch to PVC Jumping Back Squat, Round 4 sub for PVC Jumping OHS

STRENGTH

ON A 20:00 RUNNING CLOCK... Build to a Heavy Complex:

1 Hang Power Snatch +

1 Overhead Squat

+

1 Hang Squat Snatch (Score is Weight) Week 3 of 8

WORKOUT

3 ROUNDS FOR TIME

400m Run

21 Hang Power Snatch (95/65)|(65/45)

(Score is Time)

KG BB: (42.5/30)|(30/20)

COOL DOWN

FOR RECOVERY

2:00 Twisted Cross (R) 2:00 Twisted Cross (L) 1:00 Calf Stretch (R) 1:00 Calf Stretch (L)

(No Measure)

<https://vimeo.com/683446280/959bd302dd>

STIMULUS

Goal (Fittest) – Aim for 10-12 minutes or less. These athletes are pushing it on the run and going unbroken on the barbell. Possibly 2 sets for the Hang Power Snatch in the first 2 rounds but going hard on the last round and aiming for unbroken.

Goal (All) – Aim for 12-15 minutes. Everyone should go sub 15:00. Manage the pace and break up the barbell so they can push it hard on the last round. The goal for these athletes is to keep the barbell to 2 sets.

Workout Feel (All) – This is going to immediately spike up the heart rate. The run should start moderate-hard and the best scenario is athletes set an appropriate pace to start and pick up the pace each round. The 2nd round is key on this one. Break up the barbell ahead of time. It should be light and we should see athletes cycling fast. If needed to preserve the upper body. Their arms get a break after the run so it encourages athletes to hit big sets but not at the cost of falling off especially if they come out too hot to start

Saturday 3-19-22

WARM-UP

CHIPPER STYLE WARM-UP :30 Row (Arms Only)

10 Air Squats

10 Box Step Ups

:30 Row (Legs Only) 8 Jumping Squats

8 Lateral Step Overs :45 Row (Half Stroke) 6 Alt. Curtsy Lunges 6 Box Jumps
1:00 Row (Full Stroke)

WORKOUT

5 SETS

ON A 3:30 RUNNING CLOCK... 16 DB Goblet Step-Ups (35/20)|(20/15)/(24/20)

14 Box Jumps (24/20)

12 Box Jump Overs (24/20)

Max Cal Row in time remaining...

-Rest 1:00 b/t Sets- (Score is Lowest Cals)

OPTIONAL FINISHER

3 SETS FOR QUALITY

10-15 Rower Pike-Ups or Tuck-Ups

2:00 Recovery Row (Nasal Breathing Only)

-Rest 1:00 b/t Sets-

(No Measure)

<https://vimeo.com/683447527/fd9b42e26e>

STIMULUS

Goal (Fittest) – The goal for these athletes is to fly through the first part, possibly rebounding on the box jumps if they are very experienced and then finish with 1:30-2:00 on the row. Consistency is key and we want to see our fittest stay within 1-2 calories of their rounds.

Goal (All) – The focus here is having the same time for the row every round, about 1-1:30 of time left. These athletes may expect some calorie drop off but try to aim to stay within 2-3 calories of their previous rounds.

Workout Feel (All) – No question this is a leg burner today. This is a good training day for all athletes' leg capacity. Can they continue to push the row pace hard even after beating their legs down with all the Box movements before. Each round will be tempting to slow down to save more for the row but this will only lose time to hit those calories on the rower. Instead, expect to possibly see some drop off but the focus should be aiming to have the same time to attempt the max calories each round.

Monday 3-7-22

WARM-UP

2 SETS (8:00 Cap) 200m Run @ Mod Pace 12 Box Step Overs

12 Barbell RDL

12 Alt. V-Ups

Into...

2 SETS

200m Run @ Hard Pace 10 Box Jumps

10 Clean Deadlifts

10 V-Ups

STRENGTH

4 SETS*

2 Reps of the Complex...

1 Clean Pull

+

1 Power Clean

-Quick Rest b/t Reps & Rest as Needed b/t Sets-

*All working sets should be Mod-Heavy...about 80-85% of 1RM Clean. Each Rep = 1+1. Option to build in later sets if perfect mechanics are maintained.

(Score is Weight)

Week 2 of 8

WORKOUT

3 ROUNDS FOR TIME

400m Run

10 Hang Power Clean (95/65)|(65/45) 30 Sit-Ups

10 Hang Squat Clean

10 Box Jumps (30/24)|(24/20)

(Score is Time)

KG BB: (42.5/30)|(30/20)

<https://vimeo.com/683442561/ee3a84767e>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete 13:00 minutes or less. Run should be completed in under 2:00 minutes here. All variations of the Hang Clean (Power & Squat) should be fast and unbroken. No rest during the Sit-Ups besides trying to shake out those Legs. Keep the Box Jumps smooth and fast here.

Goal (All) – All athletes should be looking to complete between 14:00-16:00 minutes today. Run should be completed in no more than 2:15 today. Both variations of the Clean should be unbroken, if not one quick shakeout on the Squat variation. Keep the Sit-Ups steady here. Box Jumps should be steady throughout.

Workout Feel (All) – Leg and Lung burn is real! Starting with a harder effort on the Run to kick things off. Approaching a Barbell weight we feel very confident in performing our Hang Power Cleans. The burn continues on. Our Sit-Ups even though a relative number we have done before really start to mess with our midline a bit because of our other movements. However, this is our opportunity to try and recover our Legs. The real kicker of this workout is our Hang Squat Cleans right into our taller Box Jumps. Both moves we know we can knock out rather steadily, however the combination of all things at this point really fires them up and creates an ever so slight pause of concern. Today is all about embracing our ability and pushing through that fatigue!

Wednesday 3-9-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :45 Row @ Mod Pace

MIN 2 - 10 Cat Cows + 6/6 Moose Antlers MIN 3- :45 Up-Down Over Bar*

MIN 4 - 10 Push-Up to Pike + 12 Shoulder Taps

* Second time through switch to Burpees Over Bar

STRENGTH

5x2

Push Jerk*

*All Sets should be Heavy. Bar comes from the rack.

(Score is Weight)

*Supplemental strength for Oly Cycle. Option to build if perfect mechanics are maintained.

Week 2 of 8

WORKOUT

ON A 15:00 RUNNING CLOCK...

50 Push Jerks (155/105)|(115/75)* 100 Burpees Over Bar*

Max Meters Row in time remaining...

*Partition the Push Jerks & Burpees in any reps or order to complete all 150 reps.

(Score is Meters)

<https://vimeo.com/683442815/2c05cd4222>

STIMULUS

Goal (Fittest) – Fittest should be looking to have about 4:00 minutes or more on the Rower.

Being able to do confident sets of 5-7 at minimum for the Push Jerk and smooth yet fast during the Burpees Over Bar.

Goal (All) – All athletes should be looking to have about 2:00 minutes or more on the Rower.

With a Barbell weight we can get at least 5 Reps. Burpees Over Bar should be steady and consistent. Looking to build pace as you progress.

Workout Feel (All) – I kept hearing Coach Frankie say “You got this Ryan”. Everytime he said it, I continued to be unsure. This is going to be a gnarly brutal combo for athletes. Heavy Barbell does just enough to really blow up that pushing power. Then trying to convince yourself to just move on the Burpees Over Bar continues to be a struggle with that pushing power ever evaporated. Lungs and fatigue are at an all time high! Then when you finally finish 50/100 the goal shifts to getting those Meters. Pushing that hammer and bring it home!

Friday 3-11-22

WARM-UP

EMOM X 8 MINUTES

MIN 1 - :40 Single Unders

MIN 2 - 8 DB Push-Ups (Push-Ups on DBs)*

MIN 3 - :10 second dead hang + 5-10 Hanging Knee Raises

MIN 4 - 8 No Push-Up Renegade Row**

*Athletes can also perform the Push-Up on their Knees (Use DBs that are 50-75% of Workout Weight for the Warm-Up) **Athletes start in a high plank. They will row the DB same action as a Ring Row and alternate arms (this will be 4 per arm)

WORKOUT

EMOM x 20 MINUTES*

MIN 1 - 50 Double Unders

MIN 2 - 15 Toes to Bar

MIN 3 - Max DB Renegade Rows (50/35)|(35/20)

MIN 4 - Rest

*All work in MIN 1 & 2 must be completed by :50 mark. Option for 'Unbroken' reps for MIN 1 & 2.
(Score is Lowest Reps)

KG DB: (22.5/15)|(15/10)

POST WORKOUT STRENGTH

3 SETS FOR QUALITY

12-15 Incline DB Bench Press (Athlete Choice, Heavy)

Immediately Into...

1:30 Push-Up Plank

-Rest 1:30 b/t Sets- (No Measure)

<https://vimeo.com/683442311/5746220f5d>

STIMULUS

Goal (Fittest) – The Fittest should be shooting for unbroken reps. Challenge them to get both Double Unders and Toes To Bar done in under :30. 6+ Reps on the Renegade Row is the goal, aim to earn each rest minute and really push the Renegade Row through the whole EMOM. The fittest athletes should not have too much problem with the Double Unders and Toes To Bar, encourage them to push the Renegade Row to the MAX!

Goal (All) – Complete the reps of the EMOM in 2-3 Sets. If you can't get all the reps for the EMOM, find a challenging number to reach in :50, try to get that number every round. 3-6+ Reps on the Renegade Row. Stay consistent with the reps through all of the rounds.

Workout Feel (All) – During the first Round or two while you're settling into the workout you will feel an arm and chest pump on the Renegade Rows. Then it starts to get real, the Toes to Bar and Renegade Row can really tax the grip along with a total ab burn. By the end of this workout your core, arms, and chest should be on fire. On the first set of the Post-Workout Strength, you'll already be feeling it. The Push-Up Plank is BRUTAL... Can you hang on the full 1:30?

Saturday 3-12-22

OPEN 22.3!

Workout will be updated on Thursday night when the workout is announced...

Monday

WARM-UP

Run 200m

Into...

2 ROUNDS

4/4 Samson Stretch 6/6 Step-ups

8 Strict Press

1-2 ROUNDS 8 RDL

8 Box Jumps 8 Push Press

-Hard Cap at 7:00-

STRENGTH

1.) 3-3-3

Clean Deadlifts*

*All working sets should be Mod-Heavy...70-75% of 1RM Clean for DL and 1RM Jerk for PP.

Option to build if perfect mechanics are maintained.

(Score is Weight)

2.) 3-3-3 Push Press**

**Bar comes from the floor (Score is Weight)

Week 1 of 8

WORKOUT

2 ROUNDS FOR TIME

30 Box Jumps (24/20)

15 Push Press (135/95)|(95/65)

400m Run

(Score is Time)

<https://vimeo.com/678040470/aaa33ab84f>

STIMULUS

Goal (Fittest) – 9:00-11:00 or faster. This is an absolute leg and lung burner. Use the Push-press as a way to slow down the heart rate. Most in this category will go unbroken here, but keep it 2 sets max. Aim to get the Box Jumps in 2:00 or less and same with the runs. If you do that and keep solid transitions, you'll get in the goal range.

Goal (All) – 12:00-14:00. This is a workout where we want our athletes to all finish before the time cap. Keep the Box Jumps and Runs in the 2:00-3:00 per each set range. Be smooth on the Push-Press, try to keep these at 1-2 sets. Choose a weight you would be able to do unbroken fresh.

Workout Feel (All) – You're going to feel pretty awesome on those first few Box Jumps, but once that heart rate spikes towards the end of the first set, now you're in the workout. Sprint style workout so it's fast paced throughout, your legs and lungs will feel the burn after the first round. Your legs will feel heavy on the second round of Box Jumps. Make sure to keep picking them up like a Tuck Jump. Save your posterior chain! By the end of this, you will feel challenged with your legs and lungs burning. The faster you go, the faster it is over. Have fun and get after it!

Wednesday

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :45 Row @ Mod-Hard Pace

MIN 2 - 8 Push-Up to Pike + Max Plank Hold MIN 3 - :45 Fast Up-Downs

MIN 4 - 16 Hollow Rocks + Max Hollow Hold

NCFIT BENCHMARK WORKOUT "DEATH ROW"

EMOM x 20 MINUTES

MIN 1 -- 20/15 Cal Row

MIN 2 -- 15 Burpees

*Scale as needed to accomplish the work in each minute in :50-:45 or less.

(Score is Rounds Completed)

POST WORKOUT STRENGTH

10-10-10 Bench Press

*Start Moderate, build to Heavy

(Score is Weight)

<https://vimeo.com/678040644/75896fc5d0>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete as written. If they have been successful previously before, then you can look to add some Burpees to that minute. Ideally being able to complete most efforts between :45-:50 seconds.

Goal (All) – All athletes should be picking a challenging but repeatable number here. Evaluate at the halfway point if we can add a bit. If they are feeling good and can add, then add 1-2 Reps. Ideally we are looking at completing the efforts around :50-:55 seconds. Don't let it roll into an AMRAP.

Workout Feel (All) – A workout forever burned into our Soul. A beautiful combination of Rowing and Burpees. 20/15 Cal Row in a minute is fine for 1:00 minute, but the full workout?! Now we are seriously going to have to find a second gear. Pairing that with 15 Burpees, oh man. Whether this is your first time or another tally on the board, this workout is surely going to leave you feeling tested and ready to improve.

Friday

WARM-UP

2 ROUNDS

100m Run (or :30 Cardio Machine) 10 Jumping Jacks

10 Med Ball G2O

10 Up-Downs

Then...

Play a Game to Get Warm!

WORKOUT

EMOM x 10 MINUTES

MIN 1 -- AMRAP of 4 Med Ball Front Squat + 4 MB Ground to Overhead (20/14)|(14/10)

MIN 2 -- Row or Bike, Moderate Effort

-Rest 3:00-

EMOM x 10 MINUTES

MIN 1 -- AMRAP of 4 MB Sit-ups + 4 MB Russian Twists*

MIN 2 -- Row or Bike, Moderate Effort

*L+R = 1 Rep

(No Measure)

KG WB: (9/6)|(6/5)

COOLDOWN

FLOW STRETCHING...

2:00 Olympic Wall Squat 2:00 Saddle

2:00 Dragon (1:00 each side) 2:00 Seated Fold Forward 2:00 Rebound

(No Measure)

<https://vimeo.com/678040134/a1acbc3248>

STIMULUS

Goal (Fittest) – Keep the intensity on the cardio machine high today to get the heart rate up. Workout movements will be unbroken with fast transitions. These athletes are proficient with their reps and should be able to maintain the quality of the movement while pushing the pace, finishing into the 4th Round or more.

Goal (All) – These athletes are focusing on quality with a consistent pace throughout the workout. Set a challenging pace on the cardio machine to get the heart rate up but will not compromise their movement. Aim to get into the 3rd Round or more.

Workout Feel (All) – Full body sweat. The goal is to hold onto the ball for the whole workout. The break will come with the cardio machine then back to another minute on the ball. These movements should allow for quick transitions and those that are looking to push it can have fun moving back and forth with the Med Ball. Again, push the pace if the athlete is looking for a tough workout today, especially on the cardio machine. For those focusing more on recovery before the open tomorrow they should focus on nonstop movement at the pace that's appropriate for them.

Saturday

OPEN 22.2!

Workout will be updated on Thursday night when the workout is announced...

Monday 2-21-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :50 Bike @ Mod Pace

MIN 2 - 10 Slow Back Squats into Good Mornings in remaining time

MIN 3 - :50 Up-Downs

MIN 4 - 10 Behind the Neck Press into Active Overhead Hold in remaining time Then...Repeat!

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy 3-Rep Overhead Squat

Week 8 of 8

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

20/15 Cal Bike

20 Burpees

20 Overhead Squats (75/55)|(65/45)

(Score is Time)

KG BB: (35/25)|(30/20)

<https://vimeo.com/676012548/773e57729f>

STIMULUS

Goal (Fittest) – Fittest are looking to go 10:00-12:00 minutes or less...9:00??? Should be able to keep the Bike to 1:00 minute or less. Burpees should be fast today. Keep all Overhead Squats Unbroken.

Goal (All) – All athletes should be shooting for 12:00-14:00 minutes or less. Look to complete Bike by 1:15 or less. Burpees should be consistent yet slightly pushed. Keep the Overhead Squats to no more than 2 Sets here.

Workout Feel (All) – A gnarly combo to start the workout with a faster Bike and Burpees out of the gate. Bike effort is there and we are pushing! Now take one deep breath before the push on these Burpees. Feeling good, but the Heart Rate is high. Now as we try to settle that Heart Rate again before being asked to shoot for Unbroken on these Overhead Squats. Fairly light Barbell, but the volume really starts to play with your head as you progress through. Luckily you completed it. Now only 2 more Rounds... Good luck!

Wednesday 2-23-22

WARM-UP

AMRAP x 5 MINUTES 30 Single Unders

10 Groiners

10 Cat Cows

10 Push-Up to Pike

Into..

AMRAP x 5 MINUTES

30 Single Unders (or Double Unders) 10 RDL

10 Hang High Pull

10 Muscle Cleans

WORKOUT

AMRAP x 5 MINUTES

10 Deadlifts (225/155)|(155/105) 35 'Unbroken' Double Unders

-Rest 2:00-

AMRAP x 5 MINUTES

5 Power Cleans (185/135)|(135/95) 35 'Unbroken' Double Unders

-Rest 2:00-

AMRAP x 5 MINUTES

5 Deadlifts (135/95)|(95/65) 5 Power Cleans

35 'Unbroken' Double Unders

(Score is Rounds + Reps)

KG BB1: (100/70)|(70/55) KG BB2: (85/60)|(60/42.5) KG BB3: (60/42.5)|(42.5/30)

COOL DOWN

FOR RECOVERY

5:00 Foam Roll Legs

2:00 Calf Smash (Each Leg)

(No Measure)

<https://vimeo.com/676012396/1d947c48eb>

STIMULUS

Goal (Fittest) – Fittest should be shooting for 4-4.5+ Rounds during each AMRAP. Should be able to keep all Barbell movements unbroken if not a quick shakeout as needed to preserve grip fatigue. Take a deep breath before completing the Double Unders unbroken on the first try.

Goal (All) – All athletes should be getting 2.5-3+ Rounds during each AMRAP. Should be completing the Deadlift AMRAP to no more than 2 sets. Power Clean AMRAP should be done 2 Sets or very quick Singles. Similar approach for the last AMRAP as we want to keep the Deadlifts unbroken, but the Power Cleans to the 2 Sets or quick Singles. No more than 3 attempts at the 'Unbroken' Double Under goal.

Workout Feel (All) – A spicy triple AMRAP of Deadlifts, Power Cleans and the unforgiving 'Unbroken' Double Unders. Deadlifts set the stage as an early fast blowout of our Posterior and Grip. Our first go at the Double Unders will feel good, but as the workout progresses the challenge becomes real. As we take on the Power Cleans, finding the explosive drive is becoming increasingly difficult and our next go through of Double Unders is really starting to challenge us mentally. Our final AMRAP brings all 3 movements into play. The explosive drive needed for both is a challenge to keep the effort high. While these Double Unders are the hardest they've been. What felt like a walk in the park challenge has officially been upgraded to tricky! Battle through that early fatigue and trust your resolve!

Friday 2-25-22

OPEN 22.1!

Workout will be updated on Thursday night when the workout is announced...

Saturday 2-26-22

WARM-UP

ON A 5:00 RUNNING CLOCK..

:30 Alt. High Knees

5 Scap Pull-ups into 5 Kipping Swings

:30 Alt. Butt Kicks

5 Renegade Rows

:30 Double Unders / Double Unders Attempts 5 Strict Pull-ups

:30 Alt. Knee Hugs

WORKOUT

1.) AMRAP x 20 MINUTES* 30 Double-Unders

15 Pull-Ups

15 Push-Ups

100m Sprint

*For the AMRAP, rest 1:30 after each full round.

(Score is Rounds + Reps)

Immediately Into Part 2...

2.) ON A 10:00 RUNNING CLOCK... Build to a Heavy 1-Rep Deadlift

(Score is Weight)

<https://vimeo.com/676011560/ef40bbdf6d>

STIMULUS

Goal (Fittest) – Fittest athletes are looking to complete 6-7+ rounds for this workout. Double Unders, Pull-ups, Push-ups should be completed unbroken each set. The 100m Sprint should be completed in :30 or less. For the Deadlifts athletes should build around 85%-90%+

Goal (All) – Everyone else will look to finish around 4-5+ rounds for this workout. Double Unders should be completed in :30 tops. Pull-ups and Push-ups should be completed in 1-3 quick sets. The 100m Sprint should be completed around :30-:35 tops. For the Deadlifts athletes should build around 80%-90%+

Workout Feel (All) – Fast paced workout with a built in rest to keep athletes moving and stay consistent with their rounds. The Double Unders will spike up the heart rate as athletes move into the Pull-ups. The Pull-ups will get tough on the grip and shoulders as the workout proceeds and most athletes will have to break these in sets. The Push-ups will be the same story as the triceps will get pumped. The 100m Sprint should remain around the same time because athletes are able to push the pace due to the 1:30 after each round.

Monday 2-14-22

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 100m Run @ Hard Pace + Max Single Unders *

MIN 2 - 8 Scap Pull-Ups + Max Kip Swings

MIN 3 - 5 Inchworms & Push-Up + Max Air Squats

* Switch to Double Unders on 2nd time through

STRENGTH

4x3

Overhead Squat

*All working sets @ Light-Moderate weight. If you have a 1RM OHS, this should be roughly 60-70%. Focus on perfect movement. This is our Deload week.

Week 7 of 8

(Score is Weight)

WORKOUT

6 ROUNDS FOR TIME*

35 Double Unders**

25 Air Squats

10 Toes to Bar

*After EVEN NUMBER rounds (2,4,6) complete a 200m Run. Workout ends with 200m run.

**Option for 'Unbroken' Double Unders

(Score is Time)

FINISHER

3 SETS FOR QUALITY

:30/:30 Single Leg Glute Bridge Hold

1:00 Slow Supermans

-Rest 1:00 b/t Sets-

(No Measure)

<https://vimeo.com/675352335/56f09d90b3>

STIMULUS

Goal (Fittest) – Fittest should be looking to go Sub 12:00 minutes here. Wouldn't be surprised if you see some sub 11:00 minutes, but you would have to be moving! All movements should be unbroken. Make sure to take on the challenge of the Unbroken Double Unders. Runs today should be well under :45 seconds.

Goal (All) – All athletes should be completing under 14:00 minutes. Keep the Double Unders to no more than 2 sets. Air Squats should be smooth and fast. Keep the Toes to Bar to no more than 2 sets here. Runs should be done under 1:00 minute.

Workout Feel (All) – A sneaky Leg burn today! Athletes are really going to feel it on this one about 3 Rounds in. Things will start to feel good, but as soon as you come in from that first run things will start to burn. Our Double Unders today provides just enough of a challenge that one trip up really starts to mess with you. Air Squat volume per round isn't high, but the culmination really takes its toll. Trying to aggressively swing those Legs for the Toes to Bar becomes increasingly difficult as our Legs feel heavier and heavier. No rest on that Run finisher strong and chase that finish line.

Wednesday 2-16-22

WARM-UP

EMOM x 10 MINUTES

MIN 1 - :45 Cal Row

MIN 2 - :45 Double-Push-up Inch Worm

MIN 3 - 12 Squat Jumps*

MIN 4 - 6 V-ups + 6 Hollow Rocks

MIN 5 - 12 Step-ups*

*In the second round, switch Squat Jumps for Tuck Jumps and switch Step-ups for Box Jumps.

WORKOUT

4 SETS

AMRAP x 5 MINUTES

15/12 Cal Row

15 DB Floor Press (50/35)|(35/20)

15 Box Jumps (24/20)

-Rest 1:00 b/t Sets-

*Pick up where you left off each Set.

(Score is Total Rounds + Reps)

KG DB: (22.5/15)|(15/10)

FINISHER

FOR TIME

2-4-6-8-10-8-6-4-2

V-Ups or Tuck-Ups Hollow Rocks

(Score is Time)

<https://vimeo.com/675352135/96ecba8ec4>

STIMULUS

Goal (Fittest) – We are looking for a total of 8 to 10+ rounds. Keeping rounds around 2:00 to 2:30. The key to do this is quick transitions. You should have a tight set up and limit transitions between movements (:03-:10). OPEN is around the corner, athletes in this category should stick to the Open standards. Reset your Row monitor every round. For most athletes in this category, this will feel like a straight up hard-cardio effort. Use the 1 minute rest to track your rounds and reps. Don't waste the time mid-workout. Get to your next set!

Goal (All) – We are looking for 6 to 8+ rounds for our athletes today...with an average of 2 full rounds or slightly above/below depending on fitness levels. Averaging around 2:30-3:00 per round. Focus on a consistent but challenging pace so that you feel like you've earned each rest. Fitness and overall capacity could be the limiting factor today for some athletes...challenging their ability to keep the row below 1:00 throughout.

Friday 2-18-22

WARM-UP

1 ROUND

6 Push-Up to Pike 10 Air Squats

6 BB Good Morning 10 Scap Pull-Ups

1 ROUND

6 Pike Push-Up

8 DB Front Squat

6 BB Top Half Deadlift 8 Kip Swings

1 ROUND

6 DB Strict Press

6 DB Hang Power Clean 6 BB Deadlift

6 Ring Rows

NCFIT BENCHMARK WORKOUT "SKULL ISLAND"

10 ROUNDS FOR TIME

3 Deadlift (315/205)|(225/155)

3 Ring Muscle-Ups

5 DB Hang Squat Cleans (50/35)|(35/20) 5 Strict Handstand Push-Ups
(Score is Time)

KG BB: (143/100)|(100/70) KG DB: (22.5/15)|(15/10)

RMU Option 1: Jumping RMU

RMU Option 2: Burpee Chest to Bar Pull-Up

HSPU Option 1: Pike Push-Ups HSPU Option 2: DB Strict Press

OPTIONAL COOL DOWN

FOR RECOVERY

5:00 Foam Roll Glutes + Hamstrings

(No Measure)

<https://vimeo.com/675351808/baf7ec3cbf>

STIMULUS

Goal (Fittest) – These athletes are bouncing back and forth between movements and going unbroken. Some may still hold a fast pace but may decide to go 2 sets on the Strict Handstand Push-Up. Goal is sub 16:00

Goal (All) – Athletes should be aiming for unbroken with their most challenging movement option. Goal is sub 20:00.

Workout Feel (All) – 25:00 is allotted for this workout but ultimately athletes want to perform each round in 2:00 or less. The grip will sneak up on you with a slight break during the HSPU. However this is going to tax the shoulders which makes keeping the bar close on the Deadlift more and more challenging, which will make it tempting to want to revert to singles. The goal is to set up for unbroken and see if athletes can hold that for the whole workout as well as keep the transition time the same the whole workout.

Saturday 2-19-22

WARM-UP

EMOM x 8 MINUTES

MIN 1 - 10 Up-Downs + Max Plank

MIN 2 - 10 Barbell Deadlifts + Max Groiners

MIN 3 - 10 Hang Muscle Cleans + Max Elbow Punches

MIN 4 - 10 Jump Squats + Max Boot Straps

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a Heavy Complex of...

1 Clean Deadlift

+

1 Hang Power Clean (Below the Knee) +

1 Power Clean

(Score is Weight)

NCFIT BENCHMARK WORKOUT "CUPID SHUFFLE"

EMOM x 14 MINUTES*

MIN 1 - 1 Burpee Over Bar + Max Power Cleans (185/135)|(135/95)

MIN 2 - 2 Burpees Over Bar + Max Power Cleans

MIN 3 - 3 Burpees Over Bar + Max Power Cleans

MIN 4 - 4 Burpees Over Bar + Max Power Cleans

...and so on until Round 14

MIN 14 - 14 Burpees Over Bar + Max Power Cleans

*If unable to finish the Burpees, perform the next minute with 2 less Burpees than what is assigned.

(Score is Total Reps of Power Clean)

KG BB: (85/60)|(60/42.5)

<https://vimeo.com/675352595/6849090f90>

STIMULUS

Goal (Fittest) – Fittest should be shooting for 45-50+ on the Power Cleans. Should be able to Cycle your weight early on, but feel confident in the ability of fast quick singles throughout. Burpee Over Bar should be fast. Ideally we are looking to always get more than 2 per minute in the last couple minutes.

Goal (All) – All athletes should be shooting for 30-40+ on the Power Cleans. Set yourself up for success by giving yourself a cushion in those early rounds. Control your heart rate by finding a steady breathing pattern and finishing the Burpees around :45 - :50 seconds.

Workout Feel (All) – A beautiful combination of Power Cleans and Burpee Over Bar. Cupid definitely shot his arrow to make this match. We start with a bit of control on the Burpee Over Bar. Heart Rate stays steady as we progress our Reps up on the Power Clean. As we push to build a cushion, we can't help but look at that clock and know as this workout progresses so do the Reps of the Burpee Over Bar. As the Reps continue to increase we have nothing left to do, but really push and earn every Power Clean. Take a deep breath and push it!

Monday 2-7-22

WARM-UP

AMRAP x 8 MINUTES*

:45 Bike @ Mod Pace

10 Step-Ups

10 Lunges with PVC Passthrough 10 Tuck-Ups

*Halfway Switch too

:45 Bike @ Hard Pace

10 Box Jumps

10 PVC Overhead Squats 10 Alt. V-Ups

STRENGTH

2x3

1x3

Overhead Squat

*All working sets @ Mod-Heavy weight. If you have a 1RM OHS, the first sets of 3 should be roughly 90-95%, the sets of 3 should be roughly Heavier than the previous 2 sets. Focus on perfect movement.

Week 6 of 8

(Score is Weight)

WORKOUT

2 ROUNDS FOR TIME

35/28 Cal Bike

25 Box Jumps (24/20)

10 Overhead Squats or Front Squats (165/115)|(115/75)

(Score is Time)

<https://vimeo.com/672563545/b31095ac40>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete the Burpee Over Bar in :45 seconds or less. Shoot for 15-17+ for our Hang Power Cleans. Should be holding that Front Rack Hold for the entire minute.

Goal (All) – All athletes should be completing the Burpee Over Bar in :50-:55 seconds. Shoot for 10-14+ range for our Hang Power Cleans. No more than one shakeout on the Front Rack Hold.

Workout Feel (All) – What a GRIND! 15 Burpee Over Bar is just enough to know you need to push and get this workout starting off with a bang. As you go to take a couple deep breaths before starting to cycle these Hang Power Cleans. Weight today is something we feel confident in, but quickly becomes more and more challenging. Lastly, our Front Rack Hold may be the most challenging aspect of this entire workout. Your Back, Lungs and Abs are all gasping for sweet relief, luckily 1:00 minute of rest is on the horizon, but you have to earn it. 1 time through completed, only 4 more to go.

Wednesday 2-9-22

WARM-UP

2 ROUNDS

10 Groiners

8 Scap Push-Ups 6 Push-Ups*

8/8 Split Squats** 10 Glute Bridges

*Round 1 perform close grip, Round 2 perform wide grip

**Round 2 perform Jumping Split Squats

STRENGTH

ON A 25:00 RUNNING CLOCK...

1.) Build to a Heavy 5-Rep Bench Press

(Score is Weight)

-Rest Quickly Before Part 2-

2.) Max Bench Press (@ 75% of Part A)*

*Must be unbroken. Once the barbell is not moving, the set is complete.

(Score is Reps)

WORKOUT

FOR TIME 21-15-9-15-21

Alt. Jumping Lunges* Hand Release Push-Ups

*L+R = 1-Rep

(Score is Time)

KG KB: (24/16)|(16/12)

COOL DOWN

2:00 Twisted Cross Pec Stretch (R) 2:00 Twisted Cross Pec Stretch (L) 1:00 Seal Pose

(No Measure)

<https://vimeo.com/672562429/8d1c667e03>

STIMULUS

Goal (Fittest) – Aim for sub 6:00. Move fast and nonstop all the way through. The doubled up Jumping Lunges moving at speed will catch up with you!

Goal (All) – Athletes should aim for sub 8:00-9:00. Aim for unbroken on the Jumping Lunges and quick sets on the Hand Release Push-Ups.

Workout Feel (All) – This is going to burn, especially those Jumping Lunges. Focus on just keeping it moving. Fittest should be trying to fly through this one. Most can game this a little and start with moderate intensity and ramp it up especially towards the end as the reps go back up. Keep the Push-Ups going with quick sets. Don't be surprised to feel those legs still burning in the Push-Up, remember this is plank position and the hip flexors are involved so although there is rest for the legs, expect a little burn still.

Friday 2-11-22

WARM-UP

3 ROUNDS

1:00 Row (EZ Pace)

6 Push-Up + Alt. Groiner

8 Wall Ball Push Press**

10 Alt Wall Ball Single Leg RDL

**Round 2 perform Wall Ball Front Squats; Round 3 perform Wall Ball Thrusters

EXTENDED WARM-UP

3 SETS FOR QUALITY

:30-1:00 Handstand Hold

10 Slow Barbell Good Mornings 1:00 Row*

*Increasing efforts each round. Start EZ, increase to Hard.

(No Measure)

NCFIT BENCHMARK WORKOUT "OPEN 17.4"

AMRAP x 13 MINUTES

55 Deadlifts (225/155)|(155/105)

55 Wall Balls (20/14)|(14/10) 55 Cal Row

55 Handstand Push-Ups

(Score is Rounds + Reps)

HSPU Option 1: Pike Push-Ups HSPU

Option 2: DB Strict Press

<https://vimeo.com/672562799/897d7e9caa>

STIMULUS

Goal (Fittest) – Fittest should be able to get into the HSPU. They should be aiming for big sets of the Deadlift and Wall Balls. Can they get into the second round?

Goal (All) – Aim to get into the Row or more. Athletes should be able to complete 5+ on the Deadlift and 10+ on the Wall Balls.

Workout Feel (All) – Don't let this blow up the low back! Focus on consistent quick sets in the Deadlift but need to keep the work on the legs. Deadlifts will take some time so expect that in the beginning and start to pick up the pace on the Wall Balls and Row. Moving the Wall Balls is going to hurt the legs even more but these should be big sets of 10 or more. The Row is going to keep the heart rate high. Make this uncomfortable because time will be ticking and letting up on the row. The Row being pulling means athletes should try to get to the HSPU immediately after.

Saturday 2-12-22

WARM-UP

Play a Game!!

or...

3 SETS (10:00 Max)

20 Mountain Climbers

5/5 DB Up Downs

5 Scap Pull Ups + 5 Kip Swings

3 SETS

100m Run

5/5 DB Power Cleans

5 Bigger Kip Swings + 5 Kipping Pull Ups OR Jumping Pull Ups

WORKOUT

5 ROUNDS FOR TIME

10 DB Up-Down Devil's Clean (50/35)|(35/20) 400m Run

10 DB Up-Down Devil's Clean

15 Pull-Ups

(Score is Time)

KG DB: (22.5/15)|(15/10)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 25 MINUTES

12 DB Up-Down Devil's Clean (50/35)|(35/20) 400m Run

12 DB Up-Down Devil's Clean 30 Pull-Ups

*Partner 1 Works while P2 Rests. Split work as needed to complete the movements. Partners run the 400m together.

(Score is Rounds + Reps)

KG DB: (22.5/15)|(15/10)

OPTIONAL COOL DOWN

FOR RECOVERY

5:00 Walk Nasal Breathing Only

(No Measure)

<https://vimeo.com/672562183/12d93d7e96>

STIMULUS

Goal (Fittest) – 23:00-25:00 possible for the fire breathers depending on the pace they choose to hold on their 400m Run. Loads will eat at their hamstrings and make running a challenge, but even though these athletes' runs may slow, they make up ground by keeping their Pull-Up sets mostly unbroken.

Goal (All) – 25:00-30:00 for everyone. Major theme today will be minding the posterior chain fatigue and everyone ensuring their low backs are braced and in position before taking the DB's off of the floor each time. Grip can also become a factor between holding onto the DB's and holding onto the rig. Pull-Ups should be kept to 3 sets max. Goal is to keep rounds under 6:00.

Workout Feel (All) – Smooth and steady sweat fest - posterior chains and grip will be taxed with the combination of movements. If the athletes choose a pair of Dumbbells that are too heavy, they won't get the steady push pace we want out of today. The Dumbbells are there to slow them, but not stop them so everyone should be able to do all 10 DB Up Down Devil's Cleans unbroken. 5:00 to 6:00 max per round for everyone.

Monday 1-31-22

WARM-UP

1 ROUND

:20 Singles

10 PVC Pass Through

10 PVC Snatch Grip Push Jerk*

10 Groiners

1 ROUND

:20 Single, Single, High Jump

10 PVC OHS

5 PVC Snatch Balance

10 Cossack Squats

1 ROUND

:20 Single, Single, DU Attempt 5 BB Snatch Grip Push Jerk* 5 BB OHS

5 Broad Jumps

*Snatch Grip Push Jerk is performed from behind the neck

STRENGTH

3x6

Overhead Squat

*All working sets @ Mod-Heavy weight.

If you have a 1RM OHS, this should be roughly 85%.

Focus on perfect movement.

Week 5 of 8

(Score is Weight)

WORKOUT

ON A 15:00 RUNNING CLOCK...

3 Unbroken Hang Squat Snatch*

75 Double Unders

*Barbell increases in weight every set. The athlete only gets 1 attempt to complete the 3 Hang Squat Snatch. They must then complete 75 DU before their next attempt. If they fail a set of Hang Squat Snatch, the athlete will go back 1 weight before attempting again. For example, if they miss (135/95), they must perform (115/75) and the Double Unders again before attempting (135/95).

BB1: (95/65)|(65/45) BB2: (115/75)|(75/55) BB3: (135/95)|(95/65) BB4: (155/105)|(115/75) BB5: (185/135)|(135/95) BB6: (225/155)|(155/105)

(Score is Heaviest Weight)

<https://vimeo.com/670112290/f9e6e154b8>

STIMULUS

Goal (Fittest) – Our fittest should be pushing up against the final weights, possibly heavier if they are very proficient with the Hang Squat Snatch. Focus on quicker transitions in the lighter weights to allow more time to hit the bigger weights. Tough to set an exact mark on this...highly dependent on athlete, accuracy with the lifts, and overall composure.

Goal (All) – Focus on proficient movement. Athletes will be adjusting weights down to what is appropriate for them and aim to be consistent with form and positions while under fatigue from the Double Unders. Athletes do not need to feel pressured into climbing weights today. Perfectly fine to pick a moderate weight and work against the 15min clock.

Workout Feel (All) – This is going to jack up the heart rate, the shoulder burn gets real and this will get grippy towards the end. Break up the Double Unders if necessary. Quicker pace on the earlier and lighter weights. This is more of a time to get a feel for the movement under fatigue so athletes can tackle the heavier weights better. In the heavier weights we can slow things down because we should have more time from going quicker in the beginning which will allow athletes to keep their grip, legs and shoulders to complete all 3 reps.

Wednesday 2-2-22

WARM-UP

2 SETS (9:00 Max Total)

15 Straddle Sit Ups w/ Reach Through* 10 Plank to Pikes

5/5 SL KB RDL

2 SETS

15 Hollow Rocks or Tuck Rocks

5 Scap Push Ups + 5 Band Pull Aparts 10 Glute Bridges

*NOTE: Straddle Sit Up is a dynamic stretch, not meant to be rushed and not meant to be spent too long on each rep. If athletes feel a better stretch with straight legs, swap to straight leg Sit-Ups.

EXTENDED WARM-UP

ON A 10:00 RUNNING CLOCK...

Build to 3-Rep Deadlift Heavier than Workout Weight

(Score is Weight)

WORKOUT

3 SETS*

ON A 6:00 RUNNING CLOCK...

40 Sit-Ups

40 Push-Ups

20 Deadlifts (225/155)|(155/105)

-No Additional Rest b/t Sets-

(Score is Slowest Set)

*Goal is to have at least :30 rest b/t sets KG BB: (100/70)|(70/47.5)

<https://vimeo.com/670112219/ebe518907e>

STIMULUS

Goal (Fittest) – Use the Extended Warm Up to prime Touch & Go reps with a heavier load. Fittest should look to push the 4:00 range. This is easily attainable should the individual have a high capacity and quick recovery when it comes to their Push Ups. Sit-Ups will take roughly 1:00, Push-Ups around 1:30, and Deadlifts should be completed in two quick sets. Added challenge today could be to turn the Deadlifts into Double Overhand Grip Deadlifts.

Goal (All) – Use the Extended Warm Up to overload and perfect movement patterns in the Deadlift. Everyone should be around the 5:00 range to allow for some rest before the next set. Sit Ups should take 1:30, Push Ups will take 2:00-2:30, and Deadlifts should be done in 2-3 sets at most. Goal is to have at least :30 rest between sets as fatigue creeps in!

Workout Feel (All) – Push & Pull Pump. The combination between the higher volume Push Ups with the moderate volume/weight Deadlifts lends to a sweet combo that will be sure to leave everyone well.. PUMPED. Core will be taxed and temptation to break form and worm the Push-Ups will creep in. Heart rate won't get too high - attention to perfect technique at high volume should be the goal!

Friday 2-4-22

WARM-UP

1-2 ROUNDS

1:00 EZ Row

10 Scap Depressions* :20 Hollow Hold

1 ROUND

:45 Moderate Row

10 Scap Retractions** 10 Hollow Rocks

1 ROUND

:30 Hard Row

10 Ring Rows

10 Up-Downs with Jump

*Also called a Scap Pull-Up, in a hanging position the athlete will Depress the Scaps meaning they will pull the Scap or Shoulder Blades “Down”. This will look similar to a shrug of the shoulders **Retraction of the Scaps or Shoulder Blades is a “Back and Down” motion. This is similar to the initial movement of a Strict Pull-Up without any bend in the arms

***To perform the Frog Jump, begin in a High Plank, jump the feet up to the hands and then back into a High Plank while keeping the hands on the ground throughout the movement

STRENGTH

4 SETS FOR QUALITY

5-7+ Tempo Strict Pull-Ups (1111)*

*Goal to maintain perfect hollow body position

-Rest as needed b/t Sets-

(No Measure)

WORKOUT

FOR TIME 1000/800m Row

Immediately Into... 21-15-9

Up-Downs to Target* Pull-Ups**

Immediately Into... 1000/800m Row

*Target 6' above standing reach. **Chest to Bar Optional.

(Score is Time)

<https://vimeo.com/670112351/a541ec8ae1>

STIMULUS

Goal (Fittest) – Fast pace on the Row and aim for unbroken on the Pull-Ups. Goal is 12:00-13:00 or less.

Goal (All) – Focus on consistent challenging effort on the row. Aim for big sets on the pull-ups using the Up-Downs to recover. Goal is 14:00-16:00 or less.

Workout Feel (All) – A lot of pulling coming off the rower but athletes will have the Up-Downs to recover each round. We want a challenging effort on the row but keep in mind to save a little in the tank for the second row to maintain the same pace or faster. With the low technicality in movement today is a good day for athletes to focus on bigger sets in the Pull-Ups than what they are used to.

Saturday 2-5-22

WARM-UP

3 SETS (7:00 CAP)

1:00 Cardio (Mod Effort)

8 Squat Jumps
8/8 DB Sumo Deadlift
8/8 DB Upright Row
8/8 DB Arnold Press

EXTENDED WARM-UP

ON A 12:00 RUNNING CLOCK...

Build to a Max Height Box Jump*

*One-step into tall jump. Do not attempt anything too far out of your 'zone'.

(Score is Height)

WORKOUT

1. EMOM x 10 MINUTES

MIN 1 - 20 Alt. Single DB Power Snatch (50/35)|(35/20)

MIN 2 - :45 Max Step-Ups (24/20)

(Score is Lowest Reps) -Rest 3:00 b/t Part 1 & 2-

2. AMRAP x 5 MINUTES *Reps of Complex...

*1 Rep is...

1 DB Power Clean L

1 DB Power Clean R

1 DB Box Step-Over (24/20)**

**Hold DB Suitcase Style, Either Arm. (Score is Reps)

KG DB: (22.5/15)|(15/10)

<https://vimeo.com/670112457/530bafa720>

STIMULUS

Goal (Fittest) – Fittest should be looking to complete 22+ Step-Ups during the EMOM. Should be able to stay unbroken through the DB Snatches. Can get 8-9+ of the Complex per minute during the AMRAP. Have to be willing to push here and trust your Grip Strength.

Goal (All) – All athletes should be getting 18+ Step-Ups during the EMOM. Remain unbroken yet smooth during the DB Snatches. Look to get 6+ of the Complex per minute during the AMRAP. Stay smooth and shake out quickly.

Workout Feel (All) – A controlled burn today. Options to really push in all aspects leaves you wondering if you really should. DB Snatches begin that burn and continue to amplify as we reach each Rep and Round. The Step-Ups allow us to just go and move, but that burn gets real and makes driving that DB up harder and harder. Utilize that much needed rest to try and get as fresh as possible. When the AMRAP begins the only thing that should be on our mind is don't let go! Trust your drive and keep it moving.

Monday 1-24-22

WARM-UP

1:00 Walking Lunges w/ Arm Crosses

1:00 Slow PVC Passes

1:00 Perfect Air Squat w/ Wide Grip Press at Bottom*

*Squat down with PVC on shoulders, at the bottom of the squat...press the PVC to the OH position then pull back down, stand. Repeat for the rest of the minute.

-Quick Rest (grab/pick-up barbell)-

AMRAP x 3 MINUTES

10 Jumping Jacks

5 Behind Neck Wide Grip OH Press (w/ barbell)

10 Alt. Groiners

STRENGTH

3x6

Overhead Squat

*All working sets @ Mod-Heavy weight.

If you have a 1RM OHS, this should be roughly 85%.

Focus on perfect movement.

Week 4 of 8

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

6 Power Snatches (115/75)|(75/55) 8 Alt. Back Rack Lunges*

10 Overhead Squats

*Each step = 1 Rep (Score is Time)

<https://vimeo.com/667616963/4c1e5747dd>

STIMULUS

Goal (Fittest) – Strength — 75-85% of 1RM for all 3 sets. Workout – 10:00-12:00 or faster for the fittest. Weight shouldn't be the limiting factor in this workout....fitness should slow people down. How fast and how consistent can you be with the 115lb bar. Lunges and OHS unbroken. Snatches can be sliced and diced a number of different ways but always fast back to the bar.

Goal (All) – Strength — get more comfortable with the OHS, can start lighter and increase if needed. Workout – 12:00-18:00 (absolute max) for this workout. Shoulder fatigue and overall fatigue will slow a lot of people down, especially coming from the lunges into the OHS. Goal is to keep moving at about 3:00 per round for most athletes.

Workout Feel (All) – Interesting workout because if the athlete goes too heavy it will be a slog and they won't get the heavy breathing they are used to. If they go too light, they will speed through the workout a little too quickly and feel like they didn't get enough. The weight needs to be pick just right to get all athletes in the 2:00-3:00 per round range.

Wednesday 1-26-22

WARM-UP

EMOM x 9 MINUTES

Min 1 - :20 Mountain Climbers + :20 Slam Ball Deadlift

Min 2 - :20 Slam Ball OH Press + :20 Lunges

Min 3 - :20 Bootstrappers + :20 Sit-Ups

WORKOUT

"TABATA"

8 ROUNDS EACH, :20 ON / :10 OFF

TABATA 1 - Up-Downs

TABATA 2 - Slam Balls (30/20)|(20/10)

TABATA 3 - Slam Ball Alt. Lunges*

TABATA 4 - Slam Ball Russian Twists**

TABATA 5 - Up-Downs

*Ball held in a Bear Hug, L+R = 1-Rep **L+R = 1 Rep

-No additional rest b/t Tabatas- (Score is Reps)

KG SB: (15/10)|(10/5)

COOL DOWN

FOR RECOVERY

5:00 Foam Roll Hamstrings + Lats

(No Measure)

<https://vimeo.com/667616176/a9ed7d2a6d>

STIMULUS

Goal (Fittest) – These athletes are aiming for speed. Encourage your fittest to come out hot in the first round and see if they can maintain those reps!

Goal (All) – Focus on consistency. The first round will set the marker for reps and aim to stay close to those numbers each set.

Workout Feel (All) – Consistency across the whole workout. As mentioned earlier tabata's are tough but the switch in movements comes at the right time that all athletes should be able to keep moving. It helps to have the mentality of this being a 20 minute AMRAP where they are essentially going to work nonstop for 20 minutes, but then rest comes as a nice break for athletes to take a quick breath then right back into it. Keep grinding away today and focus on striving to hit their reps each set. This may not be perfect but if athletes can stay within 1-3 reps of each movement that's a big win!

Friday 1-28-22

WARM-UP

1 ROUND

20 Singles

10 Scap Pull-Ups

5/5 DB Bent Over Row

1 ROUND

20 Fast Singles

10 Ring Rows

5/5 Single Leg DB RDL

1 ROUND

20 Slow Singles

10 Kip Swings

5/5 Single Leg and Single Arm DB Bent Over Row*

*Athletes will perform a Single Arm Bent Over Row while holding a Single Leg RDL position.

This is a good test of balance and a fun piece to throw at our athletes.

WORKOUT

AMRAP x 20 MINUTES

50 Double Unders

10 Deadlifts (275/185)|(185/135)

7 Ring Muscle-Ups

*After every full round,

Rest 1:00.

(Score is Rounds + Reps)

KG BB: (125/85)|(85/60)

RMU Option 1: Jumping Ring Muscle-Ups

RMU Option 2: 10 Gymnastic Kipping Pull-Ups

<https://vimeo.com/667616343/7ae66c5204>

STIMULUS

Goal (Fittest) – We are looking for our fittest to hold 2:30 each round. Some may start off ripping through this and come out with 2:00 Rounds but this may not be sustainable for the whole workout. Be smart about managing grip so they can maintain their RMU for the whole workout.

Goal (All) – We are looking for athletes to hold 2:30-3:00 a round. Make sure loading on the barbell is appropriate as well as any adjustments to the RMU are appropriate. Whether they are cutting down reps or changing the gymnastics movement, they should complete them in 1-2 quick sets.

Workout Feel (All) – There is going to be a lot of heavy breathing in this workout. Every round is going to start with a heart rate spike because of the Double Unders and then the bracing on the barbell is going to keep the heart rate up as well as tax the grip. Then those Muscle Ups or Pull-Ups depending on the athletes movement for today is going to be where our athletes need to hustle to finish because they have the minute rest. We want to encourage athletes to avoid a lot of rest transitioning between movements because they have the rest after each round.

Saturday 1-29-21

WARM-UP

PROGRESSIVE SETS (8:00 Max)

1 SET

:20s Tuck Hold

10 Up Downs

10 Scap Push Ups

5/5 SA DB Bent Over Row

1 SET

:20s Supinated Grip Dead Hang

10 Burpees

10 Plank Shoulder Taps

10 No Push Up Renegade Rows

1 SET

:20s Active Hang

10 DB Burpees

10 Tuck Ups

10 DBL DB Swings

EXTENDED WARM-UP

3 SETS FOR QUALITY

:30-:45 Hollow Hold or Rocks

10 V-Ups

10 Perfect Kip Swings

(No Measure)

WORKOUT

3 SETS FOR TIME

10 Toes to Bar

20 DBL DB Hang Power Snatch (35/20)|(20/10)

10 Toes to Bar

10 DB Renegade Rows*

10 Toes to Bar

5 DB Devil's Press

*1 Rep = Push-Up + Row L + Row R -Rest 1:30 b/t Sets-

(Score is Total Time)

<https://vimeo.com/667615972/83733e11d7>

STIMULUS

Goal (Fittest) – Fittest can be seen near the 14:00 window in today's Gripper. Variance in time depending on whether or not they are keeping their T2B's unbroken and challenging themselves to unbroken on the DB's! If they're able to manage that, then the added challenge will be to keep transitions/rests to no more than 10 seconds!

Goal (All) – Finish by 18:00 by trying to average a 5:30 pace per round. Keep to two sets max per T2B set, and loads you can move close to unbroken per DB movement. Pick your poison on whether you want to hang onto the Rig longer or onto the DB's more. Either way, our hands need to be working on a task while we are on the clock!

Workout Feel (All) – Grip & Rip, Grip & Kip! Posterior pump with the Hinge based DB movements, and Anterior pump with the high volume Toes To Bar!

Monday

WARM-UP

2 ROUNDS

20 Mountain Climbers 10 PVC Pass Through 10 Jumping Squats

1-2 ROUNDS

10 Up-Downs

5 PVC Wide Push Press (Behind Neck) 5 PVC OHS

STRENGTH

4x3

Overhead Squat

*All working sets @ Heavy weight. If you have a 1RM OHS, this should be roughly 90+%. Focus on perfect movement.

Week 3 of 8

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

15 Bar Facing Up-Downs

5 Hang Squat Snatch (135/95)|(95/65)

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

OPTIONAL FINISHER

3 ROUNDS FOR TIME

50 Air Squats

15 Hand Release Push-Ups

(Score is Time)

Wednesday

WARM-UP

3 ROUNDS

1:00 Bike

20 Crunches

15 Banded Pull Aparts 10 Scap Pull-Ups*

5 Ring Rows w/ Pause at Top

*1st Round perform 10 Scap Pull-Ups 2nd Round perform 5 Hanging Shoulder Circles Forward, and 5 Backwards

3rd Round perform 10 Small Kip Swings

SKILL

ON A 10:00 RUNNING CLOCK... Practice Kipping and Butterfly C2B Pull-Ups

(No Measure)

WORKOUT

2 SETS

AMRAP x 8 MINUTES 15/12 Cal Bike

10 Chest to Bar Pull-Ups 15 Sit-Ups

*Pick up where you left off. -Rest 2:00 b/t Sets-

(Score is Rounds + Reps)

COOL DOWN

FOR RECOVERY 5:00 Foam Roll Lats

(No Measure)

Friday

WARM-UP

2 Sets

5 Inch worms + Downward Dog 10 Deadlifts

10 High Pulls

10 Elbow Punches

Into...

2 Sets

5 Broad Jumps

5 Dynamic Push-Ups * 5 Muscle Cleans

5 Strict Press

*Athletes aggressively push through the floor on the way up. Ideally hands are coming off the ground a bit, but it's not necessarily a requirement.

STRENGTH

ON A 16:00 RUNNING CLOCK...

Build to a Heavy 2-Rep Power Clean + Push Jerk

(Score is Weight)

NCFIT BENCHMARK WORKOUT "THE CALI BEAR"

EVERY :30 FOR 20 MINUTES

1 Power Clean & Jerk (225/155)|(155/105)

*Beginners should scale weight to a moderate load and perform 2-3 reps on the minute, resting as needed to ensure proper mechanics.

(Score is Weight)

KG BB: (100/70)|(70/47.5)

<https://vimeo.com/665127517/9f96113aca>

STIMULUS

Goal (Fittest) – Fittest are looking to complete all the rounds at 225/155 loading within :10. If 225/155 is easy, today is a great day to add a little bit of extra weight and challenge yourself.

Goal (All) – All athletes are looking to find a challenging load where they have to think about the set-up and execution right before grabbing onto the bar. These athletes might need to pause and reset between the Clean and the Jerk.

Workout Feel (All) – This workout not only tests strength, but the ability to recover in a short period of time and repeat the lift over and over. Athletes should choose a weight that challenges them in strength, volume and the ability to repeat the lift every :30. For athletes who are familiar with this workout, they can either increase the load or move faster and more efficiently with the same loading as before. New athletes can start a bit conservatively and increase the loading at the halfway point if they feel comfortable.

Saturday

WARM-UP

LINE DRILLS (4:00 Max) 25' Knee Hugs

25' Quad Pulls

25' Toe Walk

25' Heel Walk

25' Toy Soldiers

25' Samson Lunges 25' High Knees

25' Butt Kickers

Into...

AMRAP x 5 MINUTES* 100m Run

10 Air Squats

10 Step Ups

*At 2:30 mark, swap to: 100m Run

10 MB Thrusters

10 Box Jumps

NCFIT BENCHMARK

WORKOUT "KELLY"

5 ROUNDS FOR TIME

400m Run

30 Box Jumps (24/20)

30 Wall Balls (20/14)|(14/10)

(Score is Time)

PARTNER WORKOUT OPTION IN TEAMS OF 2...

AMRAP x 30 MINUTES*

400m Run

60 Box Jumps (24/20)

60 Wall Balls (20/14)|(14/10)

*Partner 1 works while Partner 2 rests. Alternate as needed on the BJ and WB. Partners run the 400m together carrying the ball. Ball can be passed back and forth as needed.

(Score is Rounds + Reps)

<https://vimeo.com/665127391/0072910ce3>

STIMULUS

Goal (Fittest) – Fittest should be near the 20:00 mark with the Wall Ball bosses going unbroken for all rounds and Runs steady at ~2:00 a piece. Goal for these folks will be to push the pace and gamble a little bit more if they've done this workout before. A great challenge would be 'unbroken' box jumps and at 1-2 break strategy on the WB (30 / 20-10 / 15-10-5)

Goal (All) – Finishing under the 25:00 cap will be the goal for all. Runs should be kept under 2:30, Box Jumps should be heavy and Wall Balls in 2-3 sets from the start. Volume adjustment will be huge in ensuring that athletes hit the goal time. You can handle this (2) ways...adjusting the reps per round or adjusting the rounds down to 3 or 4 rounds total.

Workout Feel (All) – Longer workout high volume leg pump! Keeping Wall Balls to 2 sets at most, and doing Step Down Box Jumps will be key to save the calves wear and tear to be able to keep Runs consistent throughout the duration of the workout. Fight that fatigue by being safe and smart!

Monday

WARM-UP

2 ROUNDS

1:00 Cardio (Athlete's Choice)

:30 Hollow Hold

20 SLOW Alt. Plank Shoulder Taps 10 Arm Haulers

5 Bodyweight Kang Squats

Into...

2 ROUNDS

8/8 Single Arm Ring Rows 50ft. Bear Crawl*

:15/:15 Single Arm Plank Hold

*Switch to Quad Crawl in 2nd round

WORKOUT

3-4 SETS FOR QUALITY

3 Wall Walks

12 DB Arnold Press (Athlete Choice, Moderate)

10/10 Single Arm Ring Rows

15-20 Slow Banded Overhead Tricep Extensions

50' Slow Bear Crawl

50' Slow Reverse Bear Crawl

:30/:30 Single Arm Plank*

-Rest 1:00 b/t Sets-

*Complete all :30 on one side. Switch sides after each full round.

(No Measure)

KG DB: (22.5/15)|(15/10)

OPTIONAL FINISHER

4 SETS (:40 ON/ :20 OFF)

MOVT 1 - Single DB Curls

MOVT 2 - Single DB Flutter Kicks

*1 Set = MOVT 1 + MOVT 2 . (No Measure)

Wednesday

WARM-UP

2 Sets (8:00 Cap)

100m Run

5/5 Cossack Squats :

20 Goblet Squat Hold

Into...

2 Sets

200m Run (hard)

10 Groiners + Twist

10 Goblet Squats

STRENGTH

10-8-6-10-8-6* Back Squat

*Build up to a Moderate weight. (Score is Weight)

Week 2 of 9

WORKOUT

5 ROUNDS FOR TIME

6 Back Squats (155/105)|(115/75)*

200m Run

*Bar comes from the floor. (Score is Time)

KG BB: (70/47.5)|(52.5/35)

Friday

WARM-UP

1 ROUND

200m Jog

:30 Wrist/Forearm Stretch 5 Cat/Cows

10 Arm Haulers

15 Hollow Rocks

Into...

2 ROUNDS

100m Jog

:45 DBL KB/DB Suitcase Hold or Carry 8 Empty Barbell Clean Deadlifts

6 Empty Barbell High Pulls

4 Alt. Elbow Punches

STRENGTH

10-8-6-10-8-6* Power Clean

*Build up to a Moderate weight.

(Score is Weight)

Week 2 of 9

WORKOUT

2 SETS

ON A 7:00 RUNNING CLOCK...

200m KB or DB Farmer Carry

(Athlete Choice, Heavy)*

With time remaining complete AMRAP...

5 Power Cleans (135/95)|(95/65)

10 Pull-Ups

15 Sit-Ups

-Rest 3:00 b/t Sets-

*KB weight should only cause on break during Farmer Carry.

(Score is Total Rounds + Reps)

Saturday

WARM-UP

EMOM X 5 MINUTES

MIN 1 - :50 Row

MIN 2 - :15 Active Hang + 10 Kip Swings MIN 3 - 10 Snatch Grip Deadlift + 10 Snatch Grip Upright Rows

MIN 4 - :15 PVC Pass Thrus + 10 PVC Behind the Neck Press

MIN 5 - :50 Flag Pole Stretch

STRENGTH

ON A 10:00 RUNNING CLOCK... Perform 4 Sets of Complex:

2 Snatch Deadlifts

+

3 Hang Power Snatches

*Set 1 - Moderate-Light Set 2 - Moderate

Set 3&4 - Moderate+

**After each set complete 5-7 Kip Swings.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"BOILING POINT"

AMRAP x 25 MINUTES

15/12 Cal Row

12 Toes to Bar

9 Hang Power Snatches (115/75)|(75/55)

12 Toes to Bar
15/12 Cal Row
-Rest 1:00 after a Full Round-
(Score is Total Rounds + Reps)
KG BB: (52.5/35)|(35/25)

Monday 1-3-21

WARM-UP

ON A 7:00 CLOCK...

1 ROUND

10 Scap Push-Ups

10 Scap Pull-Ups

20 Jumping Jacks

Into...

1 ROUND

8 Empty Barbell Strict Press

8 Kipping Swings

20 Single Unders

Into...

1 SET

5 Empty Barbell Push Press

5 Bigger Kip Swings

10 Bounding Single Unders*

*Jump higher while maintaining a tall chest

STRENGTH

ON AN 16:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Push Press

(Score is Weight)

Week 1 of 9

NCFIT BENCHMARK WORKOUT

"FURY ROAD"

10 ROUNDS FOR TIME

5 Shoulder to Overhead (135/95)|(95/65)

7 Pull-Ups

30 Double Unders

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

Wednesday 1-5-21

WARM-UP

2 ROUNDS

1:00 Bike

4 Bodyweight Kang Squats

8 Alt. Groiners w/Twist

12 Arm Haulers

16 Hollow Rocks

Into...

2 ROUNDS

:45 Bike

10 Med. Ball Front Squats

5/5 Ankle Flexion*

10 Med. Ball Push Press

5 Cat/Cows

*With the toes against a wall or post on the rig, drive the knee towards the wall/rig. Every rep, pull the foot away and continue driving the knee forward. Make sure to keep the whole foot on the ground - heel and all!

STRENGTH

ON AN 18:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Back Squat

(Score is Weight)

Week 1 of 9

NCFIT BENCHMARK WORKOUT

"THIGHNEL RICHIE"

ON A 12:00 RUNNING CLOCK...

5 ROUNDS

10 Burpees to a Target*

20 Wall Balls (20/14)|(14/10) then...

Max Cal Bike with remaining time

*Ideally, 6" above standing reach.

(Score is Cals)

Friday 1-7-21

WARM-UP

1 ROUND

400m Jog

10 Slam Ball Deadlifts

5 Cat/Cows

10 Slam Ball Push Press

5 Empty Barbell High Pulls

Into...

1 ROUNDS

200m Jog

10 Slam Ball Ground to Overhead

:20 Table Top Hold

10 Jumping Air Squats

5 Empty Barbell Hang High Pulls

Into...

1 ROUND

100m Jog

10 Slam Balls

:20 Squat Hold at Parallel

10 Glute Bridge-Ups

5 Hang Muscle Cleans

STRENGTH

ON AN 16:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Power Clean*

*Reps should be unbroken.

(Score is Weight)

Week 1 of 9

WORKOUT

1.) AMRAP x 10 MINUTES

10 Slam Balls (30/20)|(20/10)

3 Hang Power Cleans (155/105)|(115/75) 100m Run

3 Hang Power Cleans

(Score is Rounds + Reps)

-Rest 2:00 b/t Part 1 & Part 2-

2.) FOR TIME

40 Slam Balls

12 Hang Power Cleans 400m Run

12 Hang Power Cleans

(Score is Time)

Saturday 1-8-21

WARM-UP

3 ROUNDS (7:00 CAP)

6/6 SA Ring Rows

10 Up-Down Mountain Climbers

8/8 SL RDL's

10 Snatch Grip Upright Rows

12 PVC Scarecrow Snatches

STRENGTH

EMOM x 10 MINUTES*

1 Pausing Hang Power Snatch +

2 Hang Power Snatch

*Start Light and Build to a Moderate weight.

**Pause for :01 Above the Knee before completing the lift.

(Score is Weight)

WORKOUT

EMOM x 16 MINUTES

MIN 1 - 7 Hang Power Snatch (Athlete Choice)*

MIN 2 - 15 Ring Rows

MIN 3 - 20 Up-Downs

MIN 4 - :50 Wall Sit

*Weight should be Moderate and allow for unbroken sets.

(No Measure)

Monday 12-27-21

WARM-UP

2 ROUNDS

:30 Row

:30 Bike

:20 Top of Ring Row Hold

2 ROUNDS

:20 Row

:20 Bike

10 Scap Push-Ups

2 ROUNDS

:10 Row

:10 Bike

10 Scap Pull-Ups

WORKOUT

EMOM x 20 MINUTES

MIN 1&2 - Max Cal Row

MIN 3&4 - Max Cal Bike

MIN 5 - Max Ring Rows

(Score is Total Reps)

Goal Row: 35/30

Cals Goal Bike: 25/20

Cals Goal Ring Row: 15-20

POST WORKOUT STRENGTH

EMOM x 12 MINUTES*

MIN 1 - :45 DB Skull Crushers

MIN 2 - :45 DB Floor Press

MIN 3 - :45 DB or KB Shrugs

*You can use multiple weights. Keep weights Moderate.

(Score is Weight)

Wednesday 12-29-21

WARM-UP

2 ROUNDS

100m Run

8 Alt. Samson Stretches

8 Alt. MedBall Lunges

8 MedBall Strict Press

Into...

2 ROUNDS

100m Run

8 MedBall Thrusters

8 Barbell High Pulls

4-6 Barbell "Up & Overs"*

*From the front rack position, Push Press the bar overhead and carefully lower it onto the back. Then complete a back rack Push Press and lower the bar to the front rack.

STRENGTH

5-5-5-5* Back Squat

*Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

FOR TIME

800m Run

-Rest 2:00-

75 Wall Balls (20/14)|(14/10)

-Rest 2:00-

30 Back Squats (135/95)|(95/65)

(Score is Total Time)

Friday 12-31-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 100m Run

MIN 2 - 8 Strict Press + Max Overhead hold

MIN 3 - 10 Scap Push-ups + 10 Knee Push-ups / Push-ups

MIN 4 - :20 Side Plank (L) + Max Sit-ups

MIN 5 - :20 Side Plank (R) + Max Sit-ups

STRENGTH

5-5-5-5* Strict Press

*Build up to a Moderate weight.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"BACK TO THE FUTURE"

2 ROUNDS FOR TIME

400m Run

15 Push Press (115/75)|(75/55)

20 Push-Ups

25 Sit-Ups

-Rest 3:00-

2 ROUNDS FOR TIME

25 V-ups

20 Hand Release Push-Ups

15 Push Jerk

400m Run

(Score is Time)

Monday 12-20-21

WARM-UP

200m Run

Into...

2-3 ROUNDS (4:00-5:00)

10 Hips to Above the Knee Sumo Deadlift* 8 Cat/ Cows

8 Scap Pull-Ups

:30 Tuck Hold

Into... 400m Run

*R2 complete Hips to BTK Sumo Deadlift and if completing a third round full Sumo Deadlifts.

STRENGTH

7-5-5-3

Sumo Deadlifts*

*Build up to a Moderate-Heavy weight. After each set complete 10-12 Deadbugs + :20 Kip

Swings.

(Score is Weight)

WORKOUT

4 ROUNDS FOR TIME

400m Run

20 Toes to Bar

15 Sumo Deadlifts (185/135)|(135/95)

-Hard Cap 18:00-

(Score is Time)

KG BB: (85/60)|(60/42.5)

Wednesday 12-22-21

WARM-UP

1 SET

:30 Plank

:20 Tuck Hold

10 Scap Push-Ups

1 SET

20 Mountain Climbers

10 Tuck-Ups

5 Push-Ups to Pike

1 SET

20 Cross-body Mountain Climbers

15 Banded Upright Row

10 Tuck-Ups

5 Push-Ups

STRENGTH

3-4 SETS

10 Wide Grip Bench Press

15-20 Slow Dante Rows

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

AMRAP x 7 MINUTES

24 Crossbody Mountain Climbers

12 Tuck-Ups

12 Push-Ups

-Rest 1:00-

AMRAP x 5 MINUTES

20 Crossbody Mountain Climbers

10 Tuck-Ups

10 Push-Ups

-Rest 1:00-

AMRAP x 3 MINUTES

16 Crossbody Mountain Climbers

8 Tuck-Ups

8 Push-Ups

(Score is Rounds + Reps)

Friday 12-24-21

12 days of Christmas

Lots of adventure version:

- 1 Deadlift
- 2 Power Clean
- 3 Thrusters
- 4 Ball Slam
- 5 Pull-ups
- 6 Kettlebell Swings
- 7 Double Unders
- 8 Wallball
- 9 Push-up or HSPU
- 10 Toes to Bar or V-Up
- 11 Burpees
- 12 Alt Dumbbell Snatches

Equipment needed:

Bar with chosen weight
Slam ball
Pull-up bar or Ring row
KB
Jump Rope
Wall Ball
Dumbbell

The I don't want to leave my square version:

- 1 Deadlift
- 2 Power Clean
- 3 Thrusters
- 4 Ball Slam
- 5 Bent Over Row
- 6 Kettlebell Swings
- 7 Double Unders
- 8 Goblet Squat
- 9 Push-up
- 10 V-Up
- 11 Burpees
- 12 Alt Dumbbell Snatches

Equipment needed:

Bar with chosen weight
Slam ball
KB
Jump Rope

Monday 12-13-21

WARM-UP

1 ROUND

100m Run
10 Above the Knee Deadlifts
12 Alt. DB Deadlifts
10 Alt. Lunges

Into...

1 ROUND

100m Run
10 Below the Knee Deadlifts
5/5 Single Arm DB Swings
10 Alt. Goblet Lunges

Into...

1 ROUND

100m Run
10 Empty Bar Deadlifts
7/7 SA DB Strict Press
10 Alt. Overhead Lunges

STRENGTH

ON AN 18:00 RUNNING CLOCK...

Build to a 2-Rep Heavy Deadlift

(Score is Weight)

Week 6 of 6

WORKOUT

FOR TIME

2 ROUNDS

10 Deadlifts (225/155)|(155/105)
20 Alt. DB Hang Snatch (35/20)|(20/15)
30 Single Arm Alt. OH DB Lunges*

Into...

2 ROUNDS

10 Deadlifts (155/105)|(115/75)
20 Alt. DB Hang Power Snatches (50/35)|(35/20)
30 Single Arm Alt. OH DB Lunges*

*Switch DB OH as needed.

(Score is Total Time)

Wednesday 12-15-21

WARM-UP

1 ROUND

1:30 Bike

15 Straight Arm Banded Lat Pull Downs

6/6 Single Arm Ring Row

6 Push-Up Negatives w/:03 Descent (option to use knees for assistance when pressing back up)

1 ROUND

1:00 Bike

15 Banded Below the Chin Pull Downs*

12 Ring Rows

6 Knee Push-Ups

*In a seated position, grab the band shoulder width and pull the elbows back and down until the band reaches right below the chin.

1 ROUND

:30 Bike

5 Pull-Up Negatives w/:03 Descent

:15 Dead Bar Hang

6 Push-Ups (can continue to use knees for assistance)

STRENGTH

ON A 10:00 RUNNING CLOCK...

Choose (1) Pull-Up option and complete 3 Sets:

Pull-Up Options...

Max Weighted Pull-Ups

Max Strict Pull-Ups

Max Banded Strict Pull-Ups

(Score is Total Reps)

WORKOUT

AMRAP x 17 MINUTES

15/12 Cal Bike

20 Pull-Ups

15/12 Cal Bike

20 Hand Release Push-ups

(Score is Round + Reps)

Friday 12-17-21

WARM-UP

2 ROUNDS

100m Run

10 Cossack Squats (option to switch to Air Squats in 2nd round)

10 Hollow Rocks

10 Elevated Calf Raises*

*On an elevated surface like a curb or stacked plates, perform a calf raise, then slowly lower and pause for :02-:03 in the bottom stretch. We're working on ankle range of motion.

STRENGTH

ON AN 18:00 RUNNING CLOCK...

Build to a 2-Rep Heavy Front Squat

(Score is Weight)

Week 6 of 6

WORKOUT

EVERY 2:00 x 6 ROUNDS*

100m Run

10 Back Squats (135/95)|(95/65)

*Each Round Capped at 1:30 for the Run and Squats. At least :30 rest for all athletes before the next round.

(Score is Slowest Round)

Saturday 12-18-21

WARM-UP

3 SETS

:20 Single Unders*

20 Plank Shoulder Taps

100m Row

10 Empty Barbell Push Press

*2nd round = Single unders backwards, 3rd round = single unders alternating single leg jumps

EXTENDED WARM-UP

EMOM x 9 MINUTES

MIN 1 - 5-7 Shoulder to Overhead*

MIN 2 - :45 Double Under Practice

MIN 3 - :45 EZ Row

*Goal is to work up to and slightly past workout weight.

Focus more on cycling efficiency, rather than weight on the bar.

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"THE GOOD, THE BAD, & THE UGLY"

FOR TIME

200 Double Unders

1500/1250m Row

30 Shoulder To Overhead (155/105)|(115/75)

100 Double Unders

1000/800m Row

20 Shoulder to Overhead

50 Double Unders 500/400m Row

10 Shoulder to Overhead

(Score is Time)

Monday 12-6-21

WARM-UP

EMOM x 6 MINUTES

:45 On/:15 Rest

MIN 1 - 7 Bootstrappers + Max Kang Squats *

MIN 2 - 7 Air Squats + Max Groiners **

MIN 3 - 7 Ball Slams + Max Step-Ups ***

* Bodyweight for first round, Empty Barbell optional second round

** Switch to 6 Jumping Air Squats

*** Switch to Box Jumps

STRENGTH

4-2-2-2* Front Squat

*Build to a Heavy weight. Final set of 2 should be heavier than last week's set of 2.

(Score is Weight)

Week 5 of 6

WORKOUT

2 ROUNDS FOR TIME

35 Box Jump Overs (24/20)

20 Back Squats (135/95)|(95/65)

(Score is Time)

OPTIONAL FINISHER

AMRAP x 5 MINUTES

Max Slam Balls (30/20)

(Score is Reps)

Wednesday 12-8-21

WARM-UP

1 ROUND

5 Inch Worm + Push-Up

6 Alt DB Strict Press*

8 Up-Downs

Into...

1 ROUND

10' Forward Bear Crawl

10' Backward Bear Crawl

8 DB Push Press

6 Burpees

Into...

1 SET

10' Lateral Bear Crawl (Left)

10' Lateral Bear Crawl (Right)

8 DB Bent Over Row

10/8 Cal Row

*Hold both DBs in front rack- one arm presses at a time

STRENGTH

10-8-6-4*

Tempo Strict Press (31X1)

*After each Set complete

15-20 Bent Over Reverse Flyes (Light).

(Score is Weight)

WORKOUT

AMRAP x 17 MINUTES

15/12 Cal Row

50' Bear Crawl*

15 Push Press (95/65)|(65/45)

50' Bear Crawl

15 Burpees

50' Bear Crawl

*Complete 25' bear crawl out and 25' back.

(Score is Rounds + Reps)

Friday 12-10-21

WARM-UP

2 ROUNDS

100m Jog

5 Bodyweight Kang Squats*

10 Ring Rows

5 Hollow Rocks + 5 Superman Arch Rocks

2 ROUNDS

100m Jog

5 Scap Pull-Ups + 5 Kip Swings

5 Sumo Stance Good Mornings

10 Alt. DB Sumo Deadlifts

*Feet begin in a squat stance. Bow forward, hinging the hips back into a good morning position.

Once a stretch is felt in the hamstrings, drop the hips low into a squat and pull the chest more upright, finishing in the bottom of a squat. Then drive the hips high with the torso forward (back in that good morning position), squeeze the glutes and push the hips forward, standing tall.

STRENGTH

4-2-2-2* Deadlift

*Build to a Heavy weight.

Final set of 2 should be heavier than last week's set of 2.

(Score is Weight)

Week 5 of 6

WORKOUT

FOR TIME*

80 Pull-Ups

100 DB Sumo Deadlifts (AHAP)

120 Sit-Ups

*Partition Reps as Needed.

(Score is Time)

Saturday 12-11-21

WARM-UP

2 SETS (7:00 CAP)

100m Run

8/8 Alt. KB Deadlift

10 Single Ring Ring Row

10 Scap Push-ups

20 Shoulder Taps

Into...

1-2 SETS (Time Permitting)

100m Run

:20 Russian KBS

5/5 Single Arm Ring Rows

5 Inchworms

STRENGTH

10-10-10*

Narrow Grip Bench Press

*Work to a Moderate weight.

After each Set complete a Max Set of Push-Ups.

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

AMRAP x 20 MINUTES

200m Run

20 Russian KB Swings (53/35)|(35/20)

10/10 Single Arm Ring Rows
60 Double Unders
(Score is Rounds + Reps)

Monday 11-29-21

WARM-UP

AMRAP x 7 MINUTES* 100m Run
12 Scap Push-ups
20 Alt. Shoulder Taps :20 Push-up Plank
*At 3:30 switch to...
100m Run
5 Push-ups
10/10 Single DB Bent Over Row :20 Push-up Plank

STRENGTH

6-6-6* Bench Press

*Build to a Moderate weight. After each set complete a Max Rep Set of Single DB Curls (Athlete Choice).
(Score is Weight)

WORKOUT

AMRAP x 8 MINUTES 100m Run

12 Push-Ups
100m Run
6 No Push-Up Renegade Row (50/35)|(35/20)*

-Rest 2:00-

AMRAP x 8 MINUTES 100m Run

12 Push-Ups
100m Run
6 No Push-Up Renegade Row *1 Rep= 1 Row L + 1 Row R. (Score is Rounds + Reps)

WARM-UP

1 ROUND (7:00 CAP)
20 Single Unders
10 SLOW Jefferson Curls
5/5 Staggered Stance Good Mornings
:30 Hollow Hold
Into...
1 ROUND
20 High Jump Single Unders
10 Empty Bar Deadlifts
10 Good Mornings

10 Strict Knee Raises

Into...

1 ROUND

:30 Double Unders/ Double Under Attempts

10 Narrow Stance Good Mornings

10 Kipping Knees to Chest

STRENGTH

4-4-2-2* Deadlift

*Build to a Heavy weight. Final set of 2 should be heavier than last week's set of 2.

(Score is Weight)

Week 4 of 6

NCFIT BENCHMARK

WORKOUT

"THORASSIC PARK"

5 ROUNDS FOR TIME

7 Deadlifts (275/185)|(185/135)

15 Toes To Bar 60 Double Unders

(Score is Time)

KG BB: (125/85)|(85/60)

Tuesday 11-30-21

Wednesday 12-1-21

WARM-UP

MIN 0-3: Line Drills

25ft. Frankenstein Kicks

25ft. Heel Walk

25ft. Toe Walk

25ft. High Knees

25ft. Butt Kickers

Into...

MIN 3-5: 400m Jog or 1200m Assault Bike

Into...

MIN 5-7: 2 ROUNDS

8 SLOW Wall Squats to Medicine Ball

8 Medicine Ball Push Press to Target

8 Alt. Plank Med. Ball Rolls*

Into...

MIN 7-9: 400m Jog or 1200m Assault Bike

*Begin in a Tall Plank Position. With the right arm, roll the medicine ball out to the side until the arm is extended. Then roll it back to center, placing the right arm on the floor and then the left arm rolls the medicine ball out to the left side. 1 REP = 1 RIGHT + 1 LEFT

STRENGTH

4-4-2-2*

Front Squat

*Build to a Heavy weight.

Final set of 2 should be heavier than last week's set of 2.

(Score is Weight)

Week 4 of 6

WORKOUT

FOR TIME

800m Run

50 Unbroken Wall Balls (20/14)|(14/10)*

800m Run

*Each time you break, drop the ball, or stop movement...complete

15 Air Squats then continue.

(Score is Time)

KG WB: (9/6)|(6/5)

OPTIONAL COOL DOWN

2-3 ROUNDS FOR QUALITY

1:00 Sprinter Stretch (R) 1:00 Sprinter Stretch (L) 1:00 Saddle Pose

(No Measure)

Thursday

Friday 12-3-21

WARM-UP

1 ROUND (3 MIN MAX)

:45 Row (Arms + Hips; Legs remain straight)

10 Alt. Lunges w/Twist

7 Empty Barbell RDLs

7 Upright High Pulls + Elbow Punch Through*

1 ROUND (3 MIN MAX)

:45 Row (Arms + Hips + Legs w/half slide in; keep the feet planted!)

10 Alt. Step-Ups

7 Empty Barbell RDLs

7 Upright High Pulls + Elbow Punch Through*

1 ROUND (3 MIN MAX)

:45 Row (Full Stroke; keep the s/m under 25)

10 Tuck Jumps

7 Empty Barbell RDLs

7 Upright High Pulls + Elbow Punch Through*

*Perform a high pull with the barbell, then drive the elbows under, finishing with the barbell in the front rack position.

STRENGTH

4-4-2-2* Power Clean

*Build to a Heavy weight. Final set of 2 should be heavier than last week's set of 2.

(Score is Weight)

Week 4 of 6

WORKOUT

AMRAP x 13 MINUTES

2 Power Clean (155/105)|(115/75)*

6 Box Jumps (24/20)

12/10 Cal Row

*Increase Power Clean by 2 Rep each round.

(Score is Rounds + Reps)

Saturday 12-4-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 5 Up Downs + 5 Strict Presses*

MIN 2 - 20 Crossbody Mountain Climbers + 10 Scap Push Ups

*Progress these movements from round to round.

Round 1

5 Up Downs + 5 Strict Presses

Round 2

5 Burpees + 5 Push Presses

Round 3

5 Burpees Over Bar + 5 Push Jerks

STRENGTH

EMOM x 5 MINUTES* 3-5 Push Press

Into...

EMOM x 5 MINUTES** 2-3 Push Jerk

*Build to a Moderate weight Push Press.

Use your final weight of the Push Press for the first set of the Push Jerk.

**Build to a Moderate-Heavy weight Push Jerk.

(Score is Weight)

WORKOUT

EVERY 3:00 FOR 5 SETS

20 Burpees

10 Shoulder to Overhead (115/75)|(75/55)

Max Sit-Ups in time remaining...

-Rest 1:30 b/t Sets- (Score is Reps)

Monday 11-22-21

WARM-UP

EMOM x 8 MINUTES

MIN 1&5 - :20 Up-Downs + :20 Good Mornings

MIN 2&6 - :20 Shoulder Taps + :20 Scap Push-Ups

MIN 3&7 - :20 BB Upright Rows + :20 Elbow Punches*

MIN 4&8 - :40 Tuck Hold

*MIN 7 complete :20 Clean Deadlifts + :20 Elbow Punches

STRENGTH

6-4-4-2* Power Clean

*Build to a Heavy weight.

(Score is Weight)

Week 3 of 6

BENCHMARK WORKOUT "ELIZABETH-ISH"

FOR TIME

18-15-12-9

Hang Power Cleans (135/95)|(95/65)

Hand Release Push-Ups

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

OPTIONAL FINISHER

EMOM x 6 MINUTES

:25 OH Plate Reverse Lunge + :25 Gun Hold (Athlete Choice)*

*Option to try for :30/:30 (not rest!)

(No Measure)

Tuesday 11-23-21

Wednesday 11-24-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :25 Samson Lunges + Max Scap Pull-Ups

MIN 2 - :25 Mountain Climbers + Max Lunges

MIN 3 - :25 Bootstrappers + Max Ring Rows

MIN 4 - :25 Up-Downs + Max Step-Ups

MIN 5 - :25 Groiners + Max Small Kip Swings

MIN 6 - :25 Strict Burpees + Max Step-Overs

STRENGTH

6-4-4-2*

Front Squat

*Build to a Heavy weight.

(Score is Weight)

Week 3 of 6

BENCHMARK WORKOUT

"CLEARANCE SALE"

3 SETS

AMRAP x 4 MINUTES*

6 Front Squats (115/75)|(75/55)

8 Pull-Ups

10 Box Jump Overs (24/20)

*Pick up where you left off.

-Rest 1:00 b/t Sets-

(Score is Total Rounds + Reps)

Thursday 11-25-21

Friday 11-26-21

WARM-UP

Group 200m Jog

Into...

2 ROUNDS

:30 Single-Unders*

10 Arm Haulers

8 Cat/Cows

6 Bodyweight Good Mornings

*1st Round: side to side jumps (imagine you're jumping over a line)

2nd Round: forward and back jumps (use that same imaginary line)

Into...

2 ROUNDS

:30 Single-Unders*

10 Glute Bridge-Ups w/:03 pause at top

8 Alt. Thoracic Rotations

6 Empty Barbell Above the Knee Deadlifts

*1st Round: Imagine there are three dots in the form of a triangle. Jump to each dot in a clockwise fashion, making a triangular pattern with the feet.

2nd Round: Backwards Single-Unders (this helps keep the torso upright).

STRENGTH

6-4-4-2* Deadlift

*Build to a Heavy weight.

(Score is Weight)

Week 3 of 6

WORKOUT

EVERY 1:30 x 7 SETS

8 Deadlifts (255/175)|(175/115) 50 Double Unders*

-Rest the Remaining Time-

*:45 Cap on Doubles

(Score is Slowest Set)

KG BB: (115/79)|(79/52.5)

OPTIONAL COOL DOWN

2-3 SETS FOR QUALITY

12 Slow Arm Haulers

10 Cat Cows

10 Alt. Thoracic Rotations

-Rest As Needed b/t Sets- (No Measure)

Saturday 11-27-21

WARM-UP

2 ROUND

(7:00 CAP)

:20 Mountain Climbers

10 Snatch Grip Deadlifts

:20 Barbell Overhead Hold (Snatch Grip)

5 Inchworm + 10 Scap Push-up

10 Lunges

1 ROUND

:20 Crossbody Mountain Climbers

5 Hang Muscle Snatch

:20 Barbell Overhead Hold (Snatch Grip)

10 Tempo Push-ups (2121)

10 Back Rack Lunge

STRENGTH

EMOM x 10 MINUTES

1 Pausing Hang Power Snatch* +

2 Hang Power Snatch

*Pause for :01 above the knee, then complete the movement.

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES

6 Hang Power Snatches (75/55)|(55/45)

8 Overhead Lunges*

12 Push-Ups

24 Crossbody Mountain Climbers

*Option for Back Rack Lunge

(Score is Rounds + Reps)
KG BB: (35/25)|(30/20)

Monday

Tuesday

Wednesday

WARM-UP

AMRAP x 6 MINUTES* 100m Run

10 Scap Push-Ups

10 Lunges

25' Bear Crawl

*At 3:00 adjust movements to: 100m Run

5 Push-Ups to Pike

10 KB Lunges

25' Bear Crawl

STRENGTH

1.) 10-8-6-4* Bench Press

*Build to a Moderate-Heavy weight.

(Score is Weight)

-Rest 2:00 b/t Part 1 & Part 2-

2.) Max Reps Bench Press (135/95)|(95/65)

(Score is Reps)

WORKOUT

E2MOM x 16 MINUTES

MIN 1&2 - 400m Run

MIN 3&4 - AMRAP of 50' Bear Crawl + 6 Hand Release Push-Ups + 10 DB Goblet Lunges
(50/35)|(35/20)*

*Complete 25' bear crawl out and 25' back. Pick up each AMRAP where you left off.

(Score is Rounds + Reps) KG DB: (22.5/15)|(15/10)

Thursday

Friday

WARM-UP

2 SETS (8:00 CAP)

:30 Air Squats

10 Lunges

8 KB Russian Swing

:30 Goblet Squat Hold

Into...

1-2 SETS

:30 PVC Front Squats

10 Step-ups + 5 Box Jumps

8 KB Swing to Forehead

:30 Goblet Squat Hold

STRENGTH

6-6-4-4*

Front Squat

*Build to a Moderate-Heavy weight.

Final set of 4 should be heavier than last week's 4.

(Score is Weight)

Week 2 of 6

NCFIT BENCHMARK WORKOUT

"THE HULK"

AMRAP x 12 MINUTES

5 Front Squats (185/135)|(135/95)

7 Box Jumps (30/24)

10 KB Swings (70/53)|(53/35)

(Score is Rounds + Reps)

KG BB: (85/60)|(60/42.5) KG KB: (32/24)|(24/16)

Saturday

WARM-UP

200m Group Jog

Into...

2 ROUNDS

5 Cat/Cows

5 Push-Up to Down Dog

5 Toe Touch + Air Squat*

Into...

1 ROUND

10 Plate Ground to Overhead

5/5 Plate Around the Worlds

:30/:30 Single Arm Overhead Plate Hold

Into...

1 ROUND

10 Up-Downs to Plate

5/5 Plate Around the Worlds

:30 DBL Arm Overhead Plate Hold

*Feet in a squat stance and keep legs as straight as possible as you reach down to touch the toes. Stand back up into extension, then perform an air squat. This is one rep.

STRENGTH

5 SETS

2 Strict Press +

3 Push Press

-Rest as Needed b/t Sets-

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"INFINITY LOOP"

4 ROUNDS FOR TIME

10 Push Press (75/55)|(45/35)

10 Up-Downs -2:00 Rest-

3 ROUNDS FOR TIME

10 Push Press (95/65)|(65/45)

10 Burpees

-2:00 Rest-

2 ROUNDS FOR TIME

10 Push Press (115/75)|(75/55)

10 Bar Facing Burpees

(Score is Time)

Monday 11-8-21

WARM-UP

2 ROUNDS

200m Run

10 Bodyweight Good Mornings

10 Glute Bridge-Ups

10 Jumping Lunges

Into...

1-2 ROUNDS (Time Permitting)

100m Run

10 Empty Barbell Clean Deadlifts

10 Alt. Glute Bridge Marches*

10 Jumping Power Squats**

*Keeping a Glute Bridge-Up position (hips up), pull one knee in towards the chest, then back down and alternate!

**Begin with feet directly under hips. Jump high up and land with feet in squat stance, hips in a quarter (power/partial) squat.

STRENGTH

8-6-6-4*

Power Clean

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 1 of 6

BENCHMARK WORKOUT

"LITTLE BEAR"

EVERY :30 x 15 MINUTES

2 Power Clean (185/135)|(135/95)

(Score is Weight)

KG BB: (85/60)|(60/42.5)

Tuesday

Wednesday 11-10-21

WARM-UP

2 ROUNDS

200m Run

10 Alt. Lunges w/ Twist

:30 Tuck Hold

6 Wall Squats w/:02 pause in bottom

10 Tuck-Ups

Into...

2 ROUNDS

12 Mixed Grip Lunges (switch after 6 Alt. Lunges)

:30 Wrist Stretch*

:30 Lat Stretch**

*On the knees, place the hands on the ground with fingers towards the knees and stretch the wrists by keeping the palms on the ground.

**Sit back into child's pose and reach forward with the arms, rotating palms up and palms down.

STRENGTH

8-6-6-4* Front Squat

*Build to a Moderate-Heavy weight. (Score is Weight)

Week 1 of 6

WORKOUT

5 ROUNDS FOR TIME

200m Run

20 Mixed Grip KB/DB Lunge (Athlete Choice)*

20 V-Ups

*Hold DB in Suitcase and KB in Front Rack.
Switch sides 10 reps.
(Score is Time)

Thursday

Friday 11-12-21

WARM-UP

2 ROUNDS (7:00 CAP)

:30 Bike *

5/5 Staggered Stance Good Morning

5/5 Crossbody DB Deadlifts

5 Inchworms

Into...

2 ROUNDS

:30 Bike *

8 Wide Stance Good Mornings 8 Bootstrappers

8 Empty Barbell Deadlifts

*Athletes should increase the pace on the bike each round.

STRENGTH

8-6-6-4*

Deadlift

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 1 of 6

WORKOUT

4 SETS

25/20 Cal Bike

15 Deadlifts (225/155)|(155/105)

-Rest 2:00 b/t Sets-

(Score is Slowest Set)

Saturday 11-13-21

WARM-UP

2 SETS

10 Elbow Punches

14 Alt. BW Reverse Lunges

20 Alt. Pike Shoulder Taps

Into...

2 SETS

8 BB Strict Press

10 Alt Box Step-Ups*

12 Scap Pull-Ups

*On the 2nd Set, switch to 10 Box Jumps.

STRENGTH

EMOM x 10 MINUTES

MIN 1 - 5 Push Press*

MIN 2 - :15 Active Hang + 5-7 Kip Swings**

*Build to and past workout weight.

**Athletes can come off between movements.

(Score is Heaviest Weight)

WORKOUT

"DANNY"

AMRAP x 20 MINUTES

30 Box Jumps (24/20)

20 Push Press (115/75)|(75/55)

30 Pull-Ups

(Score is Rounds + Reps)

Monday 11-1-21

WARM-UP

2-3 ROUNDS

10/8 Cal Row

8/8 SA DB Bent Over Row*

12 Scap Push-ups

:30 Superman Hold

*Option to Adjust DB Movements in Rounds 2&3...

ROUND 2 - 8/8 SA Strict Press

ROUND 3 - 8/8 SA Floor Press

STRENGTH

ON A 18:00 RUNNING CLOCK...

Build to a 3-Rep Heavy Bench Press

(Score is Weight)

Week 8 of 8

WORKOUT

EMOM x 10 MINUTES

MIN 1 - 20/15 Cal Row

MIN 2 - 10 No Push-Up Renegade Rows (35/20)|(20/15)

(Score is Slowest Row) KG DB: (15/10)|(10/7.5)

Tuesday 11-2-21

Wednesday 11-3-21

WARM-UP

AMRAP x 5 MINUTES* :30 Row

6 Air Squats

6 Scap Push-Ups

6 Scap Pull-Ups

*At 2:30 switch to:

:30 Row

6 Front Squats

6 Strict Press

6 Kip Swings or Ring Rows

STRENGTH

ON A 18:00 RUNNING CLOCK...

Build to a 3-Rep Heavy Back Squat

(Score is Weight) Week 8 of 8

BENCHMARK WORKOUT

"ROLLER COASTER"

FOR TIME

1000m/750m Row

30 Thrusters (45/35)|(35/25)

30 Ring Rows

750m/500m Row

30 Thrusters

30 Jumping Pull-ups

500m/400m Row

30 Thrusters

30 Pull-ups

(Score is Time)

KG BB: (20/15)|(15/12)

OPTIONAL COOL DOWN

2:00 Saddle Pose

1:00 Sprinter Stretch (L)

1:00 Sprinter Stretch (R)

2:00 Child's Pose

(No Measure)

Thursday 11-4-21

Friday 11-5-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :45 Slow Mountain Climbers*

MIN 2 - :45 Lunges
MIN 3 - :45 Clean Grip DL
MIN 4 - :45 Burpees (EZ Pace)
MIN 5 - :45 Box Step-Ups
MIN 6 - :45 Elbow Punches

STRENGTH

EVERY 1:30 x 8 SETS*

2 Hang Power Clean +

1 Power Clean

*Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

FOR TIME

2:00 ON / 1:00 OFF

10 Burpee Box Jump Over (24/20)

Max Power Cleans (185/135)|(135/95)

with time remaining...

*Complete sets of 2:00 ON / 1:00 OFF until

40 Power Cleans are completed.

(Score is Total Time)

KG BB: (85/60)|(60/42.5)

Saturday 11-6-21

WARM-UP

2 ROUNDS (6:00 CAP)

100m Run

25 Single Unders

:20 Tuck Hold

10 SB Deadlifts

Into...

1-2 ROUNDS (Time Permitting)

100m Run

20 High Jump Singles Unders

10 Tuck-Ups

10 SB G2OH

STRENGTH

3 SETS*

10-12 DB Arnold Presses

12-15 DB Bent Arm Lateral Raises

15-20 DB Bent Over Row

*Athletes have the option to use different pairs of DB's for each movement.

(Score is Weight)

WORKOUT

AMRAP x 23 MINUTES 100m Run

75 Double Unders

50 Sit-Ups

25 Slam Balls (20/10)

(Score is Rounds + Reps)

Monday 10-25-21

WARM-UP

3 ROUNDS (6:00 CAP)

5 Bootstrappers*

7 KB Romanian Deadlifts

10 Tuck-Ups

20ft Broad Jump**

*Switch to Bodyweight Goodmornings for second and third rounds

**Switch to 20 Single Unders for second and third rounds

STRENGTH

7-5-3-7-5-3

Deadlift

*Wave Loading. Second 7-5-3 should be heavier than first 7-5-3. Looking for Moderate in first then Moderate-Heavy in second.

(Score is Weight)

NCFIT BENCHMARK WORKOUT "THE INFERNO"

FOR TIME

100 Double Unders

35 Air Squats

30 Deadlifts (165/115)|(115/75)

75 Double Unders

35 Air Squats

20 Deadlifts (185/135)|(135/95)

50 Double Unders

35 Air Squats

10 Deadlifts (225/155)|(155/105)

(Score is Time)

Tuesday 10-26-21

WARM-UP

2 ROUNDS

:40 Arms Only Rowing*

10 Scap Push-ups

10 Deadbugs
5 Up-Downs
Into...
1-2 ROUNDS (Time Dependant)
:40 Full Body Rowing
5-7 Push-Up + Down Dog
10 Tuck-Ups
5 Burpees
*R2 Complete Arm + Body Rowing.

STRENGTH

7-5-3
Tempo Bench Press (1111)*
*Build to a Light-Moderate weight.
(Score is Weight)

Week 7 of 8

WORKOUT

EVERY 3:00 x 5 SETS
15/12 Cal Row
20 Tuck-Ups
Max Burpees in Time Remaining...
-Rest 1:00 b/t Sets- (Score is Lowest Reps)

Wednesday 10-27-21

WARM-UP

2 ROUNDS
200m Jog
5/5 Plate Around the Worlds
:30/:30 Single Arm Plate Waiter Hold
Into...

2 ROUNDS
200m Run
5 Empty Barbell Cuban Presses :30 Hollow Hold

STRENGTH

5-5-5-5 Push Jerk*
*Build to a Light-Moderate weight.
Week 7 of 8**

**The OH progression for this strength cycle will act differently from other strength movements. We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling.

WORKOUT

AMRAP x 17 MINUTES
400m Run
12 Push Jerks (155/105)|(115/75)

(Score is Rounds + Reps)

Thursday 10-28-21

WARM-UP

3 ROUNDS*

R1: 1:00 Legs Only Bike

R2: 1:00 Arms Only Bike

R3: 1:00 Arms + Legs Bike

R1: Tempo Air Squats

R2: Faster Air Squats

R3: Jumping Air Squats

R1-3: 5 Empty Barbell Deadlifts +

5 Empty Barbell High Pulls (no legs/hips)

*For round one, complete the first column of movements. In the 2nd and 3rd rounds, follow the arrows after each movement (ex: Legs only Bike in round 1; arms only bike in round 2). The empty barbell Deadlifts + High Pulls remain the same for all three rounds.

STRENGTH

ON A 8:00 RUNNING CLOCK...

Build to a Moderate 5-Rep Hang Power Clean

Into...

ON A 8:00 RUNNING CLOCK...

Build to a Moderate-Heavy 3-Rep Hang Squat Clean

(Score is Weight)

WORKOUT

FOR TIME

30/25 Cal Bike

20 Hang Power Cleans (135/95)|(95/65)

-Rest 3:00-

30/25 Cal Bike

20 Hang Squat Cleans (95/65)|(65/45)

(Score is Total Time)

KG BB1: (60/42.5)|(42.5/30) KG BB2: (42.5/30)|(30/20)

OPTIONAL FINISHER

3 SETS

1:00 DBL KB Suitcase Hold (Athlete Choice)*

-Rest 1:00-

*As heavy as possible. (Score is Weight)

Friday 10-29-21

WARM-UP

AMRAP x 7 MINUTES

:45 Row (Increasing pace each round)

:15 Bottom of the Squat Hold → :10 Wall Sit → :15 Wall Sit

10 Scap Push-Ups → 8/8 Shoulder Taps → 6 Push-Ups

10 Air Squats → 8 Air Squats (:02 Pause) → 6 Barbell Squats (:02 Pause)

STRENGTH

7-5-3

Tempo Back Squat (1111)*

*Build to a Light-Moderate weight.

(Score is Weight)

Week 7 of 8

WORKOUT

EMOM x 16 MINUTES

MIN 1&2 - 500/400m Row

MIN 3 - :45 Wall Sit

MIN 4 - :45 Max Push-Ups

(Score is Push-Up Reps)

Saturday 10-30-21

WARM-UP

EMOM X 5 MINUTES (:50 WORK/ :10 REST)

MIN 1 - :20 Step-ups then Max Box Jumps

MIN 2 - Max Alt. DB Tempo Deadlift (3131)

MIN 3 - :20 Single DB Squats then Max Single DB Strict Press

MIN 4 - Max Ring Rows with :02 pause at the top

MIN 5 - :20 Scap Pull-Ups then Max Active Hang

NCFIT BENCHMARK WORKOUT "ROCKY HORROR"

4 ROUNDS FOR TIME

25 Box Jumps (24/20)

10 DB Thrusters (50/35)|(35/20)

25 Pull-Ups

10 DB Thrusters

25 Alt. DB Snatches

-Hard Cap 30:00-

(Score is Time)

Monday 10-18-21

WARM-UP

2 ROUNDS

10 Alt. DB Deadlifts

10 Single DB Curls

10 BW Lunges

10 Slow Deadbugs

Into...

2 ROUNDS

10 DB Hang Muscle Cleans*

6 Single DB Lunge + Lunge + Squat

10 Sit-Ups

*R2 complete 10 Hang Power Cleans.

STRENGTH

4x3

Tempo Back Squats (21X1)*

*Keep weight Moderate. Should be heavier than Week 3 4x3 weight.

(Score is Weight)

Week 6 of 8

WORKOUT

AMRAP x 14 MINUTES

10 DB Hang Power Clean (50/35)|(35/20)*

20 Alt. Single DB Lunges

10 DB Hang Power Clean

20 Sit-Ups

*HPC are double DB. Single DB Lunge hold 1 DB across chest.

(Score is Rounds + Reps)

Tuesday 10-19-21

WARM-UP

4 ROUNDS (7:00 CAP)

10 Single DB Curls

7 Up-Downs

:20 Plank Hold

:20 Gun Hold

:40 Bike (INCREASING PACE)

STRENGTH

3 SETS

12-15 DB Zottman Curls

12-15 Single DB Skull Crusher

20-25 Banded Upright Rows

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

4 SETS FOR MAX REPS

1:00 - Cal Bike
1:00 - Plate Gun Hold (Athlete Choice)*
1:00 - Up-Downs
1:00 - Plate Weighted Plank Hold (Athlete Choice)*
*Weight should be Moderate. (Score is Reps)

Wednesday 10-20-21

WARM-UP

2 ROUNDS

:30 High Knees + :30 Butt Kickers

5 Body Weight Good Mornings

5 Leg Swings/Leg

Into...

2 ROUNDS

300m Run

5 Slam Ball Deadlifts + 5 Slam Ball Push Press

10 Burpees

10 Slam Ball Ground to Overhead

STRENGTH

4x3

Tempo Bench Press (21X1)*

*Keep weight Moderate. Should be heavier than Week 3 4x3 weight.

(Score is Weight)

Week 6 of 8

WORKOUT

2 ROUNDS FOR TIME

40 Burpees

800m Run

40 Slam Balls (30/20)|(20/10)

(Score is Time)

KG SB: (14/9)|(9/6)

OPTIONAL COOL DOWN

FOR RECOVERY

1:30 Twisted Cross (R) :30 Down Dog

1:30 Twisted Cross (L) :30 Down Dog

1:00 Corpse Pose

(No Measure)

Thursday 10-21-21

WARM-UP

2 ROUNDS

5 Med. Ball Lunge-Lunge-Squat + 5 Med. Ball Push Press

5 Sumo Squats + 5 Jumping Sumo Squats

10 Alt. Step-Ups
5 Cuban Press* + 5 Push Press
:45 Row
*Empty Barbell High Pull + Elbows into Front Rack + Strict Press
Into...

2 ROUNDS
10 Wall Balls
5 Sumo Stance Good Mornings
5 Push-Up to Pike
5 Cat/Cows
:45 Row

STRENGTH

EVERY 3:00 x 4 SETS
6-8 Sumo Deadlifts*
3-5 Box Jumps (30/24)|(24/20).
*Build to a Moderate weight.
(Score is Weight)

"NCFIT BENCHMARK WORKOUT "FIGHT GONE BAD"

3 ROUNDS FOR MAX REPS
1:00 Wall Ball (20/14)|(14/10)
1:00 Sumo Deadlift High Pull (75/55)|(45/35)
1:00 Box Jump (20)
1:00 Push Press
1:00 Row for Cals -1:00 Rest b/t Rounds- (Score is Reps)

Friday 10-22-21

WARM-UP

2 SETS
10 Strokes on the Rower
10 Alt. Groiners
10 Moose Antlers (5/side)
10 Tuck-Ups

Into...

2 SETS
10 Strokes on the Rower*
10 Alt. Elbow Punches
8 Empty Barbell Front Squats
6 Empty Barbell Strict Press
*Increasing speed with each stroke

STRENGTH

6 SETS*
1 Hang Squat Clean

+

1 Squat Clean Thruster

*Build to a Moderate weight.

-Rest As Needed b/t Sets-

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"PAINKILLER"

5 SETS

ON A 2:00 RUNNING CLOCK...

8 Thrusters (115/75)|(75/55)

8 Toes to Bar

Max Cal Row in Remaining Time

-Rest 1:00 b/t Sets- (Score is Cals)

Saturday 10-23-21

WARM-UP

ON A 5:00 RUNNING CLOCK..

1 ROUND

:45 Lunges

12 Snatch Deadlift

12 Scap Ring Rows

1 ROUND

:45 Step-ups

10 Snatch Grip Upright Row 10 Ring Rows

1 ROUND

:45 Box Jumps

8 High Hang High Pull 8 Scap Pull-ups

STRENGTH

EVERY 1:30 x 5 SETS

3 Snatch Grip Deadlift +

1 Hang Power Snatch

(Score is Weight)

WORKOUT

AMRAP x 24 MINUTES

5 Hang Power Snatch (135/95)|(95/65)

10 Chest to Bar Pull-Ups

15 Box Jump Overs (24/20)

-Rest 1:00 after a Full Round-

(Score is Rounds + Reps)

Monday 10-11-21

WARM-UP

AMRAP x 7 MINUTES

100m Run

:20 Active Hang

:20 Scap Push-ups

:20 Band Pull-Aparts

ROUND 1 - Active Hang & Scap Push-ups

ROUND 2 - Kip Swings & Knee Push-ups

ROUND 3+ - Kipping K2C & Push-ups

STRENGTH

4x5

Tempo Bench Press (21X1)*

*Keep weight Moderate.

Should be heavier than Week 2 4x5 weight.

(Score is Weight)

Week 5 of 8

WORKOUT

E2MOM x 16 MINUTES

MIN 1&2 - 200m Run + Max Knees to Elbow

MIN 3&4 - 200m Run + Max Hand Release Push-Ups

(Score is Reps)

Tuesday 10-12-21

WARM-UP

2 ROUNDS

30 Jumping Jacks

10 Scap Push-Ups

10 DB Around the World

:30 DB Hollow Body Flutter Kicks

Into...

2 ROUNDS

6 Push-Up + Down Dog 8 Up-Downs

10 Deadbugs

12 Alt. DB Press

STRENGTH

EMOM x 5 MINUTES*

1 Strict Press

+

3 Push Press

-Rest 2:00-

EMOM x 5 MINUTES**

1 Push Press

+

3 Push Jerks

*Build to a Moderate Weight.

**Build to a Moderate-Heavy Weight.

(Score is Weight)

Week 5 of 8***

***The OH progression for this strength cycle will act differently from other strength movements.

We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling. "

WORKOUT

10 SETS

5 Push Jerk (155/105)|(115/75)

10 Up-Downs

-Rest :30 b/t Sets-

(Score is Slowest Set)

Wednesday 10-13-21

WARM-UP

3 SETS

:30 Row (EZ > Mod > Hard)

4 Groiner + Thoracic Twist (per side)

8 Lunge + Lunge + Squat

10 Wall Ball Front Squats*

:20 Kneeling Ankle Stretch/leg**

*Set 1 = WB Front Squat, Set 2 = WB Push Press to Target, Set 3 = Wall Ball

**In the top of a lunge position, press the front knee forward and back to deepen the stretch in the ankles

STRENGTH

4x5

Tempo Back Squats (21X1)*

*Keep weight Moderate. Should be heavier than Week 2 4x5 weight.

(Score is Weight) Week 5 of 8

BENCHMARK WORKOUT "TRIDENT"

AMRAP x 4 MINUTES

Max Wall Balls (20/14)|(14/10)

-Rest 1:00-

AMRAP x 4 MINUTES Max Cal Row

-Rest 1:00-

AMRAP x 4 MINUTES

Max Wall Balls (20/14)|(14/10)

(Score is Reps)

Thursday 10-14-21

WARM-UP

3 ROUNDS

5 Up-Downs

10 Clean Deadlift

10 High Hang High Pulls

10 Muscle Cleans

10 Tuck-Ups

10 Straight Leg Sit-Ups

10 Knees Bent Sit-Ups

20 Singles

20 Tall Jumps

20 Double Unders/ Attempts

STRENGTH

6 SETS

1 High Hang Power Clean

+

1 Hang Power Clean +

1 Power Clean

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

5 Power Cleans (135/95)|(95/65)

15 Sit-Ups

30 Double Unders

-Rest 2:00-

FOR TIME

25 Hang Power Clean

75 Sit-Ups

150 Double Unders

(Score is Total Time)

Friday 10-15-21

WARM-UP

3 ROUNDS FOR TIME (7:00 CAP)

12 Sumo Stance Good Mornings

20 Mountain Climbers*

12 Lunges**

12 KB Deadlift

ROUND 1 - Mountain Climbers* & Lunges**

ROUND 2 - Up-Downs* & Step-ups**

ROUND 3 - Burpees* & Box Jumps**

STRENGTH

8-6-6-4

Sumo Deadlift

(Score is Weight)

WORKOUT

4 SETS

AMRAP x 3 MINUTES*

1 Sumo Deadlift (Athlete Choice, AHAP)**

2 Bar Facing Burpees

3 Box Jumps (30/24)|(24/20)

-Rest 1:00 b/t Sets-

*Pick up where you left off. **As heavy as possible.

(Score is Total Rounds + Reps)

Saturday 10-16-21

WARM-UP

3 ROUNDS

1:00 Bike

6 PVC Pass Thrus

8 Superman PVC Pass Thrus

5/5 PVC Figure 8s

5 PVC Scarecrow Snatches*

5 Behind the Neck Snatch Grip Push Jerks

10 Alt. Deadbugs

*With a Snatch grip, perform a high pull + punch overhead (no legs/hips involved)

STRENGTH

EMOM x 8 MINUTES*

1 High Hang Power Snatch

+

1 Above the Knee Hang Power Snatch +

1 Below the Knee Hang Power Snatch

*Build to a Moderate weight.

(Score is Weight)

WORKOUT

FOR TIME*

150/120 Cal Bike/Row

*Every 1:30 not including 0:00 complete 7 Hang Power Snatches (95/65)|(65/45).

(Score is Time)

Monday 10-4-21

WARM-UP

2 ROUNDS

100m Run

6 PVC Lunge + Pass Thrus 6 Slam Ball Deadlift

6 Slam Ball Strict Press

Into...

2 ROUNDS

100m Run

8 PVC High Pulls

8 PVC Push Press (Behind the Neck) 8 Slam Balls

8 Scap Push-Ups + Push-Ups

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 3-Rep Heavy Hang Power Snatch

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

7 Hang Power Snatches (115/75)|(75/55)

8 Push-Ups

9 Slam Balls (30/20)|(20/10)

100m Run

(Score is Rounds + Reps)

Tuesday

WARM-UP

3 ROUNDS

1:00 Bike

5 Scap Push-Ups + 5 Push-Ups

10 Scap Pull-Ups*

:30 Tuck Hold**

*R2: 10 Small Kip Swings.

R3: 7-10 Dynamic Kip Swings

**R2: 10 Tuck-Ups.

R3: 7-10 Kipping Knees to Chest

STRENGTH

4x7

Tempo Bench Press

(21X1)*

*Keep weight Moderate. Should be heavier than Week 1 4x7 weight.

(Score is Weight)

Week 4 of 8

WORKOUT

5 ROUNDS FOR TIME

20/15 Cal Bike

20 Toes to Bar*

*Toes to Rings Optional.

(Score is Time)

Wednesday

WARM-UP

EMOM x 6 MINUTES

MIN 1 - 12 Alt Groiners + Max Air Squats*

MIN 2 - 30 Single Unders + Max Plank**

*Switch to 10 Alt Cossack Squats + Max Quad Heel Taps at 4:00

**Switch to 20 Double Unders + Max Controlled Sit-Up at 4:00

STRENGTH

4x7

Tempo Back Squats (21X1)*

*Keep weight Moderate. Should be heavier than Week 1 4x7 weight.

(Score is Weight)

Week 4 of 8

BENCHMARK WORKOUT

"PURPLE COBRA"

FOR TIME

50-40-30-20-10

Double Unders

Sit-Ups

Russian KB Swings (53/35)|(35/26)

(Score is Time)

KG KB: (24/16)|(16/12)

OPTIONAL FINISHER

EMOM x 6 MINUTES

MIN 1 - :45 Plate Gun Hold (Athlete Choice)

MIN 2 - :45 Plate Weighted Plank Hold

(No Measure)

Thursday

WARM-UP

2 ROUNDS (7:00 CAP)

8/8 Lunges

10 Up-Down Mountain Climbers

10 Single DB Strict Press/ PP

8/8 Single DB ATW

Into...

2 ROUNDS

10 Lunges

10 Up-Down Over DB

10 Single DB Push Press 8/8 Single DB ATW

STRENGTH

EMOM x 5 MINUTES* 5 Strict Press

-Rest 1:00-

EMOM x 5 MINUTES 3 Push Press

-Rest 1:00-

EMOM x 5 MINUTES 1 Push Jerk

*Build to a Light-Moderate Strict Press. Build to a Moderate Heavy Push Press. Build to a Heavy Push Jerk.

(Score is Weight) Week 4 of 8**

**The OH progression for this strength cycle will act differently from other strength movements.

We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling.

WORKOUT

3 SETS

20 Jumping Lunges

15 Up-Downs Over the Bar 10 S2OH (155/105)|(115/75)

-Rest 2:00 b/t Sets-

(Score is Each Set for Time)

Friday

WARM-UP

AMRAP x 7 MINUTES

:30 Bike (Increase Pace)

10 Clean Deadlifts

10/10 Elbow Punches / 10 BB Upright Rows / 10 High Hang High Pulls

ROUND 1 - Elbow Punches

ROUND 2 - BB Upright Rows

ROUND 3 + - High Hang High Pulls

STRENGTH

EVERY 1:30 x 8 SETS*

1 Power Clean

+

1 Hang Power Clean

+

1 Hang Squat Clean

*Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES*

3-6-9-12 and so on...

Power Cleans (135/95)|(95/65)

5-10-15-20 and so on...

Cal Bike

*Adjusted Cals: 4-8-12-16 and so on...

(Score is Rounds + Reps)

KG BB: (60/42.5)|(42.5/30)

Saturday

WARM-UP

2 ROUNDS (4:00 CAP)

1:00 Bike or 200m Run

5 Lunge-Lunge-Squat

10 Alt. Cossack Squats (2nd Round)

10 Hollow Rocks

20 Mountain Climbers

20 Cross Body Mtn. Climbers (2nd Round)

10 Arm Haulers*

*Start in a Superman Position and swim arms down by sides. Tap the legs, then move them back overhead. Keep the arms straight the entire time and move slowly.

Into...

2 ROUNDS (4:00 CAP)

10 Wall Squats (squat therapy!)

10 Jumping Air Squats (2nd Round)

5 Scap Pull-Ups + 5 Kip Swings

10 Up-Downs + 5 Burpees

5 Scap Push-Ups + 5 Negative Push-Ups

NCFIT BENCHMARK WORKOUT

"CINDY"

AMRAP x 20 MINUTES

5 Pull-Ups

10 Push-Ups 15 Air Squats

(Score is Rounds + Reps)

POST WORKOUT STRENGTH

3-4 SETS

12-16 Alt. DB Hammer Curls

12-16 Single DB OH Tricep Extension 12-16 DB Lateral Raises

-Rest As Needed b/t Sets- (Score is Weight)

Monday

WARM-UP

3 SETS ON A 6:00 CLOCK...

:30 Bike*

10 Single DB Alt Sumo Deadlifts

10 Single DB Alt Russian Swing

5/5 Single DB Strict Press**

STRENGTH

EVERY 1:30 x 7 SETS* 3 Push Press**

+

3 Push Jerk

*Build to a Moderate weight. (Score is Weight)

Week 3 of 8**

**The OH progression for this strength cycle will act differently from other strength movements.

We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling. "

WORKOUT

4 SETS

12/10 Cal Bike

20 Alt. DB Hang Clean + Jerk (50/35)|(35/20)*

12/10 Cal Bike

-Rest 2:00 b/t Sets-

(Score is Each Set for Time)

Tuesday

WARM-UP

1 ROUND

8 Step-Ups

8 Barbell Good Mornings

8 Deadlifts from Hip to Above the Knee 8 Crossbody Mountain Climbers

Into...

1 ROUND

8 Low Box Jumps

8 Single DB RDL (DB held with both hands)

8 Deadlifts from Hip to Below the Knee 8 Glute Bridge

Into...

1 ROUND

8 Higher Box Jumps 8 DBL DB RDL
8 Deadlifts
8 Tuck Ups

STRENGTH

3 SETS
10/10 Single Arm Single Leg DB RDL
12-15 Barbell Hip Thrusts*
-Rest As Needed b/t Sets-
*Keep weight Moderate.
(Score is Weight)

WORKOUT

FOR TIME
5 Deadlifts (275/185)|(185/135)
10 Box Jumps (30/24)|(24/20)
15 DB Deficit Push-Up*
10 Deadlifts
20 Box Jumps
30 Push-Ups
15 Deadlifts
30 Box Jumps
45 Push-Ups
*Ring Push-Up Optional.
(Score is Time)

Wednesday

WARM-UP

AMRAP x 2 MINUTE
5 Ring Rows
5 Air Squats
5 Barbell Strict Press
Into...
AMRAP x 2 MINUTES
5 Scap Pull-ups
5 Tempo Air Squats (32X1)
5 Barbell Push Press
Into...
AMRAP x 2 MINUTES
5 Jumping Pull-ups or Ring Rows
5 Barbell Thrusters

STRENGTH

4x3

Tempo Back Squats (32X1)*

*Keep weight Moderate-Heavy. (Score is Weight)

Week 3 of 8

NCFIT BENCHMARK WORKOUT "TENET"

FOR TIME

9-15-21

Pull-Ups

Thrusters (95/65)|(45/35)

-Rest 3:00-

FOR TIME

15-12-9

Chest to Bar Pull-Ups Thrusters (115/75)|(75/55)

(Score is Total Time)

Thursday

WARM-UP

2 ROUNDS

:30 Single Unders

10 Slam Ball G2OH

10 PVC Upright Rows

10 PVC Pass Thrus

Into...

2 ROUNDS

:30 Single Unders*

10 Slam Balls

10 PVC Behind the Neck Strict Press**

10 PVC Behind the Neck Push Press

*Option to practice Double Unders.

**Option to use barbell in second round.

STRENGTH

EMOM x 6 MINUTES

5 Snatch Grip Behind the Neck Push Jerk*

-Rest 2:00-

EMOM x 6 MINUTES

3 Hang Power Snatch**

*Option to build weight every other round. Build to a Moderate weight.

**Option to build weight every other round. Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

Max Hang Power Snatch (95/65)|(65/45)*

*Each break complete 15 Slam Balls (20/10) + 30 Double Unders. If bar stops below the shoulders the set is over.

(Score is Reps)

KG BB: (42.5/30)|(30/20)

COOL DOWN

FOR RECOVERY

2:00 Foam Roll Lat (R) 2:00 Foam Roll Lat (L) 1:00 Wall Press

(No Measure)

Friday

WARM-UP

AMRAP x 7 MINUTES

10 Scap Push-ups

:20 Crossbody Mountain Climbers

:20 Up-Downs

:20 Deadbugs - Tuck-ups - V-ups* 10 Lunges

*Round 1 Deadbugs, Round 2 Tuck-ups, & Round 3+ V-ups

STRENGTH

4x3

Tempo Bench Press (32X1)*

*Keep weight Moderate-Heavy. (Score is Weight)

Week 3 of 8

WORKOUT

EMOM x 12 MINUTES

MIN 1 - :50 Up-Downs

MIN 2 - :50 V-ups

MIN 3 - :50 KB Goblet Lunges (53/35)|(35/26)

(Score is Total Reps)

Saturday

WARM-UP

2 ROUNDS

20 Jumping Jacks

5/5 Ankle Circles in each direction

:20 High Knees

5/5 Knees Together circles in each direction*

:20 Butt Kickers

*Bring the legs together, hinge forward and place hands on knees, move knees in a circular motion, together.

WORKOUT

FOR TIME*

1 Mile Run

2000/1750 Row

300 Double Unders

*Partition in any way or order to complete the work.

(Score is Time)

POST WORKOUT STRENGTH

EMOM x 10 MINUTES

MIN 1 - :45 Weight Glute Bridge-Up

MIN 2 - :45 Strict Sit-Up

(No Measure)

Monday 9-20-21

WARM-UP

AMRAP x 6 MINUTES

10 Step-Ups

10 Barbell Strict Press

10 Quad Heel Taps

20' Bear Crawls

10 Piked Shoulder Taps

STRENGTH

5 SETS*

1 Strict Press +

2 Push Press +

3 Push Jerk

*Build to a Moderate weight.

(Score is Weight)

Week 2 of 8**

**The OH progression for this strength cycle will act differently from other strength movements.

We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling.

WORKOUT

2:00 ON / 1:00 OFF

UNTIL ALL WORK IS COMPLETED...

60 Shoulder to Overhead (115/75)|(75/55)

80 Sit-Ups

100 Box Jump Overs (24/20)

(Score is Total Time)

KG BB: (50/35)|(35/25)

OPTIONAL COOL DOWN

FOR RECOVERY

5:00 Nasal Breathing Bike

(No Measure)

Tuesday 9-21-21

WARM-UP

AMRAP x 7 MINUTES 100m Run

10 Ring Rows

10 Glute Bridges

8/8 Bodyweight Single Leg RDLs 6/6 Reverse Lunges

STRENGTH

EVERY 3:00 x 4 SETS*

8/8 SA DB RDL

12 Alt. DB Goblet Front Foot Elevated Reverse Lunge

*Keep weight Moderate.

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

12 Deadlift (135/95)|(95/65) 15 Pull-Ups

300m Run

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

Wednesday 9-22-21

WARM-UP

AMRAP x 7 MINUTES

20 Lateral Hops over the Barbell

7/7 SA KB Deadlifts

10 Air Squats

10 Deadbugs

:30 Tuck Hold

STRENGTH

4x5

Tempo Back Squats (32X1)*

*Keep weight Moderate-Heavy.

(Score is Weight)

Week 2 of 8

WORKOUT

AMRAP x 7 MINUTES

1-2-3-and so on...

Front Squats (155/105)|(115/75)

2-4-6-and so on...

Up-Downs Over Bar

3-6-9-and so on...

KB Swings (53/35)|(35/26)

-Rest 2:00-

AMRAP x 7 MINUTES*

1-2-3-and so on...

Front Squats (155/105)|(115/75)

2-4-6-and so on...

Up-Downs Over Bar

3-6-9-and so on...

KB Swings (53/35)|(35/26)

*Reset from the beginning.

(Score is Rounds + Reps)

KG BB: (70/45)|(50/35)

KG KB: (24/16)|(16/12)

OPTIONAL COOL DOWN

FOR RECOVERY

1:00 Alt. Groiners w/ Thoracic Twist 1:00 Slow Inchworms

1:00 Hurdler Stretch (R)

1:00 Hurdler Stretch (L)

(No Measure)

Thursday 9-23-21

WARM-UP

2 ROUNDS

8/6 Cal. Bike (increase pace in 2nd round)

6 Air Squats + 6 Jumping Air Squats

12 Glute Bridge-Ups w/:02 Pause at Top

Into...

2 ROUNDS

15/12 Cal. Bike (increase pace in 2nd round)

6 Empty Barbell Clean Deadlifts + 6 Hang High Pulls

12 Alt. Glute Bridge Marches

STRENGTH

5-5-3-3-2

Hang Squat Clean*

*Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

5 SETS

15/12 Cal Bike

6 Hang Squat Cleans (155/105)|(115/75)

-Rest 1:30 b/t Sets-

(Score is Slowest Set)

KG BB: (70/45)|(50/35)

Friday 9-24-21

WARM-UP

2 ROUNDS

30 Single Unders

10 Scap Push-Ups

10 Tuck-Ups

:30 Row (EZ Pace)

Into

2 ROUNDS

30 Single Unders

10 Shoulder Taps

10 Scap Pull-Ups

:30 Row (MOD Pace)

Into

1 ROUND

30 Double Unders/Double Under Attempts

10 Push-Up to Pike

10 V-Ups

:30 Row (HARD Pace)

STRENGTH

4x5

Tempo Bench Press (32X1)*

*Keep weight Moderate.

(Score is Weight)

Week 2 of 8

WORKOUT

3 SETS FOR MAX REPS

1:00 - Double Unders

1:00 - Push-Ups*

1:00 - Toes to Bar

1:00 - Cal Row

*Option for Deficit or Hand-Release (Score is Reps)

Saturday

WARM-UP

3 SETS ON A 6:00 CLOCK

10 PVC Pass Thrus

10 DB Good Mornings

5 Lunge + Lunge + Squat*

10 Single DB Strict Press**

*Lunge (R) + Lunge (L) + Squat = 1 Rep

**After 1st round, switch to Push Press

STRENGTH

EMOM x 6 MINUTES

5 Snatch Grip Behind the Neck Push Press*

-Rest 2:00-

EMOM x 6 MINUTES

5 Hang Power Snatch**

*Option to build weight every other round. Keep weight Light-Moderate.

**Option to build weight every other round. Keep weight Moderate.

(Score is Weight)

WORKOUT

10 ROUNDS FOR TIME

5 DB Goblet Squats (50/35)|(35/20)

10 Alt. DB Snatch

(Score is Time)

KG DB: (22.5/15)|(15/10)

OPTIONAL FINISHER

3 ROUNDS FOR QUALITY

20 Single DB Curls

20 Single DB Strict Press

20 Single DB OH Tricep Extensions

-Rest As Needed b/t Sets- (No Measure)

Monday 9-13-21

WARM-UP

3 ROUNDS

1:00 Bike (EZ-MOD)

12 Pike Shoulder Taps

10 Single DB Strict Press*

10 Up-Down + Mountain Climber**

*R2 & R3 complete DBL DB Strict Press. **1 Rep = Hands go to the floor, sprawl back into top of Push-Up position, complete 1 Mountain Climber on each leg, jump feet up, stand.

STRENGTH

6 SETS*

3 Strict Press +

3 Push Press

*Build to a Moderate weight. (Score is Weight)

Week 1 of 8**

**The OH progression for this strength cycle will act differently from other strength movements. We will see a variety of OH complexes over the 8 weeks to build strength and improve cycling.

WORKOUT

FOR TIME

25-20-15-10-5*

Cal Bike

5-10-15-20-25

Shoulder To Overhead (135/95)|(95/65)

*Adjusted Calories: 20-15-12-8-5. -Hard Cap 13:00-
(Score is Time)

Tuesday 9-14-21

WARM-UP

1:00 Row (:30 EZ :30 Mod)

Into...

3 SETS

12 Alt Groiners

10 Alt Lunges

8 Alt Glute Bridge-Ups (Double Leg Bridge-Up, Single Leg Lowering)

6 Single DB Sumo Romanian Deadlift

Into...

1:00 Row (:30 Mod :30 Mod/Hard)

STRENGTH

3 SETS

10 Barbell RDL*

12 Alt. Back Rack Reverse Lunges 24 Bodyweight Glute Bridge-Ups

*Keep weight Moderate. -Rest as Needed b/t Sets- (Score is Weight)

WORKOUT

AMRAP x 13 MINUTES 300/250m Row

6 DB Alt. Suitcase Lunges (50/35)(35/20)*

12 DB Sumo Deadlifts

6 DB Alt. Front Rack Lunges*

*6 total reps for each lunge movement (Score is Rounds + Reps)

KG DB: (22.5/15)(15/10)

Wednesday 9-15-21

WARM-UP

AMRAP x 7 MINUTES 20 Single Unders *

7 Up-Downs

14 Groiners

7 Lunge + Lunge + Twist 14 Bootstrappers

* At 3:00 switch to Double-Unders/ Attempts.

STRENGTH

4x7

Tempo Back Squats (32X1)*

*Keep weight Moderate. (Score is Weight)

Week 1 of 8

WORKOUT

5 SETS

44 Double Unders

22 Up-Downs

11 Back Squats (95/65)(65/45)

-Rest 1:00 b/t Sets-

(Score is Each Set For Time) KG BB: (42.5/30)(30/20)

Thursday 9-16-21

WARM-UP

2 ROUNDS

250/200m Row

:30 Tuck Hold + 10 Alt. Deadbugs

5/5 PVC Pass Thrus

10 Banded (or bodyweight) Good Mornings

Into...

2 ROUNDS

250/200m Row

10 Strict Sit-Ups*

5/5 PVC Around the Worlds

5 Behind the Neck Strict Press + 5 Behind the Neck Push Press w/Snatch Grip

Switch to regular Sit-Ups (using the arms) in the 2nd round

STRENGTH

EMOM x 5 MINUTES*

5 Tempo Snatch Grip Deadlifts (2121)

-Rest 2:00 b/t EMOMs-

EMOM x 5 MINUTES* 3 Hang Power Snatch

*Keep Snatch Grip Deadlift Light-Moderate for all sets. Option to build each set on Hang Power Snatch.

(Score is Weight)

WORKOUT

2 ROUNDS FOR TIME 1000/800m Row

50 Sit-Ups

25 Hang Power Power Snatch (115/75)/(75/55)

(Score is Time)

KG BB: (50/35)/(35/25)

Friday 9-17-21

WARM-UP

AMRAP X 6 MINUTES 10 WB Squats

10 WB Strict Press

5 WB Thruster

10 Scap Push-ups + 5 Push-ups

STRENGTH

4x7

Tempo Bench Press (32X1)*

*Keep weight Moderate. (Score is Weight)

Week 1 of 8

WORKOUT

4 SETS ON A 2:30 RUNNING CLOCK... 30 Wall Balls (20/14)|(14/10)*
Max Push-Ups in Time Remaining...
-Rest 1:00 Rest b/t Sets- *Option for Heavy WB (30/20) (Score is Reps)
KG WB: (9/6)|(6/5)

Saturday 9-18-21

WARM-UP

EMOM x 5 MINUTES (:50 WORK / :10 REST) MIN 1 - 100m Run

MIN 2 - :20 Step-ups then Max Box Jumps MIN 3 - :20 Tuck Hold then Max Tuck Ups MIN 4 - SA Ring Row - Rings Rows

MIN 5 - 100m Run

SKILL

EMOM x 4 MINUTES

MIN 1* - :15 Active Hang + 3-5 Scap Press Downs

MIN 2 - 5-7 Kip Swings

-Rest 2:00 b/t EMOMs-

EMOM x 6 MINUTES MIN 1 - :30 Pull-Ups MIN 2 - :30 Toes to Bar MIN 3 - :30 Box Jumps

*Athletes can drop between movements.

(No Measure)

WORKOUT

FOR TIME*

800m Run

50 Box Jumps (24/20) 30 Pull-Ups

30 Toes to Bar

400m Run

40 Box Jumps

20 Pull-Ups

20 Toes to Bar

200m Run

30 Box Jumps

10 Pull-Ups

10 Toes to Bar

*Option to partition the Box Jumps, Pull-Ups, and Toes to Bar in smaller sets as needed before the next run.

(Score is Time)

Monday 9-6-21

WARM-UP

ON A 5:00 RUNNING CLOCK..

200m Run

10 Bootstrappers

8/8 Elbow Punches

6 Lunge + Twist

10 Up-Downs

8 KB Deadlift

6 KB Russian Swings

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 10-Rep Heavy Front Squat

(Score is Weight)

Week 7 of 7

WORKOUT

3 ROUNDS FOR TIME

400m Run

30 Walking Lunges

30 Up-Downs

30 Russian KB Swing (53/35)|(35/26)

(Score is Time)

Tuesday 9-7-21

WARM-UP

3 ROUNDS

30 Mountain Climbers

20 Alt. Piked Shoulder Taps

10 Alt. Bird Dogs

10 Air Squats

5 Tall Jumps

STRENGTH

3-3-3-3

Thruster*

*Build to a Moderate weight. After each set complete 10 Scap Push-Ups + :30

Quad Hold.

(No Measure)

HERO WORKOUT

"COE"

10 ROUNDS FOR TIME
10 Thrusters (95/65)
10 Ring Push-Ups
(Score is Time)

Wednesday 9-8-21

WARM-UP

AMRAP X 7 MINUTES
30 Single Unders
10 Slam Ball Reverse Lunge - 10 Slam Ball
G2OH - 10 Slam Balls*
5/5 Plate ATW + :20 OH Hold
1 Wall Walks

*R1: Slam Ball Reverse Lunge - R2: Slam
Ball G2OH - R3: Slam Balls

STRENGTH

ON A 15:00 RUNNING CLOCK...
Build to a 10-Rep Heavy Strict Press
(Score is Weight)
Week 7 of 7

WORKOUT

“Ferris Bueller’s Day Off”

Run 400m
60 Double Unders
50 Cal Row
40 Air Squat
30 Slam Balls (30/20)|(20/10)
20 Burpees
10 Pull-ups
Run 400m

Score is time

Thursday 9-9-21

WARM-UP

2 Sets
:45 Bike (ez)
8 Arm Haulers*
8 Scap Pull-Ups

8 Banded Upright Rows

:30 Tuck Hold

Into...

2 Sets

:45 Bike (mod)

8 Ring Rows

8 Tuck Ups **

8 Band Pull Aparts

**RD2: Have athletes perform V-Ups

*Arm Haulers: Athletes start in the Superman position. Athletes will then rotate arms to their lower back, then transition to arms in front of them.

STRENGTH

ON A 10:00 RUNNING CLOCK...

Complete 3 Sets of Max Rep Strict Pull-Ups*

*Set ends on final rep or if athlete is resting at the bottom for more than :02.

(Score is Total Reps)

WORKOUT

AMRAP x 14 MINUTES

5 Pull-Ups*

15/12 Cal Bike

20 V-ups

*Every round increase Pull-Ups by 5

Reps...5-10-15-Etc

(Score is Rounds + Reps)

Friday 9-10-21

WARM-UP

ON A 6:00 RUNNING CLOCK...

:30 Row (EZ)

20 Glute Bridge-Ups

15 Empty Barbell Good mornings

:30 Row (Mod)

20 Deadbugs

10/10 Staggered Good Mornings

Row in Remaining Time (Mod-Hard)

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 10-Rep Heavy Deadlift

(Score is Weight)

Week 7 of 7

WORKOUT

FOR TIME

25 Deadlifts (155/105)|(115/75)

50/40 Cal Row

25 Deadlifts

(Score is Time)

Saturday 9-11-21

WARM-UP

2 ROUNDS

200/150m Row

5 Scap Pull-Ups + 5 Kip Swings

5 Bodyweight Clean Drops*

5 Bodyweight Goodmornings

*Roll onto the toes, shrug, then fast drop
landing into a partial squat w/squat stance.

Into...

2 ROUNDS

5 Above the Knee Deadlift w/PVC or Empty
Barbell

5 Cat/Cows

5/5 Moose Antlers

5 Empty Barbell Hang High Pulls

STRENGTH

ON A 6:00 RUNNING CLOCK...

Build to weight for workout Power Clean

(Score is Weight)

Into...

ON A 6:00 RUNNING CLOCK...

Build to weight for workout Deadlift

(Score is Weight)

NCFIT BENCHMARK WORKOUT

"REMEMBRANCE"

AMRAP x 11 MINUTES

200/150m Row

1 Power Clean (205/145)|(145/105)

9 Toes to Bar

-Rest 2:00-

AMRAP x 11 MINUTES

200/150m Row

1 Deadlift (315/205)|(225/155)

9 Toes to Bar (Score is Rounds + Reps)

Monday 8-30-21

WARM-UP

AMRAP x 8 MINUTES

:45 Bike

10 Single DB Strict Press

2 Wall Walks or :30 Overhead Hold 20 Shoulder Taps

5/5 DB ATW

*After the warm-up grab a barbell to prepare for the Strict Press.

STRENGTH

8-8-8* Strict Press

*Keep weight Light-Moderate. Deload Week.

(Score is Weight)

Week 6 of 7

WORKOUT

4 ROUNDS FOR TIME

10 DB Push Press + Push Jerk(50/35)(35/20)* 20/15 Cal Bike

*1 Rep = 1 Push Press + 1 Push Jerk. (Score is Time)

Tuesday 8-31-21

WARM-UP

200m Run buy in! THEN...

AMRAP x 6 MINUTES

8 Push-Up + Downward Dog 8 Wall Ball Squats

8 Wall Ball Push Press

8 Kip Swings

8 Lat Pull-Down

STRENGTH

EVERY 3:00 x 3 SETS

10-12 Wide Grip Bent Over Row* 7-10 Kip Swings

5-7 Strict Chin-Ups

*Keep weight Moderate.

(No Measure)

NCFIT BENCHMARK WORKOUT "LATMAN RETURNS"

AMRAP x 24 MINUTES*

6 Chest to Bar Pull-Ups

10 Wall Balls (20/14)

*Every 4 Rounds complete 400m Run. (Score is Rounds + Reps)

KG WB: (9/6)|(6/5)

OPTIONAL COOL DOWN

FOR QUALITY

2:00 Lat Smash (L) 2:00 Lat Smash (R) 2:00 Corpse Pose

(No Measure)

Wednesday 9-1-21

WARM-UP

2 ROUNDS

:40 Arm + Body Rowing

10 BB Deadlift to Above the Knee 10 Cat/ Cows

Into

2 ROUNDS

:40 Cal Half Slide Rowing

10 BB Deadlift to Below the Knee 10 Slow Deadbugs

Into

1 ROUND

:40 Full Slide Rowing

10 BB Deadlifts

10 Glute Bridge-Ups w/ :02 Pause

STRENGTH

8-8-8* Deadlift

*Keep weight Light-Moderate. Deload Week.

(Score is Weight)

Week 6 of 7

WORKOUT

AMRAP x 15 MINUTES

15 Deadlifts (135/95)|(95/65) 15 Box Jumps (24/20)

20/15 Cal Row

(Score is Rounds + Reps) KG BB: (60/42.5)|(42.5/30)

Thursday 9-2-21

WARM-UP

AMRAP x 5 MINUTES 4 KB Deadlift

8 Russian KBS

12 Tuck-Ups

14 Alt Lunges

STRENGTH

EMOM x 12 MINUTES

MIN 1 - :45 Alt. KB Goblet Curtsey Squats MIN 2 - :45 SA KB Front Rack Hold*

MIN 3 - :45 Single KB Windshield Wipers

*Switch sides each round.

(No Measure)

WORKOUT

6 SETS*

MOVT 1 - Russian KB Swings (53/35)|(35/20)

MOVT 2 - Up-Downs

MOVT 3 - Sit-Ups

-No Additional Rest b/t Sets-

*1 SET = MOVT 1, 2, & 3

SET 1 & 2 - :30 ON/ :30 OFF SET 3 & 4 - :40 ON/ :20 OFF SET 5 & 6 - :50 ON/ :10 OFF

(Score is Total Reps) KG KB: (24/16)|(16/12)

Friday 9-3-21

WARM-UP

3 ROUNDS (8:00 CAP)

10 Tempo Air Squats (33X1) 25 Single Unders

5 Scap Push-ups + Push-up 10/10 Elbow Punches

10 Clean Deadlifts

*After the warm-up grab a barbell to prepare for the Front Squat.

STRENGTH

8-8-8* Front Squat

*Keep weight Light-Moderate. Deload Week.

(Score is Weight)

Week 6 of 7

WORKOUT

AMRAP x 9 MINUTES

3 Front Squats (185/135)|(135/95) 9 Hand Release Push-Ups

27 Double Unders

(Score is Round + Reps)

KG BB: (85/60)|(60/42.5)

OPTIONAL COOL DOWN

FOR QUALITY

2:00 Saddle Pose

1:00 Hurdler Stretch (R) 1:00 Hurdler Stretch (L)

(No Measure)

Saturday 9-4-21

WARM-UP

2 ROUNDS

100m Jog

6 PVC Pass Thrus

6 PVC Snatch Grip High Pull + Punch Overhead*

6 Tuck-Ups

6 Kip Swings

*This should be slow ... upright position w/a Snatch High Pull + Punch Overhead

Into...

2 ROUNDS

100m Jog

3/3 PVC Around the Worlds*

3 Behind the Neck Snatch Grip Push Press 3 Behind the Neck Snatch Grip Push Jerk 6 Kipping Knee Raises

*Keeping arms straight and with a Snatch grip, go around the body with the PVC (3 reps in each direction)

STRENGTH

EVERY 1:30 FOR 7 SETS*

1 Snatch Grip Deadlift

+

1 Below the Knee Hang Power Snatch +

2 Above the Knee Hang Power Snatch

*Build to a Moderate-Heavy weight. (Score is Weight)

WORKOUT

EVERY 3:00 x 6 SETS 100m Run

Hang Power Snatch* 12 Toes to Bar

-No Additional Rest b/t Sets-

SET 1 & 2: 10 Reps @ (95/65)/(65/45) SET 3 & 4: 8 Reps @ (115/75)/(75/55) SET 5 & 6: 6 Reps @ (135/95)/(95/65) (Score is Each Set for Time)

KG BB1: (42.5/30)/(30/20) KG BB2: (50/35)/(35/25)

KG BB3: (60/42.5)/(42.5/30)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 18 MINUTES*

6 Hang Power Snatches (115/75)/(75/55) 10 Toes to Bar

*P1 will go out on a 200m Run. P2 will AMRAP the movements until P1 is back and then switch. Athletes will pick up where their partners left off.

(Score is Rounds + Reps)

Monday 8-23-21

WARM-UP

1 ROUND

30 Mountain Climbers

10 Groiners + Thoracic Twist 10 Bootstrap Squats

10 Lunges

Into...

1 ROUND

100m Run

10 Lunge-Lunge-Air Squats

10 Single DB Strict Press w/ :01 Pause OH

Into...

1 ROUND

200m Run

10 Single DB Front Rack Lunge-Lunge-Thruster*

*Hold DB on both hex's in the Front Rack and complete the movement.

STRENGTH

10-10-10* Front Squat

*Build to a Heavy weight. (Score is Weight)

Week 5 of 7

WORKOUT

AMRAP x 15 MINUTES

300m Run

5/5 OH DB Lunge + Lunge + Thruster (50/35)|(35/20)*

*1 Rep = 1 OH DB Lunge (R) + 1 OH DB Lunge (L) + 1 SA Thruster. Complete 5 reps with the DB on one side then switch.

(Score is Rounds + Reps)

Tuesday 8-24-21

WARM-UP

3 Sets (7:00 CAP)

:30 Bike (EZ)

8 Squats 8 Lunges 8 Step-Ups 8 Scap Push-Ups

:30 Tuck Hold

Into...

2 Sets

:20 Bike (Mod) 6 Push-Ups

6 Box Jumps 12 Arm Haulers

STRENGTH

1.) 10-8-6-4* Bench Press

*Build to a Moderate-Heavy weight.

(Score is Weight)

-Rest 2:00 b/t Part 1 & Part 2-

2.) Max Reps Bench Press (135/95)|(95/65)

(Score is Reps)

WORKOUT

EVERY 3:00 x 5 SETS 15/12 Cal Bike

15 Box Jump Overs (24/20)

(Score is Each Set for Time)

Wednesday 8-25-21

WARM-UP

3 ROUNDS

100m Jog

5 Inch Worms w/Push-Up*

5/5 Moose Antlers

5 Empty Barbell Cuban Presses 10 SLOW Arm Haulers

*R2 & R3 complete 20 Alt. Pike Shoulder Taps.

STRENGTH

10-10-10* Strict Press

*Build to a Heavy weight. (Score is Weight)

Week 5 of 7

WORKOUT

EMOM x 21 MINUTES*

MIN 1&2 - AMRAP of 2 Wall Walks + 8 S2OH (135/95)|(95/65)

MIN 3 - Rest

*Pick up where you left off. (Score is Rounds + Reps) KG BB: (60/42.5)|(42.5/30)

Thursday 8-26-21

WARM-UP

2 SETS

10 PVC Pass Thrus 10 PVC Cuban Press

Into...

3 SETS (All Snatch Grip)*

5 Romanian Deadlifts

5 Hang High Pulls

5 Behind the Neck Strict Press 5 Overhead Squats

*First set with PVC, then option to swap for a barbell

STRENGTH

EMOM x 4 MINUTES*

4 High Hang Power Snatches

Into...

EMOM x 3 MINUTES

3 Hang Power Snatches

Into...

EMOM x 2 MINUTES

2 Hang Power Snatches

*Athletes should aim to increase weight every EMOM. Option to increase weight every other round during each EMOM.

(Score is Weight)

WORKOUT

FOR TIME*

100 Hang Power Snatches (75/55)(65/45)

*At the top of each minute including 0:00 complete 5 Burpees Over Bar.

(Score is Time)

Friday 8-27-21

WARM-UP

1 ROUND (6 MINUTE CAP)

:30 Row (Easy Pace)

:20 Tuck Hold

5/5 Staggered Stance Good Mornings 5 Inchworm + Down Dog

Into..

1 ROUND

:30 Row (Moderate Pace)

10 Deadbugs

5/5 Staggered Stance Good Mornings 5 Inchworm + Down Dog

Into..

1 ROUND

:30 Row (Fast Pace)

10 Sit-ups

5/5 Staggered Stance Good Mornings 5 Inchworm + Down Dog

STRENGTH

10-10-10* Deadlift

*Build to a Heavy weight. (Score is Weight)

Week 5 of 7

WORKOUT

FOR TIME

1500/1250m Row

50 Sit-Ups

25 Deadlifts (255/175)(175/115) 50 Sit-Ups

750/600m Row

-Time Cap 18:00-

(Score is Time)

Saturday 8-28-21

WARM-UP

AMRAP x 7 MINUTES

:30 Single Unders*

12 Banded Upright Rows 12 Banded Bent Over Rows :30 WB Strict Press*

At the 3:30 mark switch the Single Unders into Double Unders and the WB Strict Press to WB Thrusters

STRENGTH

4 SETS ON A 10:00 CLOCK...

5-7 Wide Grip Pull-Ups*

10-15 Banded Dante Rows w/ :01 Pause at Chest

*Band optional.

(No Measure)

WORKOUT

AMRAP x 15 MINUTES

30 Pull-Ups

30 Wall Balls (20/14)|(14/10) 90 Double Unders

(Score is Rounds + Reps)

Monday 8-16-21

WARM-UP

AMRAP x 5 MINUTES

10 Moose Antlers/Arm

10 DB Around the World (Alt Direction)

10 Tuck-Ups + :10 Tuck Hold on Last Rep

10 Scap Pull-Ups

STRENGTH

12-10-10*

Strict Press

*Build to a Heavy weight.

(Score is Weight)

Week 4 of 7

WORKOUT

2 ROUNDS FOR TIME

10 Strict Press (95/65)|(65/45)

25 Sit-Ups

-Rest 2:00-

2 ROUNDS FOR TIME

15 Push Press (115/75)|(75/55)

20 V-Ups

-Rest 2:00-

2 ROUNDS FOR TIME

20 Push Jerk (135/95)|(95/65)

15 Toes to Bar

(Score is Total Time)

Tuesday 8-17-21

WARM-UP

3 ROUNDS

1:00 Bike*

12 Slow Band Pull-Aparts
10 Ring Scap Pulls**
8 Single Ring Ring Rows
*Increase pace each round.
**Round 2/3 complete Scap Pull-Ups.

STRENGTH

3 SETS FOR QUALITY
5/5 SA Ring Row
5-7 Banded Strict Pull-Ups*
10-15 Straight Arm Banded Push-Downs
*Option for 3-5 Strict Pull-Ups.
-Rest As Needed b/t Sets-
(No Measure)

WORKOUT

1. AMRAP x 7 MINUTES
5 Strict Pull-Ups or 5 Strict Ring Rows
8/6 Cal Bike
(Score is Rounds + Reps)
-Rest 2:00 b/t Part 1 & Part 2-
2. FOR TIME
50 Gymnastics Kipping Pull-Ups
50/40 Cal Bike
(Score is Time)

Wednesday 8-18-21

WARM-UP

2 SETS (7:00 CAP)
10 Samson Lunge
10 Bootstrappers
10 Cat/Cows
10/10 Single Arm DB Suitcase Deadlift
Into..
2 SETS
5/5 Cossack Squats
5 Lunge + Lunge + Squat *
5/5 Single DB Russian KB Swings
*Can add DB in the Goblet position after
R1.

STRENGTH

12-10-10*

Front Squat

*Build to a Heavy weight.

(Score is Weight)

Week 4 of 7

WORKOUT

3 ROUNDS FOR TIME

10 Front Squats (155/105)|(115/75)

20 Russian KB Swings (70/53)|(53/35)

30 KB Goblet Lunges

(Score is Time)

Thursday 8-19-21

WARM-UP

ON A 7:00 RUNNING CLOCK..

2 SETS

200/150m Row

10 Scap Push-ups

10 DB Bent Over Row

10 Up-Downs

Into...

2 SETS

200/150m Row

10 Single DB Curl to Press

10 DB Bent Over Row

5 Burpees

STRENGTH

4 SETS ON A 12:00 RUNNING CLOCK...

12 Incline DB Bench Press*

8/8 SA Supported DB Bent Over Row

*Use a WB or bench.

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

EVERY 2:00 x 6 SETS

250m/200 Row*

Max Burpees with time remaining...

-Rest 1:00 b/t Sets-

*Row should not exceed 1:15.

(Score is Lowest Set of Burpees)

Friday 8-20-21

WARM-UP

EMOM x 7 MINUTES (:45 WORK / :15 REST)

MIN 1: DB Good Mornings

MIN 2: 100m Run

MIN 3: Alt. DB Deadlifts

MIN 4: 100m Run

MIN 5: Single Arm DB Upright Rows

MIN 6: 100m Run

MIN 7: Step-Ups

STRENGTH

12-10-10*

Deadlift

*Build to a Heavy weight.

(Score is Weight)

Week 4 of 7

WORKOUT

AMRAP x 12 MINUTES

10 Sumo Deadlift High Pulls

(95/65)|(65/45)

10 Box Jumps (24/20)

100m Run

(Score is Rounds + Reps)

KG BB: (42.5/30)|(30/20)

Saturday 8-21-21

WARM-UP

400m Group Jog

Into...

3 ROUNDS

5 Scap Push-Ups + 10 Alt. Plank Shoulder

Taps

1:00 Bike

:30 Tuck Hold + 10 Alt. Deadbugs

30 Single-Unders

WORKOUT

10 ROUNDS FOR TIME

10 Push-Ups

12/10 Cal Bike

14 Alt. V-Ups

28 Double Unders

(Score is Time)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

E2MOM x 24 MINUTES

MIN 1&2 - 25/20 Cal Bike

MIN 3&4 - AMRAP 5 Push-Ups + 10 Alt.

V-Ups + 15 Double Unders

*Each partner will keep track of their own

Rounds + Reps and pick up where THEY left

off once back to the AMRAP.

(Score is Rounds + Reps)

OPTIONAL FINISHER

6 SETS (:20 ON/ :10 OFF)*

MOVT 1 - Glute Bridge-Ups

MOVT 2 - Side Plank**

*1 Set= both movements.

**Alternate sides each set.

(No Measure)

Monday 8-9-21

WARM-UP

1 ROUND

1:00 Row (EZ Pace)

10 Slam Ball Good Mornings w/ :01 Pause

10 Slam Ball Strict Press

:30 Plank Hold

Into...

1 ROUND

1:00 Row (MOD)

10 Slam Ball G2OH

10 Barbell Bent Over Rows

:30 Hollow Body Hold

Into...

1 ROUND

1:00 Row (MOD-HARD)

10 Slam Balls

10 Supinated Barbell Bent Over Rows
:30 Active Bar Hang

WORKOUT

EMOM x 20 MINUTES

MIN 1 - 18/14 Cal Row

MIN 2 - 20 Slam Balls (30/20)|(20/10)

MIN 3 - 10-15 Supinated Barbell Bent Over
Rows (Athlete Choice)

MIN 4 - :50 Static Hold

*Static Hold Options:

Plank Hold

Hollow Hold

HS Hold

Active Hang

(Score is Slowest Row)

KG SB: (15/10)|(10/5)

FINISHER

3 SETS

15 Slow Arm Haulers*

15 Empty Barbell Upright Rows

7-10 Rower Pike-Ups

-Rest As Needed b/t Sets-

*Change plates optional.

(No Measure)

Tuesday 8-10-21

WARM-UP

3 Rounds (7:00 CAP)

20 Singles

8 PVC Deadlifts

8 PVC Pass Thrus

8 PVC Behind the Neck Presses

Into

2 Rounds

20 Singles *

8/8 Single DB Upright Rows

8/8 Single DB Strict Press

:20 Bike Sprint

*Athletes can perform Double

Unders/Double Under Attempts

STRENGTH

6 SETS*

2 Snatch Deadlifts w/ :03 Pause @ Below the Knee

+

1 Hang Power Snatch

*Start Light and build to Moderate weight.

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

30 Double Unders

15 Hang Power Snatches (75/55)|(65/45)

10/8 Cal Bike

(Score is Rounds + Reps)

Wednesday 8-11-21

WARM-UP

AMRAP x 5 MINUTES

10 Alt Groiners

100m Jog

5 Up-Downs*

10 Bootstrappers

*After 1st round, progress to up-down over bar

STRENGTH

12-12-10*

Front Squat

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 3 of 7

WORKOUT

EVERY 4:00 x 4 SETS

10 Front Squats (135/95)|(95/65)*

15 Up-Downs Over the Bar

200m Run

-No Additional Rest b/t Sets-

*Option for (155/105)|(115/75).

(Score is Each Set for Time)

Thursday 8-12-21

WARM-UP

AMRAP X 7 MINUTES

7/7 Single Arm DB Bent Over Row

7/7 Single Arm DB Upright Row

:20 Plank Hold

7 Band Pull Aparts

7/7 Split Squats

STRENGTH

EMOM x 12 MINUTES

MIN 1 - 3-5 Strict Top Down Pull-Up

MIN 2 - :50 DB Pull-Over*

MIN 3 - :25/:25 DB Goblet Split Squats

*Can complete from floor, WB, or bench.

Keep weight Light-Moderate.

(No Measure)

WORKOUT

AMRAP x 15 MINUTES

8 Ring Rows*

16 Single DB Back Rack Lunges

(50/35)|(35/20)

8 Pull-Ups**

16 DB Slides

*Pull-Ups Optional.

**Strict or C2B Optional.

(Score is Rounds + Reps)

Friday 8-13-21

WARM-UP

3 ROUNDS FOR TIME (8 MIN CAP)

12 Scap Push-ups

10 Step-Ups - Box Jumps - Box Jump
Overs*

5/5 Plate Around the World

20 Shoulder Taps

2 Wall Walks or :30 Plate OH Hold

*R1 - Step-Ups, R2 - Box Jumps, R3 - Box

Jump Overs*

STRENGTH

12-12-10*

Strict Press

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 3 of 7

WORKOUT

FOR TIME

15 Hand Release Push-Ups

50 Box Jump Overs (20)

15 Hand Release Push-Ups

50 Push Press (95/65)|(65/45)

15 Hand Release Push-Ups

(Score is Time)

KG BB: (42.5/30)|(30/20)

COOL DOWN

FOR RECOVERY

2:00 Lat Smash (R)

2:00 Lat Smash (L)

2:00 Barbell Tricep Smash

(No Measure)

Saturday 8-14-21

WARM-UP

2 ROUNDS

500/400m Row

12 Med. Ball Deadlift

10 Med. Ball Push Press to target

8 Med. Ball Front Squat

STRENGTH

12-12-10*

Deadlift

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 3 of 7

WORKOUT

2 SETS

ON A 11:00 RUNNING CLOCK...

1000/800m Row
50 Wall Balls (20/14)|(14/10)
25 Deadlifts (185/135)|(135/95)
Max Sit-Ups with time remaining...
-No Additional Rest b/t Sets-
(Score is Total Reps of Sit-Ups)
KG WB: (9/6)|(6/5)
KG BB: (85/60)|(60/42.5)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 20 MINUTES*

15 Wall Balls (20/14)|(14/10)

10 Deadlifts (185/135)|(135/95)

15 Sit-Ups

*P1 will complete 1 Full Round while P2
Rows for Max Meters. Once a full round is
completed partners will switch.
(Score is Meters)

Monday 8-2-21

WARM-UP

2 ROUNDS

10 Good Mornings

10 Lunges

10 Cat/Cows

:30 Tuck Hold

Into...

AMRAP x 3 MINUTES

3/3 SA KB Deadlift

3/3 SA KB Russian Swing

6 Alt. KB Goblet Lunges

6 Sit-Ups

STRENGTH

12-12-12*

Deadlift

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 2 of 7

WORKOUT

5 ROUNDS FOR TIME
12 KB Sumo Deadlift (70/53)|(53/35)
12 Russian KB Swings
12 KB Goblet Squats
24 Sit-Ups
(Score is Time)
KG KB: (32/24)|(24/16)
OPTIONAL COOL DOWN
2 SETS FOR QUALITY
1:00 Slow Cat Cows
1:00 Forward Fold (Right Leg)
1:00 Forward Fold (Left Leg)
1:00 Child's Pose
(No Measure)

Tuesday 8-3-21

WARM-UP

AMRAP x 5 MINUTES
15 Single-Unders
5 Up-Downs*
5 DBL DB Deadlifts
5/5 Single Arm Ring Row
*At 2:30, switch to Burpees
Into...
2 ROUNDS
5 Inch Worms w/ Push-Up
5 Scap Pull-Ups + 5 Kip Swings
5 DB Hang Muscle Cleans
5 Ring Rows

STRENGTH

EMOM x 15 MINUTES
MIN 1 - 3-5 Strict Bottom Half Pull-Up
MIN - :50 Ring Rows
MIN 3 - :25 Single, Double, or Triple
Practice + :25 Tuck-Ups
(No Measure)

WORKOUT

3 ROUNDS FOR QUALITY
10/10 Half Kneeling Pallof Presses
10/10 Single Leg DB RDL (Athlete)

Choice)*

1:00 Alt. Sit Thrus

2:00 Bike (EZ Pace)**

*Keep weight Moderate.

**Nasal Breathing Only.

(No Measure)

Wednesday 8-4-21

WARM-UP

ON A 7:00 RUNNING CLOCK...

2 ROUNDS

8 DB Around the World

8 Lunges

:20 Bike (EZ)

Into...

2 ROUNDS

6 Banded OH Pull-Aparts

6 Step-Ups

:20 Bike (MOD)

Into...

2 ROUNDS

4 DB Strict Press

4 Box Jumps

:15 (HARD)

STRENGTH

12-12-12*

Strict Press

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 2 of 7

WORKOUT

AMRAP x 17 MINUTES

5 Shoulder to Overhead (115/75)|(75/55)*

10/8 Cal Bike

15 Box Jumps (24/20)

*Increase weight every 3 rounds...

Rounds 1, 2, 3 - (115/75)|(75/55)

Rounds 4, 5, 6 - (135/95)|(95/65)

Rounds 7 & Beyond - (155/105)|(115/75)

(Score is Rounds + Reps)

Thursday 8-5-21

WARM-UP

3 ROUNDS

8 Single DB Curl to Press

10 Single DB Tricep Extension

12 Single DB Hollow Flutter Kicks

20 Plank Shoulder Taps

WORKOUT

EMOM x 15 MINUTES

MIN 1 - :50 Up-Downs

MIN 2 - :25/:25 Mixed Grip Hold (Athlete Choice)*

MIN 3 - :50 Crossbody Mountain Climbers

*Mix Grip = Hold DB in Suitcase + Hold KB FR.

(Score is Up-Down Reps)

FINISHER

AMRAP x 8 MINUTES*

4 Single DB Curls (Athlete Choice)

4 Push-Ups

4 Slow Deadbugs

*Increase reps by 4 each full round.

(Score is Rounds + Reps)

Friday 8-6-21

WARM-UP

AMRAP x 6 MINUTES

8 Groiners

8 Bootstrap Squats

8/8 Bodyweight Single Leg RDL

8 Goblet Squat

:30 Bike

STRENGTH

12-12-12*

Front Squat

*Build to a Moderate-Heavy weight.

(Score is Weight)

Week 2 of 7

WORKOUT

EVERY 5:00 x 3 SETS*

100 Double Unders

15 Pull-Ups*

10 DB Burpee + Power Clean

(50/35)|(35/20)

*C2B Optional.

-No Additional Rest b/t Sets-

(Score is Each Set for Time)

KG DB: (22.5/15)|(15/10)"

Saturday 8-7-21

WARM-UP

1 ROUND

:30 Arms Only Rowing

10 PVC Pass Thrus

:30 Active Hang

10 Deadbugs

1 ROUND

:30 Arms + Body Rowing

10 Snatch Grip Deadlifts

10 Kip Swing

10 Tuck-ups

1 ROUND

:30 Full Body Rowing

10 Snatch High Pulls

10 Dynamic Kip Swing

10 V-ups

EXTENDED WARM-UP

2-3 SETS ON A 10:00 RUNNING CLOCK

200/150m Row (EZ Pace)

3-5 Hang Power Snatch*

3-5 Toes to Bar or Toes to Something

-Rest Briefly b/t Sets-

*Increase Weight each set. Work slightly

past workout weight by final Set.

(No Measure)

BENCHMARK WORKOUT

"THE 300"

FOR TIME*

100/80 Cal Row

100 Hang Power Snatch (95/65)|(65/45)

100 Toes to Bar

*Partition reps any way and in any order to complete.

-Time Cap 30:00-

(Score is Time)

Monday 7-26-21

WARM-UP

2 ROUNDS

30 Crossbody Mountain Climbers

10 Scap Push-Ups

10 Tuck-Ups w/ :01 Pause in Tuck

5/5 Staggered Stance Good Mornings

Into...

2 ROUNDS

100m Run

5 Up-Down + Push-Up*

10 Alt. Reverse Lunges

*Place hands on floor, jump feet back, complete Push-Up, jump feet back up, Stand.

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 10-Rep Heavy Deadlift

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

200m Run

12 Burpee Over Bar

5 Deadlifts (Athlete Choice)*

*Weight should be heavy.

(Score is Time)

Tuesday 7-27-21

WARM-UP

AMRAP x 7 MINUTES

12 Walking Lunges*

10 Barbell Elbow Punches

8 Tuck-Ups

6 Scap Pull-Ups

4 Kip Swings

*At 3:30 Athletes can switch to FR Barbell Lunges.

EXTENDED WARM-UP

3 SETS

5 Kip Swings

+

3 Kipping Knees to Chest or Toes to Something

+

3 Toes to Bar

*Between each Set complete 6 Front Rack Lunges. Increase weight each set and finish the final set at workout weight.
(No Measure)

WORKOUT

AMRAP x 16 MINUTES

16 Toes to Bar

8 Alt. Front Rack Lunge (115/75)|(75/55)

:30 Front Rack Hold

8 Alt. Front Rack Lunge

(Score is Rounds + Reps)

Wednesday 7-28-21

WARM-UP

ON A 6:00 RUNNING CLOCK...

30 Plank Shoulder Taps

10 Box Step Ups

10 DB Strict Press + :20 OH Hold on last rep

10 Box Jumps

15 DB Push Press + :20 OH Hold on last

rep

10 Box Jump Overs

Bike/Row in remaining time ...

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 10-Rep Heavy Strict Press

(Score is Weight)

WORKOUT

3 SETS

12-9-6

Shoulder to Overhead (135/95)|(95/65)

Box Jump Overs (24/20)

-Rest 2:00 b/t Sets-

(Score is Each Set for Time)

KG BB: (60/42.5)|(42.5/30)

OPTIONAL FINISHER

EMOM x 6 MINUTES

:30 Plate Good Mornings* + :30 Plate Gun

Hold

*Plate can be held in either Bear Hug position or placed on the back.

(No Measure)

Thursday 7-29-21

WARM-UP

AMRAP x 7 MINUTES

8/8 Single Arm Ring Rows

10 Ring or Bar Scap Pull-ups

:20 Bar Hang

:20 Tuck or Hollow Hold

10 Push-ups (Scap, Standard, & Hand Release)*

8 Kip Swings

*Switch variation after each round.

STRENGTH

ON A 10:00 RUNNING CLOCK...

Complete 3 Sets of Max Rep Strict

Pull-Ups*

*Set ends on final rep or if athlete is resting at the bottom for more than :02.
(Score is Total Reps)

WORKOUT

AMRAP x 7 MINUTES

10 Pull-Ups

10 Deficit Push-Ups*

20 Sit-Ups

-Rest 2:00-

AMRAP x 5 MINUTES

7 Pull-Ups

7 Deficit Push-Ups*

14 Sit-Ups

-Rest 2:00-

AMRAP x 3 MINUTES

5 Pull-Ups

5 Deficit Push-Ups*

10 Sit-Ups

*45/25lb Plate Deficit

(Score is Round + Reps)

Friday 7-30-21

WARM-UP

ON A 6:00 RUNNING CLOCK PERFORM 3 SETS OF:

25 Single Unders

10 Fast Squats (Air Squats - DB Goblet Squats - DBL DB Front Squats)*

10 Groiners

:30 Wall Sit

20 Calf Raises

*R1: Air Squats, R2: DB Goblet Squats, R3: DBL DB Front Squats

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 10-Rep Heavy Front Squat

(Score is Weight)

WORKOUT

FOR TIME

15-10-5*

Front Squats (95/65)|(65/45)

Back Squat

*After each round complete 75 Double Unders. The workout ends with 75 DU.

(Score is Time)

Saturday 7-31-21

WARM-UP

AMRAP x 6 MINUTES

:30 Bike

5/5 Single Arm DB Deadlift

5 Up-Downs

5/5 Single Arm DB Push Press

STRENGTH

EMOM x 10 MINUTES*

1 High Hang Power Snatch

+

2 Hang Power Snatch

*Start very Light and work up to a Moderate weight.

(Score is Weight)

WORKOUT

FOR TIME

50/40 Cal Bike

25/25 SA DB Snatches (50/35)|(35/20)

30 Up-Downs

40/30 Cal Bike

20/20 SA DB Snatches

20 Up-Downs

30/24 Cal Bike

15/15 SA DB Snatches

10 Up-Downs

(Score is Time)

Monday

WARM-UP

AMRAP x 2 MINUTES

8 Scap Pull-Ups (:01 pause at top)

8 Alt Groiners
8 Up-Downs
Into ...
1:00 Row
Into...
AMRAP x 2 MINUTES
8 Scap Pull-Ups
8 Alt Box Step-Ups
8 Burpees

EXTENDED WARM-UP

3 SETS*
5 Kip Swings
+
3 Kip Swing + Hip Drive
+
3 Kipping Pull-ups
*Between each Set complete 3 Burpee
Tall Box Jumps.
(No Measure)

WORKOUT

FOR TIME
1000/800m Row
80 Burpees
60 Pull-Ups
40 Box Jumps (30/24)
500/400m Row
40 Up-Downs
30 Ring Rows
20 Box Jump Overs (24/20)
-Time Cap 28:00-
(Score is Time)

Tuesday

WARM-UP

3 ROUNDS (7:00 CAP)
100m Run
10 Slam Ball Deadlift*

10 DB Strict Press**

10 Tuck-Ups

10 Scap Push-Ups***

*RD 1 = Slam Ball DL, RD 2 = Slam Ball
Strict Press, RD 3 = Slam Ball

**RD 1 + 2 = DB Strict Press, RD 3 = DB
Push Press

***RD 1 = Scap Push-Ups, RD 2 = Scap
Pull-Ups, RD 3 = Knee Raises

STRENGTH

5-5-5-5*

Push Jerk

*Work up to a Moderate-Heavy weight.
(Score is Weight)

WORKOUT

AMRAP x 5 MINUTES*

6 Push Jerks (155/105)|(115/75)

9 Toes to Bar

12 Slam Balls (30/20)|(20/10)

-Rest 1:00 b/t AMRAP SAMRAP x 5 MINUTES

6 Push Jerks

9 Toes to Bar

12 Slam Balls

*Pick up where you left off in 2nd AMRAP.
(Score is Rounds + Reps)

Wednesday

WARM-UP

ON A 10:00 RUNNING CLOCK...

200m Jog

Into...

1 ROUND*

25' Toe Walks

25' High Knees

25' Heel Walks

25' Butt Kickers

25' High Kicks

25' Walking Single Leg RDL's

25' Kareoka

25' AC Skips

Into...

200m Run

Into...

AMRAP in remaining time...

10 Air Squats

8 Sit-Ups

6 Up-Downs

STRENGTH

10-8-6*

Front Squat

*Work to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

400m Run

20 Front Squats (135/95)|(95/65)

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

Thursday

WARM-UP

AMRAP x 7 MINUTES

:45 Bike

10 Sumo Stance Good Mornings

10 Sumo Stance Air Squats

5/5 Single Arm KB Deadlift

10 Glute Bridge-ups with a :02 Hold at the Top

STRENGTH

5-5-5-5*

Sumo Deadlift

*Work up to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

EVERY 3:00 x 4 SETS

25/20 Cal Bike + Max KB Sumo DL High

Pull (70/53)|(53/35)

-Rest 1:30 b/t Sets-

(Score is Total Reps)

Friday

WARM-UP

2 ROUNDS (8:00 CAP)

10 Scap Push-Up

8/8 Single DB Curl to Around the World

8/8 Lunges

:30 Tuck Hold

Into..

2 ROUNDS

10 Scap Push-up

8/8 Single DB Curl to Around the World

8/8 Lunges

:30 Plank Hold

After the warm-up, grab a barbell or grab some partners and set up a station for the Bench Press.

STRENGTH

5-5-5-5*

Bench Press

*Work up to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

TABATA

8 ROUNDS (:20 ON/ :10 OFF)

TABATA 1 - DB Floor Press

(35/20)|(20/15)

TABATA 2 - DB Suitcase Lunges

TABATA 3 - Sit-Ups

-Rest 1:00 b/t Each Full Tabata-

(Score is Lowest Reps)

Saturday

WARM-UP

2 ROUNDS

20 Jumping Jacks

5 Body Weight Good Mornings

30 Single-Unders

5 PVC Pass Thrus

5 Jumping Air Squats
Into...
2 ROUNDS
100m Run
5 Empty Barbell RDLs
:30 Double-Under Practice
6 Alt. Elbow Punches
6 Behind the Neck Strict Press

SKILL

EMOM x 5 MINUTES*
3 Hang Power Snatch
-Rest 2:00-
EMOM x 5 MINUTES*
3 Hang Power Clean
*Keep weight Moderate for both
movements. Use one weight for all 5 sets
of Hang Power Snatch then athlete option
to increase weight for Hang Power Clean.
(Score is Weight)

BENCHMARK WORKOUT

"DOUBLE DRAGON"
AMRAP x 15 MINUTES
50 Double Unders
6 Hang Power Snatches (115/75)|(75/55)
6 Hang Power Cleans
100m Run
(Score is Rounds + Reps)
KG BB: (50/35)|(35/25)
PARTNER WORKOUT OPTION
IN TEAMS OF 2...
AMRAP x 18 MINUTES
30 Double Unders
3 Hang Power Snatches (115/75)|(75/55)
3 Hang Power Cleans
*P1 will go out on a 200m Run. P2 will
AMRAP the movements until P1 is back
and then switch. Athletes will pick up
where their partners left off.
(Score is Rounds + Reps)

Monday 7-12-21

WARM-UP

3 Rounds (7:00 CAP)
250m Row
8 Clean Deadlifts
8 Barbell Upright Rows
8 Elbow Punches
8 Strict Press

BASELINE WORKOUT

"NCX BASELINE I"

I. ON A 15:00 RUNNING CLOCK...

Establish a Heavy 3-Rep Power
Clean

(Score is Weight)

-Rest as Needed b/t Efforts*-

II. AMRAP x 12 MINUTES

250/200m Row

9 Power Cleans (115/75)|(75/55)

6 Push Press

*Rest at Least 5:00 b/t Efforts

(Score is Rounds + Reps)

KB BB: (50/35)|(35/25)

COOL DOWN

FOR RECOVERY

1:30 Foam Roll Lat (L)

1:30 Foam Roll Lat (R)

2:00 T-Spine Rolling

(No Measure)

Tuesday 7-13-21

WARM-UP

1 ROUND

P1: 1:00 EZ Row

P2: :25 Bootstrappers + :25 Tuck
Hold

P3: 6 Alt. Lunges + 6 Push-Ups

1 ROUND

P1: 1:00 Moderate-Fast Row

P2: :25 Plank + :25 Up-Dog to
Down-Dog
P3: 6 Air Squats + 6 Tuck-Ups

WORKOUT

FOR TIME

5k Row*

Charitable workout benefiting the
Jessie Rees Foundation -- visit the
website NEGU.ORG and

***Charitable workout benefiting the
Jessie Rees Foundation -- visit the
website NEGU.ORG and
www.movethroughmotivation.com!
(Score is Time)

Wednesday 7-14-21

WARM-UP

AMRAP x 5 MINUTES

:30 Bike (Increasing Pace)

5/5 Slow Deadbugs

5/5 Step-Ups

10 Glute Bridge Ups

STRENGTH

3 SETS

8/8 DB Goblet Step-Ups

16 Slow Deadbugs*

*Banded Deadbugs optional.

-Rest 1:30 b/t Sets-

(Score is Weight)

WORKOUT

E2MOM x 28 MINUTES

MIN 1&2 - 25/20 Cal Bike

MIN 3&4 - AMRAP of 10 Box

Jumps (24/20) + 15 Weighted

Sit-Ups*

*Athlete can use Plate, DB, or KB.

Pick up where you left off.

(Score is Rounds + Reps)

Thursday 7-15-21

WARM-UP

EMOM x 5 MINUTES (:45 WORK / :15 REST)

MIN 1: Single Leg Bodyweight
RDLs

MIN 2: Ring Row

MIN 3: Lunge + Lunge + Squat

MIN 4: Scap Push-ups into
Push-ups

MIN 5: Reverse Lunges

BASELINE WORKOUT

"NCX BASELINE III"

I. ON A 15:00 RUNNING CLOCK...

Build to a Heavy 3-Rep Deadlift
(Score is Weight)

-Rest as Needed b/t Efforts*-

II. AMRAP x 10 MINUTES

5 Strict Pull-ups or Ring Rows

10 Hand Release Push-ups

15 Air Squats

*Rest at Least 5:00 b/t Efforts

(Score is Rounds + Reps)

Friday 7-16-21

WARM-UP

2 ROUNDS

10 Alt Groiners + Torso Twist

10 Bootstrappers

10 Plank to Pike

Into ...

AMRAP x 5 MINUTES

8 Up-Down Mountain Climbers*

10 Single Arm DB Strict Press + :10

OH Hold/Arm

12 DB Goblet Squats

*After 1st Round switch to Burpees

BASELINE WORKOUT

"NCX BASELINE II"

I. ON A 12:00 RUNNING CLOCK...

Build to a Heavy 3-Rep Front Squat

(Score is Weight)

Immediately into...

ON A 12:00 RUNNING CLOCK...

Build to a Heavy 3-Rep Strict Press

(Score is Weight)

-Rest as Needed b/t Efforts*-

II. AMRAP x 3 MINUTES

Max Burpees

*Rest at Least 5:00 b/t Efforts

(Score is Reps)

Saturday 7-17-21

WARM-UP

AMRAP x 3 MINUTES

6 Single Ring Supinated Ring Rows

10 Walking Lunges*

6/4 Cal Bike (EZ)

Into...

1:00 Tall Plank or Hollow Body

Hold

Into...

AMRAP x 3 MINUTES

6 Pronated Single Ring Ring Rows

8 Air Squats

6/4 Cal Bike (Mod-Hard)

STRENGTH

4 SETS FOR QUALITY

5-10 Vertical Ring Rows or 3-5 L-Sit

Pull-Ups

12 Jumping Air Squats to Plate

-Rest as Needed b/t Sets-

(No Measure)

WORKOUT

5 ROUNDS FOR TIME

30 Tuck-ups

20 Single DB Back Rack Walking

Lunge (50/35)|(35/20)
10/8 Cal Bike
(Score is Time)

Monday 7-5-21

WARM-UP

AMRAP x 8 MINUTES
10 Good Mornings
(Narrow/Normal/Wide)*
8 Up-Down + 2 Mountain Climbers
10 Glute Bridge-Up
8 KB Wide Stance RDL
:30 Plank
*Switch stances after each round.

STRENGTH

8-6-6-4*
Sumo Deadlift
*Build to a Moderate-Heavy
Weight.
(Score is Weight)

WORKOUT

FOR TIME*
100 Bar Facing Burpees
*Every 1:30 not including 0:00
complete 5 Sumo Deadlifts
(225/155)|(155/105).
(Score is Time)
KG BB: (100/70)|(70/55)

Tuesday 7-6-21

WARM-UP

2-3 ROUNDS
24 Mountain Climbers
12 Alt. Bird Dogs
6/6 SA KB Suitcase Deadlift
Into...
2 ROUNDS
:30 Single KB Suitcase Hold (R)
:30 Single KB Suitcase Hold (L)

:30 Hollow Body Hold*

*KB Optional.

WORKOUT

AMRAP x 14 MINUTES

15 Russian KB Swing

(53/35)|(35/26)

100m SA KB Front Rack Walk*

30 Sit-Ups

*Complete first 50m all on Right Arm. Complete second 50m all on Left Arm.

(Score is Rounds + Reps)

KG KB: (24/16)|(16/12)

FINISHER

3 SETS*

12 DB Hammer Curls

15 DB Bent Over Rows

1:00 Plank Ring Seesaws

-Rest 1:30 b/t Sets-

*DB movements are meant to be unbroken. Keep weight

Light-Moderate.

(Score is Weight)

Wednesday 7-7-21

WARM-UP

400m Run

Immediately Into...

3 SETS

5/5 Single DB Strict Press

10 Box Step-Ups (increase height of box each round)

10 Glute Bridge-Ups

10 Tuck-Ups

*After warm-up, practice the positions for the Extended Warm-Up. The EWU should be performed with a high attention to the mechanics and control of the

Movements.

EXTENDED WARM-UP

3 SETS FOR QUALITY

12 Alt. Strict Knees to Chest

6/6 DB Clean to OH

6 Tall Box Jumps (Athlete Choice)

-Rest as Needed b/t Sets-

(No Measure)

WORKOUT

4 ROUNDS FOR TIME

9 Toes to Bar

11 DB Clean to OH (50/35)|(35/20)

13 Up-Down Box Jump (24/20)*

*Option for Jump-Over

(Score is Time)

KG DB: (22.5/15)|(15/10)

OPTIONAL COOL DOWN

1:30 Foam Roll Quad (R)

1:30 Foam Roll Quad (L)

1:00 Banded Lat Distraction (R)

1:00 Banded Lat Distraction (L)

1:00 Child's Pose

(No Measure)

Thursday 7-8-21

WARM-UP

2-3 SETS

5 Inch Worm to Push-Up

10 Alt Lunges (w/ a twist optional)

20 Mountain Climbers

:30 Bottom of Squat Hold (active position...pushing butt back and chest up!)

40 Single Unders or Double Unders

*After the general warm-up, break out an empty barbell and begin to warm-up your Front Squat. If you are particularly tight, spend more time opening the Front Rack with a

tricep smash or elbow punches.

STRENGTH

5-5-5*

Front Squat

*Build to a Moderate weight.

(Score is Weight)

WORKOUT

4 SETS FOR MAX REPS

:40 - Front Rack Lunges

(95/65)|(65/45)

-Rest :20-

:40 - 20m Bear Crawls

-Rest :20-

:40- Mountain Climbers

-Rest :20-

:40 - Superman Hold

-Rest :20-

(Score is Lunge Reps)

KG BB: (42.5/30)|(30/20)

Friday 7-9-21

WARM-UP

AMRAP x 6 MINUTES*

10/10 Single Arm DB Half Kneeling

Strict Press

15 Scap Pull-Ups

20 Plank Shoulder Taps

:30 Bike

*At 3:00, switch to:

10/10 Single DB Push Press

10 Kipping Swings

10 Single DB Push Jerk

:30 Bike

STRENGTH

EVERY 1:30 x 6 SETS*

1 Push Press

+

2 Push Jerks

*Build to a Moderate weight.

(Score is Weight)

WORKOUT

4 SETS*

AMRAP x 3:30 MINUTES

8 Push Jerks (155/105)|(115/75)

10 Pull-Ups**

12/10 Cal Bike

*Reset at the top of Each Set.

**C2B optional.

-Rest 1:30 b/t Sets-

(Score is Lowest Rounds + Reps)

KB BB: (70/55)|(50/35)

Saturday 7-10-21

WARM-UP

2 ROUNDS

1:00 Row (Arms + Hips only)

30 Single-Unders

5 Hang High Pulls w/Empty Barbell

5 Strict Press + 5 Behind the Neck Strict
Press w/Empty Barbell

Into...

2 ROUNDS

:45 Row (Arms + Hips + Legs)

5/5 Single Leg Good Mornings

10/10 Ankle Circles (5 Counterclockwise +
5 Clockwise)

:30 Bottom of Squat Hold

STRENGTH

EMOM x 8 MINUTES

MIN 1 - :40 Double Under Practice

MIN 2 - 5-7 Back Squats*

*Build to slightly past workout weight.

Barbell comes from the floor.

(No Measure)

WORKOUT

FOR TIME

1000/800m Row

150 Double Unders

30 Back Squats (135/95)|(95/65)*

-Rest 2:00-

750/600m Row

100 Double Unders

20 Back Squats

-Rest 2:00-

500/400m Row

50 Double Unders

10 Back Squats

*Barbell comes from floor.

(Score is Total Time)

KG BB: (60/42.5)|(42.5/30)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 10 MINUTES

10 Back Squats (135/95)|(95/65)

60 Double Unders

-Rest 2:00-

AMRAP x 8 MINUTES

8 Back Squats

40 Double Unders

-Rest 2:00-

AMRAP x 6 MINUTES

6 Back Squats

20 Double Unders

*P1 completes a full round while P2 complete Max Meters on Rower then switch.

(Score is Meters)

Monday 6-28-21

WARM-UP

AMRAP x 7 MINUTES

30 Mountain Climbers

8 Alt. Groiners w/ Thoracic Twist

8 Alt. Box Step-Ups*

8 KB Deadlifts**

8 Air Squats***

*At 3:30 switch to Box Jumps.

**At 3:30 switch to Russian KB

Swings.

***At 3:30 switch to KB Goblet

Squats.

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Back Squat

Week 12 of 12 of current cycle.

(Score is Weight)

BENCHMARK WORKOUT

"THE HULK"

AMRAP x 12 MINUTES

5 Front Squats (185/135)|(135/95)

7 Box Jumps (30/24)*

10 KB Swings (70/53)|(53/35)

*Step-down mandatory.

(Score is Rounds + Reps)

Tuesday 6-29-21

WARM-UP

1 ROUND

:30 Bike (EZ)

12 Slow Deadbugs

12 Slam Ball G2OH

12 Banded Upright Rows

Into

1 ROUND

:45 Bike (MOD)

12 Sit-Ups

12 Slam Balls

12 Banded Bent Over Row

STRENGTH

3 SETS FOR QUALITY

5/5 SA Ring Rows

10/10 Half Kneeling Banded Pallof

Press

1:00 Banded Plank*

-Rest As Needed b/t Sets-

*Use same band for Pallof Press
and Banded Plank.

(No Measure)

WORKOUT

EMOM x 20 MINUTES

MIN 1 - 15/12 Cal Bike

MIN 2 - 25 Sit-Ups

MIN 3 - 20 Slam Balls (20/10)

MIN 4 - 10-15 Ring Rows

(Score is Total Ring Row Reps)

Wednesday 6-30-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :25 Jump Rope* / :25 Alt

Groiners

MIN 2 - :25 Strict Press** / :25 OH

Hold

*RD 1 = Single Unders, RD 2 = Tall

Jumps, RD 3 = Double Unders

**RD 1 + RD 2 = Strict Press, RD 3 =

Push Press

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Push Press

Week 12 of 12 of current cycle.

(Score is Weight)

WORKOUT

AMRAP x 14 MINUTES

5 Shoulder to Overhead (85% of

5-Rep Push Press)

25 Walking Lunges

75 Double Unders

(Score is Rounds + Reps)

Thursday 7-1-21

WARM-UP

AMRAP x 6 MINUTES

200m Row

5/5 Staggered Stance PVC Good

Mornings

:30 Slow Quad Crawls

10 Cat Cows

5 Inchworms + Down Dog

STRENGTH

ON A 20:00 RUNNING CLOCK...

Build to a 5-Rep Heavy Deadlift

Week 12 of 12 of current cycle.

(Score is Weight)

WORKOUT

3 SETS

500/400m Row

12 Deadlifts (85% of 5-Rep

Deadlift)

-Rest 1:30 b/t Sets-

(Score is Each Set for Time)

Friday 7-2-21

WARM-UP

3 ROUNDS

100m Jog

5 Air Squats + 5 Jumping Air Squats

5 Scap Push-Ups

20 Alt. Plank Shoulder Taps

5 Burpees

5/5 Side Plank Rotations

Into...

2 ROUNDS

5 Body Weight Good Mornings

5 Empty Barbell Clean Deadlifts

5 Empty Barbell Cuban Presses*

:45 Tuck Hold

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a 3-Rep Heavy Hang Squat

Clean

(Score is Weight)

BENCHMARK WORKOUT

"ELIZABETH-ISH"

FOR TIME

18-15-12-9

Hang Power Cleans

(135/95)|(95/65)

Hand Release Push-Ups

(Score is Time)

KG BB: (60/42.5)|(42.5/30)

COOL DOWN

2:00 Saddle Stretch

1:30 Elbow to Instep (R)

1:30 Elbow to Instep (L)

2:00 Rebound

(No Measure)

Saturday 7-3-21

WARM-UP

1 ROUND

100m Run

7/7 Single DB Curl to Around the
World

7/7 Single DB Strict Press + Tricep
Extension

10 Tuck-Ups w/ :02 Hold

Into...

1 ROUND

100m Run

7/7 Single DB Curl to Around the
World

7/7 Single DB Strict Press + Tricep
Extension

10 Scap Pull-Ups

Into...

1 ROUND

100m Run

7/7 Single DB Curl to Around the
World

7/7 Single DB Strict Press + Tricep
Extension

10 Strict Knees to Chest

STRENGTH

EMOM x 12 MINUTES

MIN 1 - :45 Single DB Curls

MIN 2 - :45 Single DB OH Tricep
Extension

MIN 3 - :45 Single DB Lat Pull-Over
(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

200m Run

8 Toes to Bar

15 Up-Downs

8 Toes to Bar

(Score is Time)

Monday 6-21-21

WARM-UP

AMRAP x 7 MINUTES

10/8 Cal Row

10 Tall Plank Shoulder Taps*

7/7 SA DB Bent Over Row

5 Lunge-Lunge-Squats**

*At 3:30 change to Piked Shoulder
Taps.

**DB Held in Goblet Position
Optional.

STRENGTH

Back Squat

3x5 @ 65%

Week 11 of 12 of current cycle.

(Score is Weight)

WORKOUT

AMRAP x 14 MINUTES

3 Wall Walks

10 Ring Rows

150/100m Row*

*Increase by 50m each round.

(Score is Rounds + Reps)

Tuesday 6-22-21

WARM-UP

EMOM X 6 MINUTES (:45 WORK / :15 REST)

MIN 1: Row (Easy Pace)

MIN 2: Lunge - Lunge- Squat

MIN 3: Row (Moderate Pace)

MIN 4: Single DB Curl to Press

MIN 5: Row (Fast Pace)

MIN 6: Scap Pull-Ups

WORKOUT

5 ROUNDS FOR MAX REPS

1:00 - Cal Row

1:00 - DB Reverse Lunges

(50/35)|(35/20)

1:00 - Alt. DB Hang Snatch

1:00 - Strict Pull-Up

(Score is Reps)

KG DB: (22.5/15)|(15/10)

FINISHER

EMOM x 5 MINUTES

:25 Banded Tricep Pull-Downs +

:25 Banded Straight Arm Lat

Push-Down Hold

(No Measure)

Wednesday 6-23-21

WARM-UP

1:00 Bike (:30 EZ / :30 Mod)

Into...

4 SETS (:20 ON/:10 OFF)*

MOVT 1 - Air Squat

MOVT 2 - Shoulder Taps

MOVT 3 - Inch Worm

*1st Round = Air Squat, Shoulder

Taps, Inch Worm
2nd Round = WB Front Squat, WB
Strict Press, Up-Down
2rd Round = WB Thruster, WB
Strict Press, Burpee
Into ...
1:00 Bike (:30 Mod / :30 Hard)

STRENGTH

Push Press
3x5 @ 65%
Week 11 of 12 of current cycle.
(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME
21/16 Cal Bike
15 Wall Balls (20/14)|(14/10)
9 Shoulder to Overhead (Athlete
Choice)*
*Weight should be Heavy.
(Score is Time)

Thursday 6-24-21

WARM-UP

AMRAP X 8 MINUTES
10 Step-Ups
10 Slow Tuck-ups
20 Slow Alt. Bicycle Crunches
5/5 Alt. DB Sumo Deadlifts
5/5 SA DB Upright Rows

STRENGTH

Deadlift
3x5 @ 65%
Week 11 of 12 of current cycle.
(Score is Weight)

WORKOUT

AMRAP x 10 MINUTES
5 Sumo Deadlift High Pulls
(95/65)|(65/45)

6 Toes to Bar
7 Box Jump Overs (24/20)
(Score is Rounds + Reps)
KG BB: (42.5/30)|(30/20)

Friday 6-25-21

WARM-UP

2 ROUNDS (7:00 CAP)
8 Slow Air Squats
8 Good Mornings (Barbell optional)
16 Mountain Climbers

Into...

3 ROUNDS
5 High Jumps
5 Barbell High Pulls
5/5 Elbow Punches

SKILL

EMOM x 10 MINUTES*
1 Hang Power Clean w/ :02 Pause
at Parallel + Front Squat**
+
1 Hang Squat Clean
*Start Light and build to Moderate.
**Athlete will pause in the catch
and then finish the Front Squat
from the catch.
(Score is Weight)

BENCHMARK WORKOUT

"LITTLE BEAR"
EVERY :30 x 15 MINUTES
2 Power Clean (185/135)|(135/95)
(Score is Weight)
KG BB: (85/60)|(60/42.5)

Saturday 6-26-21

WARM-UP

AMRAP x 5 MINUTES
5/5 Plate Around the Worlds
5 Up-Downs w/Jump to Plate
5 Squats w/Plate Press Out

Into...

2 ROUNDS

3 Inch Worms w/Push-Up to Down

Dog

:30 Tuck Hold

10 SLOW Arm Haulers

:30/:30 Single Arm Overhead Plate

Hold

STRENGTH

EMOM x 12 MINUTES*

MIN 1 - 6/6 SA DB Arnold Press

MIN 2 - :45 DB Slides

MIN 3 - :45 Row, Bike, or Ski

*Keep weight moderate.

(Score is Weight)

BENCHMARK WORKOUT

"INFINITY LOOP"

FOR TIME

4 ROUNDS

10 Push Press (75/55)|(45/35)

10 Up-Downs

-2:00 Rest3 ROUNDS

10 Push Press (95/65)|(65/45)

10 Burpees

-2:00 Rest2 ROUNDS

10 Push Press (115/75)|(75/55)

10 Bar Facing Burpees

(Score is Time)

Monday 6-14-21

WARM-UP

AMRAP x 8 MINUTES

1:00 Bike (EZ-Mod)

5 Inch Worms + Push-Up

10 Step Overs

15 Jumping Jacks

20 Shoulders Taps

WORKOUT

AMRAP x 25 MINUTES

25/20 Cal Bike

25 Push-Ups

25 Box Jump Overs (24/20)
(Score is Rounds + Reps)

FINISHER

2-3 SETS FOR QUALITY
10/10 Banded Anti-Rotation
10/10 Plate Around the World
(Athlete Choice, Light)
-Rest As Needed b/t Sets-
(No Measure)

Tuesday 6-15-21

WARM-UP

200m Run
Into...
2 ROUNDS
10 BB Good Mornings
10 Hollow Rocks
:10 Bar Hang
Into...
2 ROUNDS
8 BB RDL
8 BB Bent Over Row
8 Scap Pull-Ups

SKILL

EMOM x 10 MINUTES
MIN 1 - 3 Kip Swing + 1 Chest to Bar or Pull-Up*
MIN 2 - 5 Tempo Deadlift (21X1)**
*Option for athletes to perform 3-5 Reps of Strict Pull-Up if want to work strict skill
**Building to or above workout weight
(No Measure)

BENCHMARK WORKOUT

"RIPCORDER"
4 ROUNDS FOR TIME
15 Chest to Bar Pull-ups

15 Deadlift (185/125)|(155/105)
400m Run
(Score is Time)

Wednesday 6-16-21

WARM-UP

On a 6:00 Running Clock...
20 Alt Groiners
18 Alt Plank Shoulder Taps
16 Alt Cossack Squats
14 Air Squats
12 Hollow Rocks
10 Jumping Squats
Bike in Remaining Time...

STRENGTH

5x3
Back Squat*
*Superset each Set with 10 Perfect
Hollow Rocks
(Score is Weight)

WORKOUT

FOR TIME*
20-15-10-15-20
Hang Power Clean (95/65)|(65/45)
Back Squat
*Perform 3 Up-Downs every time the
barbell touches the ground. Athlete
can rest barbell on shoulders in
front or back but may not rest at the
waist.
(Score is Time)
KG BB: (42.5/30)|(30/20)

COOL DOWN

FOR RECOVERY
5:00 Slam Ball Gut Smash
(No Measure)

Thursday 6-17-21

WARM-UP

PLAY A GAME → ROWLING!

On a 6:00 Clock...

Can you hit 100m EXACTLY
without going over or under? What
about 103m?

If you go over, perform 3 Burpees.

If you fall short, perform 10

Sit-Ups.

WORKOUT

EMOM x 28 MINUTES

MIN 1 - 8-12 Strict "Odd"

Gymnastic Pull*

MIN 2 - 8/8 Reverse DB Lunges

(50/35)|(35/20)

MIN 3 - :50 Static Hold w/ Weight**

MIN 4 - :50 Static Hold Body

Only***

*Strict Gymnastic Pull Options:

Wide or Narrow Grip

Mixed Grip

Rope or Ring Pull-Up

Chin-Up

**Static Hold w/ Weight Options:

Farmer Hold

Front Rack Hold

Mixed/Filly Hold

Floor Press Hold

**Static Hold Body Only Options:

Tuck Hold

Side Plank

Glute Bridge

Pike or HS Hold

(No Measure)

Friday 6-18-21

WARM-UP

2-3 ROUNDS (8:00 CAP)

200m Run

5/5 SA DB Strict Press
10 DBL DB Front Rack Alt. Lunges
5 Up-Downs over DB

WORKOUT

4 ROUNDS FOR TIME
400m Run
10 Strict Press (75/55)|(65/45)
12 OH Lunges
14 Bar Facing Up-Downs
(Score is Time)
KG BB: (35/25)|(30/20)

FINISHER

3 SETS
AMRAP x 2 MINUTES*
25 Plate Curls
50ft Plate Gun Walk
-Rest 1:00 b/t Sets-
*Pick up where you left off.
(Score is Rounds + Reps)

Saturday 6-19-21

WARM-UP

ON A 10:00 RUNNING CLOCK
2 SETS
20 Band Pull-Aparts
20 Hollow Body Flutter Kicks
Immediately Into...
AMRAP in Time Remaining of
10 Alt. Groiners
10 Up-Downs
10 Hollow Rocks

WORKOUT

ON A 18:00 RUNNING CLOCK...
100 Burpees*
Immediately Into...
AMRAP in Remaining Time of:
18 Russian KB Swing (70/53)|(53/35)
9 Toes to Bar
*8:00 Cap on Burpees. Weight vest

optional for Burpees only.
(Score is Rounds + Reps)
KG KB: (32/24)|(24/16)

COOL DOWN

FOR RECOVERY

2:00 KB Ankle/Calf Mobility (Each Side)*

3:00 Olympic Wall Squat

*Banded Distraction Optional
(No Measure)

Monday 6-7-21

WARM-UP

1:30 EZ Row

Into...

3 ROUNDS

10 Elbow Punches

10 Tempo Air Squats (1211)

10 Slow BB Upright Rows

Into...

1:30 MOD-HARD Row

STRENGTH

6 SETS*

1 High Hang Power

+

1 Hang Power Clean

+

1 Front Squat

*Start Light-Mod and build to
Mod-Heavy.

-Rest As Needed b/t Sets-
(Score is Weight)

WORKOUT

3 SETS

10 Hang Power Cleans

(115/75)|(75/55)

25/20 Cal Row

10 Hang Power Cleans

-Rest 2:30 b/t Sets-

(Score is Each Set for Time)

Tuesday 6-8-21

WARM-UP

3 ROUNDS (7:00 CAP)

10 Jumping Jacks

10 PVC Pass Thrus

10 Lunges

Into...

2 ROUNDS

10 Slow Dead Bugs

10 Step Ups

5 Single DB Press

5 Single DB Push Press

STRENGTH

Push Press*

3x5 @ 75%

1x5 @ 85%

1x5 @ 85-90%

*Base percentages off 5-Rep

Heavy. Add 5-10lbs as needed to
adjust % up.

Week 9 of 12 of current cycle.

(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

7 Push Press (135/95)|(95/65)

14 Single DB Step-Ups

(50/35)|(35/20)|(24/20)*

21 V-Ups

*Hold DB Any Way Above Waist.

(Score is Rounds + Reps)

Wednesday 6-9-21

WARM-UP

4 SETS (8 MIN CAP)

10 Scap Pull-Ups

10 Kip Swings

30 Single Unders

10 Tuck-Ups

10 Burpees

SKILL

3-4 SETS ON A 12:00 RUNNING
CLOCK...

3x2-for-1 Toes 2 Bar

:30 Double Under Practice

3x2-for-1 Pull-Ups

:30 Double Under Practice

-Rest As Needed b/t Sets-

(No Measure)

BENCHMARK WORKOUT

"ICARUS"

FOR TIME

100 Double Unders

30 Toes 2 Bar

100 Double Unders

40 Pull-ups

100 Double Unders

50 Burpees

(Score is Time)

Thursday 6-10-21

WARM-UP

2-3 SETS...

:30 Bike (Set 1, EZ / Set 2, Mod. /
Set 3, Mod+)

10/10 Squatty Side Steps (band
optional)

15 Jump Squats w/ Controlled
Land

20 Russian Twist

-No Additional Rest b/t Sets

STRENGTH

3 SETS FOR QUALITY

15 Weighted Glute Bridge-Ups*

1:00 Glute Bridge-Up Hold

20 Weighted Alt. Deadbugs

-Rest 1:30 b/t Sets-

*Rest DB in hips. Glute Bridge Hold is unweighted.

(No Measure)

WORKOUT

EVERY 4:00 FOR 4 SETS

30/20 Cal Bike

20 Barbell Bent Over Rows

(95/65)|(65/45)

Max Russian KB Swings

(53/35)|(35/26) in time

remaining...

-Rest 1:00 b/t Sets-

(Score is Total Reps)

Friday 6-11-21

WARM-UP

AMRAP x 7 MINUTES

100m Run @ mod pace

:30 Plank

5 KB Jefferson Curls

5/5 SA Russian KBS

STRENGTH

Deadlift*

3x5 @ 75%

1x5 @ 85%

1x5 @ 85-90%

*Base percentages off 5-Rep

Heavy. Add 5-10lbs as needed to adjust % up.

Week 9 of 12 of the current cycle.

(Score is Weight)

WORKOUT

EMOM x 15 MINUTES
MIN 1 - 200m Run
MIN 2 - 1:00 DBL KB Front Rack
Hold (53/35)|(35/20)
MIN 3 - 10 Deadlifts
(225/155)|155/105
(Score is Slowest Run)

Saturday 6-12-21

WARM-UP

2-3 ROUNDS

1:00 Row

5 Med. Ball Squat Cleans

10 Alt. Plank Med. Ball Rolls*

Into...

1 ROUND

10 Back Squats (warm-up Set #1 -
see Teaching Section)

:30 Bottom of Squat Hold (with or
without weight)

5/5 Moose Antlers

1 ROUND

8 Back Squats (warm-up Set #2 -
see Teaching Section)

5 Cat/Cows

6 Alt. Scorpions

*Plank Med. Ball Rolls = Tall Plank
position with one arm extended out
to the side with the medicine ball;
then roll the ball to the left and
switch side. Count each roll as one
Rep.

STRENGTH

Back Squat*

3x5 @ 75%

1x5 @ 85%

1x5 @ 85-90%

*Base percentages off 5-Rep Heavy.
Add 5-10lbs as needed to adjust %
up.

Week 9 of 12 of current cycle.

(Score is Weight)

BENCHMARK WORKOUT

"TRIDENT"

AMRAP x 4 MINUTES

Max Wall Balls (20/14)|(14/10)

-Rest 1:00-

AMRAP x 4 MINUTES

Max Cal Row

-Rest 1:00-

AMRAP x 4 MINUTES

Max Wall Balls (20/14)|(14/10)

(Score is Reps)

Monday 5-31-21

WARM-UP

1 ROUND

20 Jumping Jacks

20 High Knees

20 Butt Kickers

20 Shoulder Taps

Into...

2 ROUNDS

5 Scap Pull-Ups + 5 Kipping

Swings

5 Knee Push-Ups

10 Cossack Squats

BENCHMARK WORKOUT

"MURPH"

FOR TIME*

1 Mile Run

100 Pull-ups

200 Push-ups

300 Air Squats

1 Mile Run

*If you have a 20# weighted vest, put it on! Reps for the BW movements can be completed in any sequence.

(Score is Time)

****LOWER VOLUME VERSION****

FOR TIME*

800m Run

into...

10 ROUNDS

5 Pull Option**

10 Push-Ups

15 Squats

into...

800m Run

*Mandatory break-up the reps into 10 rounds. No vest.

**Options for Pull - Heavy KB Swings, Bent Over Rows, Renegade Rows (No Push-Up), Heavy DB Deadlift, Ring Rows or any other Pull-Up sub!

(Score is Time)

HOME VERSION

FOR TIME*

1 Mile Run

100 Pull Option**

200 Push-ups

300 Air Squats

1 Mile Run

*If you have a 20# weighted vest, put it on! Reps for the BW movements can be completed in any sequence.

**Options for Pull - Heavy KB Swings, Bent Over Rows, Renegade Rows (No Push-Up), Heavy DB Deadlift, Ring Rows or any other Pull-Up sub!

(Score is Time)

Tuesday 6-1-21

WARM-UP

3 SETS

:30 Bike (EZ → Mod → Hard)

8 Scap Pull-Ups

10 Single Ring Row*

12 Tuck-Ups

100m Jog

*2 Hands on 1 Ring (hand over hand) and pull towards the chest

SKILL

ON A 10:00 RUNNING CLOCK...
Practice Rope Climb Technique
(No Measure)

WORKOUT

EMOM x 20 MINUTES
MIN 1&2 - 3 Rope Climbs + Max
Cal Bike
MIN 3&4 - 200m Run + Max Slam
Balls (Athlete Choice)
(Score is Reps)

OPTIONAL FINISHER

EMOM x 6 MINUTES
MIN 1 - :45 Max Alt. Sit-Thrus
MIN 2 - :45 Hollow Flutter Kicks
(No Measure)

Wednesday 6-2-21

WARM-UP

AMRAP x 8 MINUTES
1:00 Row
5 Inch Worms (No Push-Up)
10 Step Ups
5/5 KB OH Press
EXTENDED WARM-UP
3 SETS FOR QUALITY
50'/50' Filly Walk
15 KB Upright Row (Light)
20 Band Pull-Aparts
-Rest as Needed b/t Sets-
(No Measure)

WORKOUT

AMRAP x 15 MINUTES
15/10 Cal Row
:30 Plank
15 Up-Down
:30 Plank
15 Box Jumps* (20)
*Step-Down Mandatory
(Score is Rounds + Reps)

COOL DOWN
FOR RECOVERY
5:00 Foam Roll Legs
(No Measure)

Thursday 6-3-21

WARM-UP

AMRAP x 5 MINUTES

10 Alt Groiners

20 Pike Shoulder Taps

30 Jumping Jacks

Into...

AMRAP x 5 MINUTES

10 Single KB Romanian Deadlifts

8 KB Hip Pops*

6/6 Single Arm KB Strict Press

*Use the force from the lower body
to pop the KB up and out of the hip
pocket (not a full Russian KBS)

STRENGTH

5 SETS

3 Strict Press*

5/5 Bodyweight Tempo Bulgarian
Split Squats (2111)

*Start Moderate and Build to Heavy

-Rest as Needed b/t Sets-

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

12 Push Press (115/75)|(75/55)

24 Russian KB Swing

(53/35)|(35/26)

36 Walking Lunges

(Score is Time)

Friday 6-4-21

WARM-UP

3 ROUNDS

30 Crossbody Mountain Climbers
15 Slam Balls
10 PVC Passthru
10 Scap Pull-Ups*
5 Burpees
*R2 complete 6 Kip Swings + 10
Slow Tuck-Ups. R3 complete 6
Bigger Kip Swings + 10 Knees to
Chest.

STRENGTH

ON A 15:00 RUNNING CLOCK...
Build to a Moderate-Heavy Complex
1 Snatch Deadlift
+
1 Below the Knee Hang Power
Snatch
+
1 Power Snatch
(Score is Weight)

WORKOUT

AMRAP x 6 MINUTES
8 Power Snatch (95/65)|(65/45)
8 Toes to Bar
-Rest 2:00-
AMRAP x 6 MINUTES
4 Power Snatch (135/95)|(95/65)
8 Toes to Bar
(Score is Rounds + Reps)

Saturday 6-5-21

WARM-UP

ON A 10:00 RUNNING CLOCK...
Row 2:00 (EZ Pace)
Immediately Into...
AMRAP x 6 MINUTES
5 Inchworms w/ Push-Up
10 Alt. Plank Shoulder Taps
10 Alt. Pike Shoulder Taps
5 Up-Downs
3-5 Strict Pull-Ups or 10 Ring Rows
Immediately Into...

2:00 Row (Moderate Pace)

WORKOUT

FOR TIME

1500/1250m Row

6 Wall Walks*

30 Burpee Pull-Up

1000/800m Row

6 Wall Walks

20 Burpee Pull-Up

500/400m Row

6 Wall Walks

10 Burpee Pull-Up

*Alternate Options for Wall Walk...

30' HS Walk

100' Bear Crawl

(Score is Time)

FINISHER

2 SETS FOR QUALITY

21-15-9

DB Hammer Curls

(Athlete Choice, Light)

DB Rolling Tricep Extensions

-Rest 2:00 b/t Sets-

(Score is Weight)

Monday 5-24-21

WARM-UP

ON A 5:00 RUNNING CLOCK...

10 Bootstrappers

10 Inchworms w/ Push-Ups

10 Alt. High Kicks

10 Alt. Samson Lunges

5 Box Step-Ups + 5 Box Jumps

Bike in Time remaining...

STRENGTH

3-3-3

Deadlift

*Start Moderate-Heavy and Build
to Heavy.

(Score is Weight)

WORKOUT

4 SETS*

15/12 Cal Bike

12 Up-Downs

9 Box Jump Overs (24/20)

7 Deadlifts (275/185)|(185/135)

-Rest 1:30 b/t Sets-

*If you plan on doing MURPH

tomorrow, lower the load or

perform entire workout For Quality.

(Score is Each Set for Time)

KG BB: (125/85)|(85/60)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

14 ROUNDS FOR TIME*

8/6 Cal Bike

4 Up-Downs

4 Box Jump Overs (24/20)

4 Deadlifts (275/185)|(185/135)

*P1 works while P2 rests. Alternate

after each full round. Each Partner

completes 7 rounds.

(Score is Time)

Tuesday 5-25-21

WARM-UP

1 ROUND

:30 Bike (EZ-Mod)

5 Clean Deadlift

10 Elbow Punches

8 Up-Downs

10 Scap Pull-Ups

1 ROUND

:30 Bike (Mod-Hard)

5 Muscle Clean

5 Strict Press

6 Burpees

8 Kip Swings

STRENGTH

ON A 15:00 RUNNING CLOCK...
Build to a Moderate-Heavy 5-Rep
TNG Power Clean and Jerk
(Score is Weight)

WORKOUT

FOR TIME

10 Clean & Jerks
(155/105)|(115/75)

20/15 Cal Bike

10 Clean & Jerks

20/15 Cal Bike

15 Bar Muscle-Up

10 Clean & Jerks

20/15 Cal Bike

15 Bar Muscle-Up

30 Burpees Over Bar

(Score is Time)

KG BB: (70/55)|(50/35)

BMU Option 1: Jumping Bar

Muscle-Up

BMU Option 2: Up-Down Pull-Up

Wednesday 5-26-21

WARM-UP

2 SETS

5 Inch Worm + Push-Up

10 Alt Groiners + Twist

10 Bootstrappers

Into...

3 SETS

8 Empty Barbell Good Morning

10 Push-Up to Pike

12 Alt Cossack Squats

STRENGTH

5-4-3-4-3-2

Back Squat

*Start Moderate build to Heavy.

Wave loading.

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

20 DB Front Squats (50/35)|(35/20)

20 Hand Release Push-Ups

(Score is Time)

KG DB: (22.5/15)|(15/10)

COOL DOWN

FOR RECOVERY

5:00 Foam Roll/Lacrosse Ball Traps

+ Upper Back

(No Measure)

Thursday 5-27-21

WARM-UP

EMOM x 8 MINUTES

MIN 1 - :45 Row*

MIN 2 - 15 Jumping Jacks + 10

Tuck Ups

MIN 3 - :45 Lungster**

MIN 4 - 10 Scap Push-Ups + 10

Scap Pull-Ups

*1st Round EZ-Mod pace, 2nd

Round Mod-Hard pace

**1 Lungster = Lunge + Lunge +

Squat

WORKOUT

EMOM x 21 MINUTES

MIN 1 - 18/15 Cal Row

MIN 2 - 12 Knees to Elbow

MIN 3 - :50 Max Crossbody

Mountain Climbers

(Score is Lowest Reps of Mt.

Climbers)

COOL DOWN

FOR RECOVERY

1:00 Doorway Stretch (L)

1:00 Doorway Stretch (R)

1:00 Bar Hang

2:00 Frog Stretch

(No Measure)

Friday 5-28-21

WARM-UP

AMRAP x 5 MINUTES

10/10 ½ Kneeling Single Arm DB

Strict Press

8/8 Single Arm DB Turkish Sit-Up

4/4 Single Arm DB OH Lunge*

*DB in Hand Opposite of Lunge

Leg

WORKOUT

3 SETS FOR QUALITY

1000/800m Row

5/5 KB or DB Turkish Get-Ups

(Athlete Choice, Heavy)

20/20 Single Arm KB or DB Hollow

Body Flutter Kicks

25 Plate Ground to Overhead

(45/35)|(35/25)

-Rest 2:00 b/t Sets-

(No Measure)

OPTIONAL FINISHER

4 ROUNDS FOR TIME

100m Shuttle Run (25m

Increments)

30 Russian Twists (Weighted

Optional)

(Score is Time)

Saturday 5-29-21

WARM-UP

2 ROUNDS FOR QUALITY

25' Walking High Kicks

25' Toe Walk

25' Walking Staggered Stance Good

Mornings

25' Heel Walk

25' High Knees

25' Butt Kickers
Into...
2-3 ROUNDS
30 Single Unders
20 Slow Deadbugs
10 Shoulder Taps
10 Plate Around the Worlds + :20
OH Hold

SKILL

ON A 10:00 RUNNING CLOCK...
Practice HS Hold or HS Walk
(No Measure)

BENCHMARK WORKOUT

"RANNIE"
FOR TIME
50-40-30-20-10*
Double Unders
Sit-ups**
*400m Run After Each Full Round
**GHD Optional
(Score is Time)

COOL DOWN

FOR RECOVERY
5:00 Foam Roll/Lacrosse Ball Traps
+ Upper Back
(No Measure)

Monday 5-17-21

WARM-UP

EMOM x 8 MINUTES (:45 ON/ :15
OFF)
MIN 1 - Alt. Lunge + Twist to Lead
Leg
MIN 2 - Tuck Hold
MIN 3 - DB Slides
MIN 4 - Mountain Climbers
MIN 5 - Slow Air Squats (DB
Optional)
MIN 6 - Slow Bicycle Crunches
MIN 7 - DB Bent Over Rows

MIN 8 - 100m Run

STRENGTH

Back Squat*

5x5 @ 60%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

E2MOM x 18 MINUTES

MIN 1&2 - 200m Run + Max Back

Squats (135/95)|(95/65)

MIN 3&4 - 200m Run + Max Alt.

V-ups

MIN 5&6 - 200m Run + Max DB

Renegade Rows (35/20)|(20/15)

(Score is Reps)

Tuesday 5-18-21

WARM-UP

2 SETS FOR QUALITY

:30 Row into :30 Max KB Deadlifts

:30 Row into :30 Max KB Upright

Rows

:30 KB Swings into :30 KB Front

Rack Hold

:30 Glute Bridges into :30 Plank

:-30 Walking Rest

SKILL

6 SETS FOR QUALITY*

1 Clean Deadlift

+

1 Clean Pull

+

1 Below The Knee Hang Power

Clean

+

1 Power Clean

*Keep weight Light / Moderate.

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

AMRAP x 12 MINUTES

10 DB Power Cleans

(50/35)|(35/20)

200/150m Row*

*Increase the row by 50m each Round.

(Score is Rounds + Reps)

Wednesday 5-19-21

WARM-UP

AMRAP x 8 MINUTES

:45 Bike @ Mod Pace

10 Push-Up to Pike

12 Alt Shoulder Taps

10 Bird Dogs

STRENGTH

Push Press*

5x5 @ 60%

*Base percentages off 5-Rep Heavy.

(Score is Weight)

WORKOUT

FOR TIME

100 Push Press (115/75)|(75/55)*

*Every time the bar drops below the shoulders complete 15/12 Cal Bike.

-Time Cap 15:00-

(Score is Time)

Thursday 5-20-21

WARM-UP

EMOM x 5 MINUTES (:50 ON / :10 OFF)

MIN 1: Step-Overs

MIN 2: Up-Downs

MIN 3: Single Arm Russian KB Swings*

MIN 4: Ring Rows

MIN 5: Staggered Stance Good Mornings*

*Switch to the opposite arm/leg once you reach the :25 mark on the Single Arm Russian KB Swings and Staggered Stance Good Mornings.

STRENGTH

Deadlift*

5x5 @ 60%

*Base percentages off 5-Rep Heavy.

(Score is Weight)

WORKOUT

5 ROUNDS FOR TIME

13 Russian KB Swing
(70/53)|(53/35)

11 Up-Down Box Step-Up (24/20)

9 Deadlifts (185/125)|(135/95)

7 Strict Pull-Ups

(Score is Time)

Friday 5-21-21

WARM-UP

AMRAP x 7 MINUTES

40 Single Unders

10 Tuck-Ups

10 Kip Swings

10 Wall Ball Curls to Press

10 Wall Ball Front Squats

WORKOUT

4 SETS

30 Double Unders

15 Wall Balls (20/14)|(14/10)

8 Toes to Bar

-Rest :45 b/t Sets-

-Rest 2:00 Total 4 SETS

8 Toes to Bar

15 Wall Balls

30 Double Unders

-Rest :45 b/t Sets-

(Score is Total Time)

*After the last set of part 1, you get an additional 1:15 rest for a total of 2:00. At the 2:00 mark, start part 2.

KG WB: (9/6)|(6/5)

POST WORKOUT

STRENGTH

3 SETS

20 Alt. DB Hammer Curls

15 DB Skull Crushers

15 DB Lat Pull-Overs

-Rest As Needed b/t Sets-

(Score is Weight)

Saturday 5-22-21

WARM-UP

400m Run

Into ...

2 ROUNDS

5 Scap Push-Ups + 5 Slow Eccentric Push-Ups

10 Alt. Lunges

5 Empty Barbell Hang High Pulls + 5

Empty Barbell Hang Muscle Cleans

Into ...

400m Run

STRENGTH

ON A 12:00 RUNNING CLOCK...

Build to a Moderate-Heavy

Complex:

2 Hang Power Clean +
1 Power Clean
(Score is Weight)

WORKOUT

"PROTOTYPE"

FOR TIME

800m Run

Into...

4 ROUNDS

21 Push-Ups

14 Front Rack Lunges

(115/75)|(75/55)

7 Hang Power Cleans

Into...

800m Run

(Score is Time)

KG BB: (50/35)|(35/25)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

FOR TIME*

800m Run

Into...

20 ROUNDS

7 Push-Ups

6 Front Rack Lunges (115/75)|(75/55)

5 Hang Power Cleans

Into...

800 Run

*P1 & P2 will run both 800m together. The

20 Rounds will be I-Go, You-Go style. P1

works through a full round while P2 rests.

(Score is Time)

Monday 5-10-21

WARM-UP

2 ROUNDS

30 Mountain Climbers

10 Good Mornings

10 Single Ring Ring Rows

Into...

2 ROUNDS

10 Single DB RDL

10 Slow Bird Dogs

10 Kip Swings

10 Jumping Pull-Ups

STRENGTH

Deadlift*

1x5 @ 75%

1x5 @ 80%

3x5 @ 85%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

AMRAP x 5 MINUTES

10 Deadlifts (135/95)|(95/65)

10 Ring Rows

-Rest 1:30-

AMRAP x 4 MINUTES

8 Deadlifts (185/125)|(135/95)

8 Pull-Ups

-Rest 1:30-

AMRAP x 3 MINUTES

6 Deadlift (225/155)|(155/105)

6 Chest to Bar Pull-Ups

(Score is Rounds + Reps)

Tuesday 5-11-21

WARM-UP

ON A 6 MINUTE RUNNING CLOCK

*

8 Lunges → 6 Step-Ups → 6 Box

Jumps

8 Scap Push-Ups → 8 Push-Ups →

8 HR Push-Ups

8 Barbell Deadlift → 6 Barbell
Upright Rows → 6 Elbow Punches
*15 Band Pull Aparts after each set

SKILL

6 SETS FOR QUALITY*

1 Paused High Hang Power
Clean**

+

1 Paused Above the Knee Hang
Power Clean

+

1 Paused Below the Knee Hang
Power Clean

*Keep weight Light / Moderate.

**Pause for :02 in each position.

-Rest As Needed b/t Sets-
(Score is Weight)

WORKOUT

FOR TIME

2-4-6-8-10-12

DB Suitcase Lunge (50/35)|(35/20)

Hand Release Push-Ups

Box Jumps (30/24)|(24/20)

-Rest 2:00-

12-10-8-6-4-2

DB Suitcase Lunge

Hand Release Push-Ups

Box Jumps

(Score is Time)

Wednesday 5-12-21

WARM-UP

3 Rounds (7:00 CAP)

100m Run @ Mod Pace

8 Scap Pull-Ups

10 Kip Swings

8 Empty Barbell Strict Press

10 Up-Downs

STRENGTH

Push Press*

1x5 @ 75%

1x5 @ 80%

3x5 @ 85%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

FOR TIME*

50 Shoulder to Overhead

(135/95)|(95/65)

75 Knees to Elbow

2000m Run

*Partition reps as needed and
complete in any order.

**Example Suggested

Breakdown...

5 ROUNDS

10 S2OH

15 K2E

400m Run

(Score is Time)

Thursday 5-13-21

WARM-UP

AMRAP x 8 MINUTES

1:00 Row

10 Slow DB Goblet Squats

6/6 SA DB Russian Swings

20 Mountain Climbers

6/6 Walking Elbow to Instep

STRENGTH

Back Squat*

1x5 @ 75%

1x5 @ 80%

3x5 @ 85%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

EVERY 2:30 x 6 SETS

10 Back Squats (95/65)|(65/45)

250/200m Row

(Score is Slowest Set)

Friday 5-14-21

WARM-UP

AMRAP x 7 MINUTES

5 Up Downs*

20 High Jump Single Unders

10 Good Mornings

10 Clean Deadlifts

*At the halfway mark (3:30) switch
the Up Downs to Burpees.

STRENGTH

ON A 12:00 RUNNING CLOCK...

Build to a Moderate-Heavy

Complex:

1 Paused Above the Knee Hang

Power Clean*

+

2 Hang Power Clean

*Pause for :02 Above the Knee

(Score is Weight)

BENCHMARK WORKOUT

"SHAKE AND BAKE"

AMRAP x 14 MINUTES

3 Hang Power Clean (Athlete
Choice)*

9 Burpee Over Bar

27 Double Unders

*Weight should be Heavy.

(Score is Rounds + Reps)

Saturday 5-15-21

WARM-UP

3 ROUNDS

:45 Legs Only Bike*

10 KB Sumo Deadlifts**
:30 Wall Sit
10 Alt. SLOW Plank Shoulder taps
:15 ACTIVE Bar Hang
*2nd Round: Arms Only; 3rd Round:
Legs + Arms
**2nd Round: 10 Upright High Pulls;
3rd Round: 10 Russian Kettlebell
Swings

POST-WORKOUT FINISHER

10 SETS (:20 ON/ :10 OFF)
Max DB Floor Press (Athlete
Choice)
(Score is Total Reps)

WORKOUT

4 ROUNDS FOR TIME

40/30 Cal Bike

30 Sit-Ups

20 KB Swings (70/53)|(53/35)

(Score is Time)

KG KB: (32/24)|(24/16)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 25 MINUTES*

40/30 Cal Bike

40 Sit-Ups

40 KB Swings (70/53)|(53/35)

*While completing Cal Bike, other partner holds a Wall Sit. While completing Sit-Ups, other partner holds a Plank. While completing KB Swings, other partner holds a Hang from the Rig. If partner completing static hold drops or rests, partner working must stop work until other partner is back in static hold.

(Score is Rounds + Reps)

Monday 5-3-21

WARM-UP

FOR QUALITY

25' Toe Walk

25' Heel Walk

25' High Knees

25' Butt Kickers

50' Side Shuffle (Down and Back)

50' Karaoke (Down and Back)

200m Run

Into...

2-3 ROUNDS

20 Slow Alt. Bicycle Crunches

5/5 Staggered Stance Good

Mornings

10 Barbell High Pulls

5 Tall Jumps*

*Jump high into the air and land in an athletic stance. Overemphasize the opening of the hips!

SKILL

6 SETS FOR QUALITY*

1 Paused Clean Deadlift**

2 Hang Power Cleans

*Work up to a Moderate weight.

**Pause for :02 above knee then continue the lift.

-Rest As Needed b/t Sets-

(Score is Weight)

WORKOUT

8 ROUNDS FOR TIME

100m Run

12 V-Ups

5 Hang Power Cleans

(135/95)|(95/65)

(Score is Time)

Tuesday 5-4-21

WARM-UP

2 ROUNDS (7:00 CAP)
:20 Bike (EZ Pace)
20 Cross Body Mountain Climbers
5/5 DB Around the World
into....
3 ROUNDS
:15 Bike (MOD Pace)
10 Alt DB Strict Press
5/5 DB Goblet Lunges

STRENGTH

Push Press*
1x5 @ 70%
1x5 @ 75%
3x5 @ 80%
*Base percentages off 5-Rep
Heavy.
(Score is Weight)

WORKOUT

12 ROUNDS (:20 ON/ :10 OFF)
MOVT 1 - DB Alt. Push Press
(50/35)|(35/20)
MOVT 2 - DB Goblet Lunges
MOVT 3 - Cal Bike (FAST)
*1 Round= completing all 3
movements.
(Score is Lowest Round)

Wednesday 5-5-21

WARM-UP

4 SETS (8:00 CAP)
10 Ring Rows
:20 Top of the Ring Hold
7/7 DB Deadlifts
10 Walking Good Mornings
10 Step-Ups*
* Sets 3/4 Step-Ups change to Box
Jumps.

STRENGTH

Deadlift*

1x5 @ 70%

1x5 @ 75%

3x5 @ 80%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

BENCHMARK WORKOUT

"LUCHA LIBRE"

4 ROUNDS

5 Deadlifts (225/155)|(155/105)

7 Strict Pull-Ups

10 Box Jumps (30/24)|(24/20)

-Rest 2:00-

4 ROUNDS

5 Deadlifts (275/185)|(185/125)

7 Pull-Ups

10 Box Jump Overs (24/20)

(Score is Time)

KG BB1: (100/70)|(70/55)

KG BB2: (125/85)|(85/60)

FINISHER

3 SETS

50' Walking Good Mornings*

*Option to use Barbell, Plate, or

PVC.

(No Measure)

Thursday 5-6-21

WARM-UP

AMRAP x 5 MINUTES

20 Slow Bicycle Crunches

8/8 SA KB Upright Row

20' Straight Leg Bear Crawl

8 Single DB OH Tricep Extensions

*After the Warm-up grab a barbell
and a light KB to go over the

demonstrations of the movements
for the workout.

WORKOUT

5 ROUNDS FOR QUALITY

12 Tempo Barbell High Pulls
(21X1)

20 Barbell Hollow Body Flutter
Kicks*

10-15 Ring Skull Crushers

50' SA KB OH Walk (Athlete
Choice)**

*1 Rep= Right Leg + Left Leg.

**Switch hands at 25'.

(Score is Weight)

FINISHER

EMOM x 5 MINUTES

:30 Plate Around the Worlds + :30

Plate Curls

(No Measure)

Friday 5-7-21

WARM-UP

EMOM x 8 MINUTES (:45 WORK /
:15 REST)

MIN 1 - Max Reps of Wall Ball

Squats

MIN 2 - Max Reps of Wall Ball Push

Press

MIN 3 - Max Reps of 5 Scap

Push-ups + 1 Push-ups

MIN 4 - :15 Active Hang into Max

Alt. V-ups

REPEAT!

*After the warm-up either put Wall
Balls to the side or put them away
for now to save space. Then grab
barbells to go over the Back Squat.

STRENGTH

Back Squat*

1x5 @ 70%

1x5 @ 75%

3x5 @ 80%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

AMRAP x 12 MINUTES

4-6-8-10 and so on...

Wall Balls (20/14)|(14/10)

Hand Release Push-Ups

Toes to Bar

(Score is Rounds + Reps)

Saturday 5-8-21

WARM-UP

3 ROUNDS

8/8 Lateral Step-Ups

8 Empty Barbell High Pulls

8/8 Single Leg RDL (option to go
bodyweight or use the barbell)

:30 Arm Haulers

STRENGTH

EMOM x 10 MINUTES*

1 Clean Deadlift

+

1 High Hang Power Clean

+

2 Hang Power Clean

*Build up to a Moderate weight.

(Score is Weight)

WORKOUT

FOR TIME

3000/2500m Row*

*Every 1:30 not including 0:00,

complete 6 DBL DB Front Rack

Step-Ups (35/20)|(20/15)|(24/20)

(Score is Time)

KG DB: (15/9)|(9/6)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

FOR TIME*

4000m Row

*P1 will Row 500m while P2 completes 12 DBL DB Front Rack Step-Ups (35/20)|(20/15)|(24/20). P2 will then hold a Plank until P1 finishes the 500m Row and then they will switch.

(Score is Time)

Monday 4-26-21

WARM-UP

2:00 Row

Into...

2 ROUNDS

20 Singles

10 Groiners*

5 Push Up to Pike

10 Elbow Punches

*Perform 10 Air Squats in the second round.

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Moderate-Heavy Complex

1 Front Squat

+

1 Thruster

+

1 Push Press

(Score is Weight)

WORKOUT

FOR TIME

120 Double Unders

40 Thrusters (75/55)|(65/45)

500/400m Row

40 Thrusters

120 Double Unders
-Time Cap 10:00-
(Score is Time)

Tuesday 4-27-21

WARM-UP

200m Run

Into...

3 ROUNDS

5/5 Single Leg DB RDL

5/5 Single Arm DB Upright Row

5 Tempo Push-Up (31X1)*

*The tempo is 3 seconds lowering to the bottom, then explode up to the top. Perform Knee Push-ups if Necessary.

WORKOUT

AMRAP x 12 MINUTES

12 Sumo Deadlift High Pull

(95/65)|(65/45)

12 Strict Ring or Box Dips

100m Run*

*Run increases by 100m each round. 100m, 200m, 300m etc...

(Score is Rounds + Reps)

BB KG: (42.5/30)|(30/20)

POST-WORKOUT

STRENGTH

4 SETS FOR QUALITY

12/12 Single Leg DB Glute Bridge

(Athlete Choice)

12 Barbell Bent Over Row (Athlete

Choice)

12 Barbell Rollouts

-Rest as Needed b/t Sets-

(Score is Weight)

Wednesday 4-28-21

WARM-UP

AMRAP x 4 MINUTES
5 Inch Worm + Push-Up
:10 Dead Hang
:10 Active Hang
10 Scap Pull-Ups

Into...

AMRAP x 4 MINUTES
15 Tuck-Ups
10 Up-Downs
:15 Tuck Hang

EXTENDED WARM-UP

EMOM x 8 MINUTES
MIN 1 - 4 Kip Swings + 2 Kipping
Pull-Ups + 2 Toes to Bar
MIN 2 - :40 Slow Inch Worms w/
Push-Up
(No Measure)

WORKOUT

3 ROUNDS FOR TIME
25 Burpees
15 Pull-Up + Toes to Bar*
*1 Pull-Up + 1 Toes to Bar = 1 Rep
**Option to perform 15 Pull-Ups
then 15 Toes to Bar if can not
easily connect the reps.
(Score is Time)

Thursday 4-29-21

WARM-UP

3 SETS
10 Bootstrappers
10 Alt Samson Lunges
10 Push-Up to Pike
Into...
EMOM x 6 MINUTES
MIN 1 - :30/:30 Posterior Movt 1/
Posterior Movt 2
MIN 2 - :45 Bike
*1st Round = Bodyweight
Goodmorning / Alt Reverse Lunges

2nd Round = KB Sumo DL / Alt
Cossack Squats
3rd Round = KBS / Goblet Lunges

WORKOUT

EVERY 5:00 x 5 SETS*

20 Russian KB Swings

(70/53)|(53/35)

20 Alt. Goblet Reverse Lunges

30/25 Cal Bike

*Rest remaining time before next set

(Score is Slowest Set)

KG KB: (32/24)|(24/16)

OPTIONAL COOL DOWN

FOR RECOVERY

1:00 Pigeon Pose (L/R)

2:00 Frog Stretch

2:00 Saddle Pose

Friday 4-30-21

WARM-UP

2 ROUNDS

30 Crossbody Mountain Climbers

10 Up-Downs

12 Alt. Lunges

10 Cat-Cows

Into...

2-3 ROUNDS

10 Clean Grip Deadlifts

7 Barbell Cuban Presses*

5-7 Push-Ups

7-10 Air Squats

*Hands shoulder width on the bar, complete an Upright Row and pause for :01 w/ elbows high and outside. Whip elbows through so the bar is now in the Front Rack Position and complete a Strict Press. Bring the bar down to the shoulders and turn bar back over and pause again for :01 at the top of the Upright Row before

lowering. Each portion of this movement should be segmented.

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Heavy 1-Rep Clean
(Score is Weight)

HERO WORKOUT

"THE CHIEF"

5 SETS

AMRAP x 3 MINUTES

3 Power Cleans (135/95)|(95/65)

6 Push-ups

9 Air Squats

-Rest 1:00 b/t Sets-

(Score is Rounds + Reps)

Saturday 5-1-21

WARM-UP

Running Warm-Up...

3 SETS

:15 Butt Kickers

:15 High Knees

:15 Jumping Jacks

:15 Tuck Jumps

:-:30 Rest b/t Sets-

*From here we will go into RMU teaching and progressions before starting the clock to practice.

SKILL

ON A 10:00 RUNNING CLOCK...

Practice Strict Ring Muscle-Ups*

STRICT RMU OPTION 1: Strict Negative Ring Muscle-Ups

STRICT RMU OPTION 2: False Grip Strict Ring Pull-Up

STRICT RMU OPTION 3: False Grip Ring Row
(No Measure)

WORKOUT

FOR TIME

1 Mile Run

10 Muscle-Ups

70 Box Jumps (24/20)

10 Muscle-Ups

1 Mile Run

(Score is Time)

RMU OPTION 1: Jumping Ring Muscle-Ups

RMU OPTION 2: Chest to Bar Pull-Ups

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

FOR TIME*

1 Mile Run

20 Ring Muscle-Ups**

140 Box Jumps (24/20)

20 Ring Muscle-Ups

1 Mile Run

*Partners run both miles together. In the other movements, P1 works while P2 holds kettlebells or dumbbells (athlete choice) in a farmers hold. Weights must be held for reps to be performed. Switch as needed.

**Teams have option for 40 Burpee Pull-Ups instead of Muscle-Ups

(Score is Time)

RMU OPTION 1: Jumping Ring Muscle-Ups

RMU OPTION 2: Chest to Bar Pull-Ups

Monday 4-19-21

WARM-UP

AMRAP x 5 MINUTES

12 Alt Groiners

10 Bootstrappers

8 Inch Worms (No Push-Up)

:30 Jumping Jacks

Into...

AMRAP x 5 MINUTES

10 Slam Ball Deadlifts

10 Slam Ball Strict Press

10 Slam Balls

10 Alt Lunges

WORKOUT

4 ROUNDS FOR TIME

400m Run

20 Slam Balls (30/20)|(20/10)

20 ABMAT

(Score is Time)

KG SB: (15/10)|(10/5)

FINISHER

FOR TIME

100 Russian Twists

*Weight Optional for both.

(Score is Time)

Tuesday 4-20-21

WARM-UP

EMOM x 9 MINUTES

MIN 1 - :45 Bodyweight

Goodmornings*

MIN 2 - :45 Push-Up to Pike

MIN 3 - :45 Single DB Bent Over

Row

*Add Single DB for 2nd + 3rd rounds.

WORKOUT

3 SETS FOR QUALITY

AMRAP x 6 MINUTES

10 DB Floor Press (50/35)|(35/20)

8 Strict Pull-Ups

6 Sumo Deadlifts (Athlete Choice, Heavy)

-Rest 2:00 b/t Sets-

(Score is Rounds + Reps)

KG DB: (22.5/15)|(15/9)

FINISHER

FOR TIME

100 Single DB Glute Bridges*

*DB rests on the hips.

(Score is Time)

Wednesday 4-21-21

WARM-UP

EMOM x 7 MINUTES

MIN 1 - :40 Single Unders

MIN 2 - :40 Lunge + Lunge + Good Morning

MIN 3 - :40 Single + Single + High Jump

MIN 4 - :40 Kang Squats

MIN 5 - :40 Penguin Taps or Single + Single + Double Under

MIN 6 - :40 Air Squats

MIN 7 - :40 Single + Double Under or Double Unders

STRENGTH

Back Squat*

1x5 @ 60%

1x5 @ 65%

3x5 @ 70%

*Base percentages off 5-Rep

Heavy.

(Score is Weight)

WORKOUT

FOR TIME

60 Double Unders

30 Back Squats (115/75)|(75/55)

60 Double Unders

-Rest 1:00-

50 Double Unders

20 Back Squats (135/95)|(95/65)

50 Double Unders

-Rest 1:00-

40 Double Unders

10 Back Squats

(155/105)|(115/75)

40 Double Unders

(Score is Time)

Thursday 4-22-21

WARM-UP

3 Rounds (7:00 CAP)
100m Run @ Mod pace
10 Barbell Deadlifts
10 Barbell Hang Muscle Cleans
10 Barbell Strict Press
10 Bootstrappers

STRENGTH

ON A 12:00 RUNNING CLOCK...
Build to a Moderate 3-Rep G2OH*
*Athlete can either Power Clean &
Jerk or Snatch.
(Score is Weight)

WORKOUT

"AVA"
AMRAP x 20:53 MINUTES
400m Run
21 Ground to Overhead
(95/65)|(65/45)
(Score is Rounds + Reps)

Friday 4-23-21

WARM-UP

2 ROUNDS
5/5 Moose Antlers
:30 Legs Only Bike (arms only for
2nd round)
5 Empty Barbell Cuban Presses
:30 Alt. Deadbugs

STRENGTH

Push Press*
1x5 @ 60%
1x5 @ 65%
3x5 @ 70%
*Base percentages off 5-Rep
Heavy. Option to take bar from
floor.
(Score is Weight)

WORKOUT

AMRAP x 8 MINUTES

10/8 Cal Bike

8 Ring Rows

8 Strict Press (75/55)|(55/45)

-Rest 2:00-

AMRAP x 8 MINUTES

10/8 Cal Bike

8 Pull-Ups

8 Push Press (115/75)|(75/55)

(Score is Rounds + Reps)

Saturday 4-24-21

WARM-UP

3 ROUNDS

:45 Row*

8/8 Lateral Box Step-Ups

8 Scap Push-Ups

8/8 Bodyweight Split Squats

24 Hollow Flutter Kicks

*½ Slide forward only!

STRENGTH

3 SETS FOR QUALITY

7/7 Rear Foot Elevated DB

Suitcase Split Squats*

7/7 Half Kneeling DB Around the
Worlds

20/20 Single Arm DB Hollow Body
Flutter Kicks

-Rest As Needed b/t Sets-

*Elevate foot on Plate.

(Score is Weight)

WORKOUT

ON A 10:00 RUNNING CLOCK...

50/40 Cal Row

40 Wallballs (20/14)|(14/10)

30 Box Jumps (24/20)

20 Push-Ups

-Rest Remaining Time-

-At 10:00 Immediately Into
4 ROUNDS FOR TIME
12/10 Cal Row
10 Wall Balls
8 Box Jumps
6 Push-Ups
(Score is Total Time)

Monday 4-12-2021

WARM-UP

AMRAP x 3 MINUTES
30 Crossbody Mountain Climbers
8 Lunges (DB Goblet Pos.
Optional)
10 DB Bent Over Rows
-Rest 1:00-

AMRAP x 3 MINUTES
5 Up-Downs
6 Air Squats
5 Ring Rows

STRENGTH

Back Squat*
3x5 @ 50% (3111)
2x5 @ 60% (1111)
*Base percentages off 5-Rep
Heavy.
(Score is Weight)

WORKOUT

AMRAP x 2 MINUTES
2 Up-Downs Over Bar
4 Front Squats (95/65)|(65/45)
2 Strict Pull-Ups
-Rest 1:00-
AMRAP x 3 MINUTES
3 Up-Downs Over Bar
6 Front Squats
3 Strict Pull-Ups

-Rest 1:00-

AMRAP x 4 MINUTES

4 Up-Downs Over Bar

8 Front Squats

4 Strict Pull-Ups

-Rest 1:00-

AMRAP x 3 MINUTES

3 Up-Downs Over Bar

6 Front Squats

3 Strict Pull-Ups

-Rest 1:00-

AMRAP x 2 MINUTES

2 Up-Downs Over Bar

4 Front Squats

2 Strict Pull-Ups

(Score is Rounds + Reps)

Tuesday 4-13-2021

WARM-UP

AMRAP x 8 MINUTES

6/6 DB Around the Worlds

9 Inchworm + Push-Up

12 Single DB Curl to Press

15 Single DB Good Mornings

STRENGTH

Push Press**

3x5 @ 50%

2x5 @ 60%

*Base percentages off 5-Rep

Heavy.

**Complete 8/8 KB Upright Row
after Each Set.

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES*

10 Hand Release Push-Ups

15 Slam Balls (30/20)|(20/10)

20 Russian KB Swings

(53/35)|(35/26)

*Every 1:30 including 0:00

complete 5 Push Press
(135/95)|(95/65)
(Score is Rounds + Reps)
KG SB: (15/10)|(10/5)
KG KB: (24/16)|(16/12)
KG BB: (60/42.5)|(42.5/30)

Wednesday 4-14-2021

WARM-UP

ON A 7:00 RUNNING CLOCK..
4 ROUNDS
200 Row
10 Kip Swings
8 Single DB Front Squat
8 Single DB Strict Press
10 Single DB Thruster

STRENGTH

EVERY :45 x 4 SETS
3 x 2-for-1 Toes to Bar*
-Rest As Needed 3 SETS FOR QUALITY
5-10 Toes To Bar
*1 Rep = 1 Kip Swing + 1 Toes to
Bar + 1 Kip Swing
(No Measure)

BENCHMARK WORKOUT

"PAINKILLER"
5 SETS
ON A 2:00 RUNNING CLOCK...
8 Thrusters (115/75)|(75/55)
8 Toes to Bar
Max Cal Row in Remaining Time
-Rest 1:00 b/t Sets-
(Score is Cals)

Thursday 4-15-2021

WARM-UP

EMOM x 12 MINUTES
MIN 1 - :40 Alt. Single Leg RDL*
MIN 2 - :40 Marching Plank

MIN 3 - :40 Glute Bridge-Ups
MIN 4 - :20/:20 Single Arm KB Bent
Over Row
*KB optional, move with control.
**Keep KB light for all movements
in the Warm-Up

WORKOUT

FOR TIME*

30-30-20-20-10-10

Russian KB Swings

(53/35)|(35/26)

Sit-Ups

*After each full set, complete 30
Double Unders. Option for Double
Under set "must be" Unbroken.

(Score is Time)

KG KB: (24/16)|(16/12)

OPTIONAL FINISHER

ON A 5:00 RUNNING CLOCK...

Accumulate Max Time in a
Push-Up Plank*

*Each time you break perform 10
Push-Ups

(Score is Time)

Friday 4-16-2021

WARM-UP

EMOM x 8 Minutes

MIN 1 - :40 Single Unders

MIN 2 - 10/10 Crossbody KB

Deadlifts

MIN 3 - 10 Lunge + Lunge + Air
Squat

MIN 4 - 8 Alt. Groiners + Max
Bootstraps

STRENGTH

Deadlift*

3x5 @ 50% (3111)

2x5 @ 60% (1111)

*Base percentages off 5-Rep
Heavy.
(Score is Weight)

BENCHMARK WORKOUT

"THE INFERNO"

FOR TIME

100 Double Unders

35 Air Squats

30 Deadlifts (165/115)|(115/75)

75 Double Unders

35 Air Squats

20 Deadlifts (185/135)|(135/95)

50 Double Unders

35 Air Squats

10 Deadlifts (225/155)|(155/105)

(Score is Time)

Saturday 4-17-2021

WARM-UP

3 SETS FOR QUALITY

10 Hollow Rocks

10 Supermans

10 Scap Pull-Ups

10 Scap Push-Ups

WORKOUT

AMRAP x 20 MINUTES

8 Pull-Ups

100m Run

8 Burpee to Plate

100m Run

8 DB Push Press (50/35)|(35/20)

100m Run

(Score is Rounds + Reps)

DB KG: (22.5/15)|(15/9)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

AMRAP x 20 MINUTES

8 Pull-Ups

8 Burpee to Plate

8 DB Push Press (50/35)|(35/20)

*Partner 1 completes AMRAP
while Partner 2 runs 400m. Once
completing the run, partners
switch roles.
(Score is Rounds + Reps)

"POST WORKOUT FINISHER

3 SETS FOR QUALITY
8/8 Half Kneeling Plate Around the
World
16 Plate Ground to Overhead
:30 Plate Gun Hold
-Rest as needed b/t Sets-
(No Measure)

Monday 4-5-21

WARM-UP

2 ROUNDS
10 Jumping Jacks
8 Up-Downs
6 Groiners
Into...
2 ROUNDS
8 PVC Pass Throughs
6 PVC Back Squat*
4 Burpees Over PVC
*Second round perform PVC OHS

STRENGTH

ON A 15:00 RUNNING CLOCK...
Build to a Light-Moderate complex
of:
1 Power Snatch
+
1 Snatch Balance
+
1 Overhead Squat
(Score is Weight)

WORKOUT

FOR TIME
4 ROUNDS

5 Power Snatch
(155/105)|(115/75)
3 Burpees Over the Bar
Immediately Into...
6 ROUNDS
3 Power Snatch
5 Burpees Over the Bar
(Score is Time)
KG BB: (70/55)|(50/35)

Tuesday 4-6-21

WARM-UP

3 ROUNDS (7:00 CAP)
200m Run
8 Push-Up to Pike
8 Lunge + Lunge + Up-Down
16 Hollow Rocks

STRENGTH

ON A 15:00 RUNNING CLOCK...
Build to a 5-Rep Heavy Push Press
(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME
400m Run
30 DB Suitcase Lunges
(50/35)|(35/20)
15 Push Press (115/75)|(75/55)
(Score is Time)
KG DB: (22.5/15)|(15/9)
KG BB: (50/35)|(35/25)

Wednesday 4-7-21

WARM-UP

AMRAP x 7 MINUTES
1:00 Row
7 Ring Rows + :10 Top of Ring
Hold

10 Scap Pull-Ups
:20 Active Hang

STRENGTH

EVERY :45 x 4 SETS

3 x 2-for-1 Pull-Ups*

-Rest As Needed 3 SETS FOR QUALITY

5-10 Kipping Pull-Ups

*1 Rep = 1 Kip Swing + 1 Kipping

Pull-Up + 1 Kip Swing

(No Measure)

WORKOUT

EVERY 3:00 x 5 SETS

250/200m Row

20 Slam Balls (20/10)

8 Pull-Ups*

*C2B Optional.

(Score is Each Set For Time)

KG SB: (10/5)

Thursday 4-8-21

WARM-UP

1 ROUND (25ft Line Drills)

High Knees

Butt Kickers

High Skips

Toy Soldiers

Karaoke

200m Run

Into...

2 ROUNDS

30 Single Unders

6/6 Split Squats

30 Mountain Climbers

12 Glute Bridge-Ups

WORKOUT

5 SETS FOR MAX REPS

1:00 - Walking Lunges

1:00 - Double Unders

1:00 - 200m Run

1:00 - Crossbody Mountain Climbers
1:00 - Plank Hold or Glute Bridge
Hold
-1:00 Rest b/t Sets-
(Score is Reps)

Friday 4-9-21

WARM-UP

AMRAP x 6 MINUTES

100m Jog

7 Hang High Pulls

6 Alt. Elbow Punches

5 Kip Swings

4 Scap Push-Ups

into ..

2 ROUNDS

5/5 Moose Antlers

10 Banded Hollow Lat Pull Downs

5 Cat/Cows

:20/:20 Single Arm Plank

STRENGTH

ON A 12:00 RUNNING CLOCK...

Build to a Moderate-Heavy 3-Rep

Hang Power Clean

(Score is Weight)

WORKOUT

2 SETS

AMRAP x 7 MINUTES

7 Hang Power Cleans

(135/95)|(95/65)

7 Toes to Bar

7 Hand Release Push-Ups

-Rest 2:00 b/t Sets-

(Score is Rounds + Reps)

BB KG: (60/42.5)|(42.5/30)

Saturday 4-10-21

WARM-UP

AMRAP x 8 MINUTES

50 Single-Unders

100m Jog

10 Alt. Deadbugs w/:02 pause in
extension

200/150m Row

10 Alt. Step-Ups

STRENGTH

3 SETS FOR QUALITY

10-15 Single DB Supinated Front

Raise

20 DB Z-Press

-Rest As Needed b/t Sets-

(No Measure)

WORKOUT

FOR TIME

100 Double Unders

800m Run

600/500m Row

40 Alt. V-Ups*

20 Box Jumps (30/24)|(24/20)

100m DB Suitcase Carry (Athlete

Choice)**

*1 Rep = R Side + L Side.

**DB weight should be Heavy.

(Score is Time)

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

FOR TIME*

200 Double Unders

800m Run

1200m/1000m Row

160 Alt. V-Ups

40 Box Jumps (30/24)|(24/20)

200m DB Suitcase Carry (Athlete

Choice)**

*P1 works while P2 holds one

Heavy DB in any position. Split

work as needed on DU, Row, V-Ups,

Box Jumps. Single DB can not go

to the ground entire workout. If DB touches ground, both partners must complete 200m Run. The 800m Run (DB does not go on the run) and 200m DB Carry should be completed together, alternate DB as needed.

**DB weight should be Heavy.

(Score is Time)

Monday 3-22-2021

WARM-UP

4 ROUNDS (:15 each movement)

Jumping Jacks

Groiners

Up-Downs*

Air Squats**

*Rounds 3 & 4 perform Burpees

**Rounds 3 & 4 perform Jumping Squats

STRENGTH

9-7-5

Back Squat*

*Set 1 - Moderate

Set 2 - Moderate-Heavy

Set 3 - Heavy

(Score is Weight)

BENCHMARK WORKOUT

"POINT BREAK"

FOR TIME

9-7-5-15-12-9

Front Squat (155/105)|(105/75)

Bar Facing Burpee

(Score is Time)

OPTIONAL FINISHER

3 SETS

Max Reps Strict Pull-Ups
-Rest as Needed b/t Sets-
(Score is Lowest Reps)

Tuesday 3-23-21

WARM-UP

2 SETS

:30 Row (EZ)

10 Bootstrappers

10 Alt Groiners

10 Alt Cossack Squats

20 Jumping Jacks

Into ...

2 SETS

:30 Row (Mod→ Hard)

10 Tempo Air Squats (3111)

5 Inch Worm + Push-Up

20 Single Unders or Double Unders

PRE OR POST-WORKOUT

3 SETS FOR QUALITY

10/10 Single Leg Weighted Glute

Bridge-Ups (20X1)*

15 Supermans

*DB or Wall Ball resting on hips.

(No Measure)

WORKOUT

2 SETS FOR TIME*

50/40 Cal Row

Immediately Into...

4 ROUNDS

10 Wall Balls (20/14)|(14/10)

30 Double Unders

-Rest 3:00 b/t Sets-

(Score is Slowest Set)

KG WB: (9/6)|(6/5)

*Each full set contains 50/40 Cal

Row and the 4 Rounds.

COOL DOWN

FOR RECOVERY

5:00 Foam Roll Legs

(No Measure)

Wednesday 3-24-21

WARM-UP

AMRAP x 8 MINUTES

1:00 Bike

10 PVC Pass Throughs

5/5 SA DB Hang Snatch

10 OH Squat w/ PVC or Barbell

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Moderate Complex...

1 "Deep" Power Snatch*

+

2 "Deep" Hang Power Snatch*

*Goal is to receive in Power (above parallel) but deep in the Power position. This will help train pulling faster, deeper under the bar with proper footwork.

(Score is Weight)

WORKOUT

AMRAP x 5 MINUTES*

16 Alt. DB Snatch (50/35)|(35/20)

16 Tuck-Ups

16/13 Cal Bike

-Rest :30-

AMRAP x 5 MINUTES

16 Alt. DB Snatch

16 Tuck-Ups

16/13 Cal Bike

-Rest :30-

AMRAP x 5 MINUTES

16 Alt. DB Snatch

16 Tuck-Ups

16/13 Cal Bike

*Pick up where you left off in every consecutive AMRAP.

(Score is Rounds + Reps)

Thursday 3-25-21

WARM-UP

AMRAP x 5 MINUTES

8 Slam Ball Deadlifts

10 Alt Slam Ball Push-Ups*

12 Bent Over Slam Ball Rows

*Slam Ball Push-Up = with one hand on the ball, one hand on the floor, perform a Push-Up then roll the ball to the other hand

STRENGTH

EMOM x 8 MINUTES

MIN 1 - 10 DB Floor Press (Athlete Choice)*

MIN 2 - Max Controlled Sit-Ups**

*Building Optional

**Feet weighted down with DB, hands behind the head. Control range of motion up and down. (Score is Weight)

WORKOUT

3 SETS FOR QUALITY

:30 Max Slam Balls

(30/20)|(20/10)

4 Turkish Get-Up (L) (Athlete Choice, Moderate)

8 Supported DB or KB Bent Over Row (L)

:30 Max Crossbody Mountain Climbers

4 Turkish Get-Ups (R)

8 Supported DB or KB Bent Over Row (R)

-Rest 1:00 b/t Sets-

(No Measure)

Friday 3-26-21

WARM-UP

TABATA BIKE (:20 on /:10 off)

8 Sets -- Increasing Effort

Into...

10-8-6-4-2 (6:00 Cap)

Empty Barbell RDLs

Box Step-Overs

Push-Ups

WORKOUT

25 MIN AMRAP

1:00 Cal Bike (Mod-Hard)

15 Up-Downs

5 "Library" Deadlift (Athlete Choice,
Moderate-Heavy)

15 Box Jump (24/20)

1:00 Plank

1:00 MIN REST

(Score is Rounds)

Saturday 3-27-21

CROSSFIT OPEN

To Be Announced

Monday 3-15-21

WARM-UP

3 ROUNDS

30 Mountain Climbers

10 Cossack Squats*

5 Kang Squats**

5/5 Single Leg DB RDL

*Option to use DB as a Goblet

Cossack Squats in the 3rd Round.

**Perform with PVC or BB

STRENGTH

3-3-3-3

Back Squats*

*Building from Moderate-Heavy to Heavy

(Score is Weight)

BENCHMARK WORKOUT

"SPEED DEMON"

3 ROUNDS FOR TIME

30 Single DB Front Squat (35/25)|(25/20)

30 Up-Downs

-Hard Cap 8:00-

(Score is Time)

KG DB: (15/9)|(9/6)

COOL DOWN FOR RECOVERY

5:00 Foam Roll Legs and Upper Back

Tuesday 3-16-21

WARM-UP

3 SETS

5 Inch Worms + Push-Up

10 Scap Push-Ups

10 Ring Rows w/ 1 sec Pause @ Top

10 Sumo KB Romanian Deadlifts

SKILL

EMOM x 12 MINUTES

MIN 1 - :40 Gymnastic Pull*

MIN 2 - :40 Double Under Practice

MIN 3 - :40 Hollow Body Flutter Kicks (No Measure)

*Gymnastic Pull Options... Strict Pull-Up (C2B Optional) Kipping Pull-Up (C2B Optional) Bar Muscle-Up

WORKOUT

"END OF THE RAINBOW"

FOR TIME

800m Run

Immediately Into...

5 ROUNDS

36 Double Unders

18 Russian KB Swing (53/35)|(35/26)

6-9 Reps Gymnastic Pull (Athlete Choice)*

Immediately Into...

800m Run

*Gymnastic Pull Options...

Strict Ring Row

Strict/Kipping Pull-Up

Chest to Bar Pull-Up

(Score is Time)

KG KB: (24/16)|(16/12)

Wednesday 3-17-21

WARM-UP

2 ROUNDS

1:00 Row

5 Bootstrappers

10 Slam Ball Deadlift

10 Slam Ball Press

Into...

1 ROUND

1:00 Row

10 Groiners

10 Slam Balls

10 Elbow Punches

STRENGTH

E2MOM x 12 MINUTES

3 TNG Power Clean & Jerk or Power Snatch*

*Start light-moderate and build to heavy.

(Score is Weight)

WORKOUT

AMRAP x 15 MINUTES

250/200m Row

12 Ground to Overhead
(115/75)|(75/55)
250/200m Row
12 Slam Balls
(30/20)|(20/10)
(Score is Rounds + Reps)
KG BB: (50/35)|(35/25)
KG SB: (15/10)|(10/5)

Thursday 3-18-21

WARM-UP

AMRAP x 4 MINUTES

10 Banded Bent Over Rows*

10 Box Step-Ups 10 Hollow Rocks

*Performed by standing on a band and using only the band to row in a bent over position.

Immediately Into...

AMRAP x 4 MINUTES

10 DB Seesaw Rows (Light)

10 Tuck Jumps

10 Tuck-Ups

STRENGTH

3 SETS FOR QUALITY

5 Strict TTB

10/10 Tempo DB Bulgarian Split Squats (3031)(Athlete Choice, Light)

(Score is Weight)

WORKOUT

ON A 8:00 RUNNING CLOCK...*

30 Renegade Rows (50/35)|(35/20)

20 Box Jumps (24/20)

Max DB Suitcase Lunges In Time Remaining

*Every 1:00 beginning at 0:00 Perform 5 Toes to Bar.

(Score is Reps)

-Rest 2:00-

ON A 8:00 RUNNING CLOCK...

50 DB Suitcase Lunges

20 Box Jumps (24/20)

Max DB Renegade Row In Time Remaining

*Every 1:00 beginning at 0:00 Perform 5 Toes to Bar.

(Score is Reps)

KG DB: (15/9)|(9/6)

FINISHER FOR TIME

100 Weighted Russian Twists
(Athlete Choice)
(Score is Time)

Friday 3-19-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - Rowing*

MIN 2 - :45 Perfect Stretch**

*Rowing = Try to hit exactly 100m on the Rower ... Over 100m = 2 Burpees, Under 100m = 5 Air Squats

**Perfect Stretch = 1 Samson Stretch w/ Twist + 1 Groiner + 1 Hamstring Stretch on one side then switch Legs

WORKOUT

EMOM x 10 MINUTES

MIN 1 -- AMRAP of 4 Med Ball Front Squat + 4 MB Ground to Overhead (20/14)|(14/10)

MIN 2 -- Row or Bike, Moderate Effort

-Rest 3:00-

EMOM x 10 MINUTES

MIN 1 -- AMRAP of 4 MB Sit-ups + 4 MB Seated Press

MIN 2 -- Row or Bike, Moderate Effort

(No Measure)

KG WB: (9/6)|(6/5)

COOLDOWN FLOW STRETCHING

2:00 Pigeon (1:00 each side)

2:00 Saddle 2:00 Dragon (1:00 each side)

2:00 Seated Fold Forward

2:00 Rebound

Saturday 3-20-21

Crossfit Open WOD 21.2

To Be Announced

Monday 3-8-21

WARM-UP

AMRAP x 8 MINUTES

100m Jog

10 Alt. Lateral Step-Overs

10 Banded Pull Aparts

10 Scap Pull-Ups

STRENGTH

5-5-3-3*

Tempo Overhead Squat (31X1)

*Start Light and build to Moderate
(Score is Weight)

WORKOUT

5 SETS FOR TIME

10 Box Jump Overs (24/20)

100m Run

5 Toes to Bar

25 Double Unders

-Rest 1:00 b/t Sets-

(Score is Slowest Set)

Wednesday 3-10-21

WARM-UP

8 SETS (4:00 Total)

Tabata (:20 on/:10 off)

Cal Row*

*Building from EZ-Hard

Immediately Into...

ON A 6:00 RUNNING CLOCK (w/
PVC)*...

10 Inch Worms w/ Push-Up

5 Snatch Grip Deadlifts

5 Snatch Grip Upright Rows

5 Muscle Snatch

5 Behind the Neck Snatch Grip

Strict Presses

5 Behind the Neck Clean Grip Strict Presses

5 Push Press

10 Inch Worms w/ Push-Up

*Barbell Optional

STRENGTH

ON A 8:00 RUNNING CLOCK...

2 SETS

2 Push Jerk

+

2 Split Jerk

(Score is Weight)

Immediately Into...

ON A 6:00 RUNNING CLOCK...

2 SETS

1 Push Jerk

+

1 Split Jerk

(Score is Weight)

WORKOUT

AMRAP x 14 MINUTES

3,6,9... Power Snatch

(135/95)|(95/65)*

12 Push Jerk

18/15 Cal Bike

*Snatch reps increase by 3 every round. 3,6,9,12...etc.

(Score is Rounds + Reps)

Friday 3-12-21

WARM-UP

2 SETS

10 Bootstrappers

10 Alt Groiners

10 Alt Samson Lunges

Into ...

AMRAP x 5 MINUTES

10 Slam Ball Deadlifts

10 Slam Ball Lunges

10 Slam Ball Push Press

20 Weighted Deadbugs (w/ Slam Ball)

WORKOUT

EMOM x 10 MINUTES

MIN 1 - AMRAP of 4 Slam Balls + 4

Alt. V-Ups (Athlete Choice)

MIN 2 - Row or Bike, Moderate Effort

-Rest 3:00-

EMOM x 10 MINUTES

MIN 1 - AMRAP of 4 Russian KB

Swing + 4 Alt. Lunges (Athlete Choice)

MIN 2 - Row or Bike, Moderate Effort

(No Measure)

COOL DOWN

ON A 5:00 RUNNING CLOCK...

Rebound w/ Nasal Breathing*

*Lay on your back and breathe!

(No Measure)

Saturday 3-13-21

OPEN 21.1

To be announced.

Monday 3-1-21

WARM-UP

200m Run

Into...

3 SETS

10 Glute Bridges

8 Scap Pull-Ups

6 Tuck-Ups

Into...

3 SETS

10 Hang Muscle Cleans

8 Elbow Punches

6 Front Squats

4 Strict Knee Raises

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Heavy 10-Rep Front Squat

(Score is Weight)

WORKOUT

EVERY 3:00 x 5 SETS

10 Front Squats (155/105)|(115/75)

15 Toes to Bar

10 Up-Downs Over Bar

(Score is Slowest Time)

Tuesday 3-2-21

WARM-UP

AMRAP x 10 MINUTES

:30 Bike (65-70% Effort)

5/5 Single Arm Ring Rows
5/5 Single Arm Arnold Press
10/10 Single DB Suitcase
Romanian Deadlifts

WORKOUT

4 SETS FOR QUALITY*

10 Barbell Pendlay Rows
10 Unbroken Push Press
10 Slow Seated Goblet Good
Mornings

-Rest as needed b/t Sets-

*Athlete Choice for weight. Heavy for the Rows and PP. Light for the Good Mornings. Adjust weight as needed b/t movements on the same barbell.

(No Measure)

FINISHER

FOR TIME

40-30-20-10

Russian Twists

*:30 Max Cal Bike Sprint after each Set.

(Score is Total Cals)

Wednesday 3-3-21

WARM-UP

2 ROUNDS

100m Row

10 PVC Pass Thrus

10 Alt Groiners

10 Bootstrappers

Into...

3 ROUNDS

5/5 Single Arm DB Strict Press

5/5 Single Arm DB OH Reverse

Lunge

STRENGTH

5 SETS

1 Snatch Deadlift

+

2 Hang Power Snatch (or Squat SN)

+

1 OH Squat (or Full Snatch)

*Loading stays Moderate (65-70%)

across all Sets.

*Make barbell choice based on mobility and position

(Score is Weight)

BENCHMARK WORKOUT

"SWITCHEROO"

AMRAP x 15 MINUTES

20 Alt. DB Snatch (50/35)|(35/20)

20 Single DB Suitcase Lunge*

250/200m Row

*Switch hands after 10 Lunges.

(Score is Rounds + Reps)

Thursday 3-4-21

WARM-UP

AMRAP x 5 MINUTES

6 Upright Rows

8 Muscle Cleans

10 Bent Over Rows

12 Hollow Rocks

WORKOUT

3 ROUNDS FOR TIME

16 Sit-Ups

12 Hang Power Cleans

(115/75)|(75/55)

6 Bar Muscle-Ups

(Score is Time)

-Rest 2:00-

1 ROUND FOR TIME

48 Sit-Ups

36 Hang Power Cleans

12 Bar Muscle-Ups

(Score is Time)

KG BB: (50/35)|(35/25)

BMU Option 1: Jumping Bar Muscle-Up

BMU Option 2: Burpee Jumping Pull-Up

PARTNER WORKOUT OPTION

IN TEAMS OF 2...

6 ROUNDS FOR TIME*

12 Hang Power Cleans

(115/75)|(75/55)

6 Bar Muscle-Ups

(Score is Time)

-Rest 2:00-

2 ROUNDS FOR TIME**

36 Hang Power Cleans

12 Bar Muscle-Ups

*Partner 1 performs a full round while Partner 2 performs 16 Sit-Ups. Partner 2 begins the next full round while Partner 1 performs 16 Sit-Ups.

** Partner 1 performs a full round while Partner 2 performs 48 Sit-Ups. Partner 2 begins the next full round while Partner 1 performs 48 Sit-Ups.

(Score is Time)

KG BB: (50/35)|(35/25)

BMU Option 1: Jumping Bar Muscle-Up

BMU Option 2: Burpee Jumping Pull-Up

OPTIONAL FINISHER

3 SETS

10 Slow Barbell Curls

Max Unbroken Banded Hammer

Curls*

*Must be done immediately after setting the barbell down.

-Rest as needed b/t Sets-

(Score is Reps)

Friday 3-5-21

WARM-UP

WARM-UP

200m Run

Into...

3 SETS

10 Glute Bridges

8 Scap Pull-Ups

6 Tuck-Ups

Into...

2 ROUNDS

8 Scap Pull-Ups

6 Alternating Cossack Squats

4 BB Sumo Good Morning

EXTENDED WARM-UP

EMOM x 10 MINUTES

MIN 1 - TNG Sumo Deadlifts*

MIN 2 - 2 Strict Pull-Ups + 4

Kipping Pullups

*MIN 1 - 8 Reps

MIN 3 - 6 Reps

MIN 5 - 4 Reps

MIN 7 - 4 Reps

MIN 9 - 4 Reps

*Building from Light to
Moderate-Heavy.

(No Measure)

WORKOUT

FOR TIME

50/40 Cal Bike

Immediately into...

10-15-20

Chest to Bar Pull-Ups

Sumo Deadlift High Pull

(115/75)|(75/55)*

Immediately Into...

50/40 Cal Bike

*Optional increase to

(135/95)|(95/65)

(Score is Time)

Saturday 3-6-21

WARM-UP

HINSHAW WARM-UP*

25' High Knee Karaoke
25' Over the Hurdle
25' Walking Knee to Chest
25' Figure Four
25' Lunge with Twist
25' Toy Soldiers
25' High Knees
25' Butt Kickers
25' Side Step/Skip (down and back)
50m Mod Jog
50m Fast Run
Into...
3 ROUNDS
20 Alt. Shoulder Taps
8 Step Ups
6 Knee Push-Ups

WORKOUT

FOR TIME

50 Box Jumps (20)
800m Run
50 Push-Ups
800m Run
50 Box Jumps

Alternative: 2 rounds of Half-Reps

(Score is Time)

COOLDOWN

FOR RECOVERY

5:00 Foam Roll Back and Legs
2:00 Forward Fold
(No Measure)

Monday 2-22-21

(NCX)

WARM-UP

ON A 6:00 RUNNING CLOCK...

10/8 Cal Bike

10 Alt. Curtsey Lunge (No weight)

15 Up-Downs

10 Alt. Curtsey Lunge (with empty
Barbell or no weight)

15 Box Jumps (Step Down)

:10 Perfect Front Rack Hold

5 Perfect Front Squats

:10 Perfect Front Rack Hold

Max Cal Bike in the Remaining
Time...

*From here, add light-moderate
load to the barbell and begin
practice/prep for your Front Squat
work...

STRENGTH

ON A 15:00 RUNNING CLOCK...

4x5 Front Squats*

*Heavier than last week. Complete

5/5 DB Goblet Single Leg Box
Squats after each Set.

(Score is Weight)

WORKOUT

FOR TIME

10 Front Squats

(155/105)|(115/75)

15 Box Jump Overs (24/20)

20 DB Goblet Squats

(50/35)|(35/20)

25 Burpees

30/25 Cal Bike

25 Burpees

20 DB Goblet Squats

15 Box Jump Overs

10 Front Squats

(Score is Time)

Tuesday 2-23-21

(Metcon)

WARM-UP

2:00 Row

Into...

2 ROUNDS

10 Glute Bridges

10 PVC Pass Thrus

10 OHS

Into...

3 ROUNDS (With an Empty Barbell)

5 Broad Jumps

5 Snatch Grip DL

5 Snatch Grip Strict Press (Behind the Neck)

5 Good Mornings

HERO WORKOUT

"RANDY"

FOR TIME

75 Power Snatches (75/55)|(65/45)

(Score is Time)

KG BB: (35/25)|(30/20)

FINISHER

3 SETS FOR QUALITY

7-10 Barbell Rollouts

30 Russian Twists

-Rest as needed b/t Sets-

(No Measure)

Wednesday 2-24-21

(Metcon)

WARM-UP

2 SETS

10 Elbow Punches

10 Alt Groiners
20 Jumping Jacks
Into...
3 SETS
10 Empty BB Strict Press
16 Reverse Lunges
20 Single/Double Unders

STRENGTH

ON A 15:00 RUNNING CLOCK...

Build to a Heavy Complex of:

1 Power Clean

+

2 Split Jerks

(Score is Weight)

WORKOUT

FOR TIME

12-9-6

Shoulder to Overhead

(155/105)|(115/75)

50-50-50

Double Unders

-Rest 2:00-

21-15-9

Shoulder to Overhead

(115/75)|(75/55)

50-50-50

Double Unders

Thursday 2-25-21

(NCX)

WARM-UP

GENERAL WARM-UP

AMRAP x 6 MINUTES

20 Jumping Jacks

10 Scap Push-Ups

20 Jumping Jacks

10 Single DB Curl to Press

20 Jumping Jacks

10 DB Upright Rows

EMOM x 7 MINUTES (:40 ON/ :20 OFF)

MIN 1 - Arms Only Rowing

MIN 2 - Arms + Body Rowing

MIN 3 - Half Slide Rowing

MIN 4 - Full Slide Rowing (EZ Pace)

MIN 5 - Full Slide Rowing (Mod Pace)

MIN 6 - Full Slide Rowing (Hard Pace)

MIN 7 - Full Slide Rowing (Workout Pace)*

*Break this final minute into two :20on/ :10off intervals to give the feel of the workout.

STRENGTH

4 SETS*

10 Tempo DB Floor Press (30X1)

-Immediately into 20 DB Floor Press

*Set of 10 should be

Moderate-Heavy. Set of 20 should be Light.

(Score is Weight)

WORKOUT

"TABATA"

8 ROUNDS EACH (:20 ON/ :10 OFF)

TABATA 1 - Meter Row

TABATA 2 - Slam Balls (20/10)

TABATA 3 - Meter Row

-Rest 1:00 b/t Each Full Tabata-

(Score is Meters)

Friday 2-26-21

(Metcon)

WARM-UP

AMRAP x 5 MINUTES
10 Band Pull Aparts
10 Scap Pull-Ups
5 Inch-Worms + Push-Up
100m Run

SKILL

4 SETS FOR QUALITY
10 Hollow Rocks
5 Perfect Strict Pull-Ups*
5-10 Kipping or Butterfly Pull-Ups
*Drop down from the bar and rest
between Strict and Dynamic
Pull-Ups
(No Measure)

WORKOUT

2 SETS*
AMRAP x 5 MINUTES
100m Run
10 Pull-Ups
100m Run
5 Bar Muscle-Ups

-Rest 1:00-

AMRAP x 5 MINUTES
200m Run
15 Burpees

-Rest 2:00 b/t Sets-

*Each set consists of 11:00 worth
of work, both AMRAPs and the
1:00 rest.

(Score is Rounds + Reps)

BMU Option 1: Jumping Bar

Muscle-Ups

BMU Option 2: Burpee Pull-Ups

Saturday 2-27-21

(Metcon)

WARM-UP

3 ROUNDS

15 Jumping Jacks

10 BB Sumo Good Morning

10 Box Step Overs

5/5 Single Leg Bent Over Row*

*With a DB in one hand, the same leg is raised off the floor as the athlete leans forward. Perform 5 reps on one arm, then 5 on the other arm.

STRENGTH

3 SETS FOR QUALITY

10/10 Single Leg DB RDL (Athlete Choice, Light)

10/10 Single Leg Glute Bridge-Ups

1:00 Slow Deadbugs

(Score is Weight)

WORKOUT

AMRAP x 12 MINUTES

5 Deadlifts (315/225)|(225/155)

10 Box Jump Overs (24/20)

15 Sit-Ups

(Score is Rounds + Reps)

KG BB: (143/93)|(100/70)

Monday 2-15-21

WARM-UP

AMRAP x 3 MINUTES

6 Slam Ball Deadlifts
6 Slam Ball Strict Press
24 Mountain Climbers
-Rest 1:00-
AMRAP x 3 MINUTES
6 Slam Balls
6 Slam Ball Push Press
24 BW Russian Twists

STRENGTH

10-10-8-8*
Push Press
*Start Moderate and build to a
Heavy weight. Complete 20 Alt. DB
Upright Rows after each Set.
(Score is Weight)

WORKOUT

4 SETS FOR MAX REPS
1:00 - Push Press (75/55)|(65/45)
-Rest :30-
1:00 - Slam Balls (30/20)|(20/10)
-Rest :30-
1:00 - Weighted Russian Twists*
-Rest 1:00-
*Use Slam Ball.
(Score is Reps)

Wednesday 2-17-21

WARM-UP

EMOM x 8 MINUTES
MIN 1 - :40 Row
MIN 2 - :20 KB DL + :20 RKBS
MIN 3 - :20 Boot Strappers + :20
Slow Air Squats
MIN 4 - :40 Slow Deadbugs

STRENGTH

ON A 15:00 RUNNING CLOCK...
3x6 Front Squats
*Keep weight Moderate-Heavy.
(Score is Weight)

WORKOUT

AMRAP x 13 MINUTES

15/12 Cal Row

5 Front Squats (135/95)|(95/65)

15 Russian KB Swings

(53/35)|(35/26)

5 Front Squats

(Score is Rounds + Reps)

Friday 2-19-21

WARM-UP

3 ROUNDS

10 Scap Pull-Ups

5 Ring Rows

10 Alt. Cossack Squats

5 Single DB Strict Press

EXTENDED WARM-UP

2 SETS FOR QUALITY

1:00 Handstand Hold*

8/8 Tempo (2020) Box

Step-Downs (24/20)

1:00 Weighted DB Squat Hold

1:00 Bike (EZ)

-Rest as needed b/t Sets-

*Freestand Optional

(No Measure)

WORKOUT

FOR TIME

40/30 Cal Bike

40 Single DB Alt. Step-Ups

(50/35)|(35/20) || (24/20)*

20 Handstand Push-Ups

40 Pull-Ups

20 Handstand Push-Ups

40 Single DB Alt. Step-Ups

40/30 Cal Bike

*DB Can be held in any way above the waist.

(Score is Time)

Saturday 2-20-21

WARM-UP

2-3 ROUNDS (7:00 CAP)

5 Sumo Stance Good Mornings

1:00 Bike (increase pace over the 3 rounds)

5 Sumo Stance Air Squats

200m Jog

STRENGTH

6-6-6-6*

Deadlift

*Build to a Heavy Weight.

(Score is Weight)

WORKOUT

E2MOM x 14 MINUTES

5 Unbroken Hang Power Snatches

(Athlete Choice)*

10 Burpees Over Bar

30 Double Unders

*Keep weight Moderate for all

Sets.

Monday 2-8-21

WARM-UP

2 ROUNDS

24 Mountain Climbers

16 Alt. Lunges

8 Scap Push-Ups

Into...

4 ROUNDS

5 Push-Ups

6 Alt. Step-Ups

7 Up-Downs

STRENGTH

12-10-10-8*

Push Press

*Build to a Moderate-Heavy weight.

(Score is Weight)

WORKOUT

AMRAP x 12 MINUTES

5 Push Press (115/75)|(75/55)

6 Burpees

7 Box Jumps (24/20)

(Score is Rounds + Reps)

Tuesday 2-9-21

WARM-UP

AMRAP x 7 MINUTES

25' Straight Leg Bear Crawl

10 KB Sumo Deadlifts

10 Russian KB Swings

14 Deadbugs

STRENGTH

3 SETS ON A 10:00 RUNNING CLOCK...

7 Sumo Deadlifts*

7/7 Single Leg Glute Bridges

14 Slow Deadbugs

*Final weight should be the starting weight for workout.

(No Measure)

WORKOUT

EVERY 5:00 x 4 SETS

7 Sumo Deadlift (Athlete Choice)*

20 Weighted Plate Sit-Ups

(25/15)|(15/10)

20 Feet Elevated Glute Bridges

1:00 Side Plank (R)

1:00 Side Plank (L)

*Start Moderate and end

Moderate-Heavy.

(Score is Weight)

Wednesday 2-10-21

WARM-UP

AMRAP x 6 MINUTES*

100m Run

8 Wall Ball Deadlifts

8 Wall Ball Strict Press

8 Wall Ball Front Squats

5 Up-Downs

*At minute 3:00 combine the WB

Strict Press and Front Squat to a

Wall Ball Thruster.

STRENGTH

ON A 15:00 RUNNING CLOCK...

4x6

Front Squats

*Keep weight Moderate.

(Score is Weight)

WORKOUT

E2MOM x 16 MINUTES

MIN 1-2 - 400m Run

MIN 3-4 - 15 Wall Balls, 15 Abmat

(20/14)

(Score is Each 400m Run)

Thursday 2-11-21

WARM-UP

AMRAP x 8 MINUTES

250m Row

15 Scap Push-Ups

10 Band Pull-Aparts

10 Single DB Skull Crushers

STRENGTH

EMOM x 12 MINUTES

MIN 1 - 10 Bench Press*

MIN 2 - 15/15 SA Banded Tricep

Pull-Down

MIN 3 - :40 Row (EZ Pace)

*Build to a Moderate weight.

(Score is Weight)

WORKOUT

FOR TIME

35-30-25-20-15*

Cal Row

30-25-20-15-10

DB Floor Press (50/35)|(35/20)

*Adjusted Cals: 30-25-20-15-10.

(Score is Time)

Friday 2-12-21

WARM-UP

ON A 7:00 RUNNING CLOCK..

2 ROUNDS

:30 Single Unders

8/8 Single KB Suitcase Deadlifts

10 Ring Rows

10 PVC Pass Thrus

8/8 SA KB Rows

Into...

2 ROUNDS

:30 Double Unders/ Double Under Attempts

8/8 Single KB Suitcase Deadlifts

10 Ring Rows

10 PVC Pass Thrus

8/8 SA KB Rows

STRENGTH

15 min running clock

Deadlift:

3, 3, 3, 3, 3

BENCHMARK WORKOUT

"LATMAN BEGINS"

AMRAP x 16 MINUTES

100m Run

30 Double Unders

10/10 Single KB Suitcase Deadlifts

(70/53)|(53/35)

15 Pull-Ups*

*C2B Optional.

(Score is Rounds + Reps)

KG KB: (32/24)|(24/16)

Saturday 2-13-21

WARM-UP

3 ROUNDS

10 Alt. Cossack Squats

5 Scap Push-Ups

10 Alt. Plank Shoulder Taps

:30 Goblet Squat Hold

WORKOUT

EMOM x 25 MINUTES

MIN 1 - 7-10 Deficit Push-Ups

MIN 2 - 8/8 Lateral Step-Up

(24/20)

MIN 3 - :45 Plank

MIN 4 - 20 DB Goblet Squats
MIN 5 - :50 Bike, Row, Run, Singles
(No Measure)

FINISHER

3 SETS FOR QUALITY
15 DB Rollouts
15 DB Skull Crushers
-Rest 1:30 b/t Sets-
(Score is Weight)

Monday 2-1-21

WARM-UP

EMOM x 8 MINUTES
MIN 1 - :45 Easy Pace Bike*
MIN 2 - 12 Shoulder Taps - Plank
reminder of time
MIN 3 - 8/8 SA DB Strict Press
(20x1)
MIN 4 - 12 Up-Downs
* Moderate Pace second round

STRENGTH

12-12-10-10*
Push Press
*After each Set of Push Press
complete 8/8 SA Ring Rows. Build
to a Moderate weight.
(Score is Weight)

WORKOUT

EVERY 2:30 x 6 SETS
7 Push Press (Athlete Choice)*
15/12 Cal Bike
*Weight should be
Moderate-Heavy.
(Score is Each Set for Time)

Tuesday 2-2-21

WARM-UP

ON A 7:00 RUNNING CLOCK...

500m/400m Row (EZ Pace)
25 Glute Bridge Ups
15 Good Mornings
250m/200m Row (Mod Pace)
20 Alt. DB Sumo Deadlifts
20 Reverse Lunges

STRENGTH

5 SETS*

8 Sumo Deadlift

6/6 Explosive Bulgarian Split
Squats**

*Keep weight Moderate-Heavy.

**Option to use two light DB's in
the suitcase position.

-Rest As Needed b/t Sets-
(Score is Weight)

WORKOUT

FOR TIME

35 DB Sumo Deadlifts

(50/35)|(35/20)

1000m/800m Row

35 DB Sumo Deadlifts

(Score is Time)

KG DB: (22.5/15)|(15/9)

Wednesday 2-3-21

WARM-UP

1 ROUND

8 Up-Downs
10 Step Ups
15 Slow Plate Calf Raises (balance on plate or stair and press up onto your toes)
20 Single Unders

Into...
1 ROUND
8 Up-Downs
5 Air Squats
15 Plate Calf Raises
20 Single Unders

Into...
2 ROUNDS
8 Up-Downs
10 Goblet Squats
15 Plate Calf Raises
20 Single Unders

STRENGTH

EMOM x 8 MINUTES*
5 Front Squats
*Start Light end Moderate or start
Moderate and stay Moderate
across.
(Score is Weight)

WORKOUT

AMRAP x 5 MINUTES
7 Front Squats (95/65)|(65/45)
7 Up-Downs
7 Box Jump Overs (24/20)

-Rest 1:30-

AMRAP x 4 MINUTES
5 Front Squats (115/75)|(75/55)
5 Burpees
5 Box Jump Overs

-Rest 1:30-

AMRAP x 3 MINUTES

3 Front Squats (135/95)|(95/65)

3 Bar Facing Burpees

3 Box Jump Overs

(Score is Rounds + Reps)

KG BB 1: (42.5/30)|(30/20)

KG BB 2: (50/35)|(35/25)

KG BB 3: (60/42.5)|(42.5/30)

Thursday 2-4-21

WARM-UP

EMOM x 6 MINUTES

MIN 1 - :30 High Knees + 5 Scap

Pull-Ups + 5 Kip Swings

MIN 2 - :30 Butt Kickers + 5/5

Single Arm Banded Lat Pull-Down

MIN 3 - :30 Row + Burpees over the

rower in remaining time

STRENGTH

3 SETS

5-7 Weighted Wide Grip Pull-Ups

-Immediately into 25 Banded Wide Grip Lat

Push-Downs

-Rest 1:30 b/t Sets-

(Score is Weight)

WORKOUT

3 ROUNDS FOR TIME

750m/600m Row

20 Pull-Ups

600m Run

(Score is Time)

Friday 2-5-21

WARM-UP

4 ROUNDS

4 Burpee Broad Jumps

8 Arm Haulers

4 Bodyweight Good Mornings

8 Alt. Reverse Lunges

STRENGTH

3 SETS FOR QUALITY

20 Alt. Tempo DB Floor Press

(1111)

20 Alt. Tempo DB Bent Over Rows

(1111)

20 Slow Deadbugs*

1:00 Bike (EZ Pace)**

*Option to hold Single DB OH.

**Nasal Breathing Only.

(Score is Weight)

WORKOUT

FOR TIME

60 Single KB Reverse Lunges

(53/35)|(35/26)*

60 Russian KB Swings

60 Sit-Ups

30 Single KB Reverse Lunges

30 Russian KB Swings

30 Sit-Ups

*Athletes can hold KB in Front Rack, Goblet, Suitcase, or OH Position.

(Score is Time)

KG KB: (24/16)|(16/12)

Saturday 2-6-21

WARM-UP

ON A 8:00 RUNNING CLOCK..

3-4 ROUNDS

10/8 Bike

8/8 Single Arm Ring Row

10/10 Single Arm Bent Over Row

8/8 Single Arm Strict Press

STRENGTH

EMOM x 10 MINUTES

1 High Hang Power Clean

+

1 Hang Power Clean

+

1 Power Clean

(Score is Weight)

WORKOUT

AMRAP x 12 MINUTES

3 Hang Power Cleans

(155/105)|(115/75)

9 Toes to Bar

27 Double Unders

(Score is Rounds + Reps)

KG BB: (70/55)|(60/42.5)

Monday 1-25

Warm Up:

ON A 7:00 RUNNING CLOCK..

4 SETS

7 Slow Deadbugs or Quad Heel Taps

7 Arm Haulers

7/7 SA KB/DB Deadlift*

7/7 SA KB/DB Strict Press w/ pause OH

*KB/DB to the outside of the foot.

Strength/Skill:

ON A 12:00 RUNNING CLOCK... Build to a Moderate-Heavy Complex of:

4 Strict Press +

2 Push Press +

1 Push Jerk

(Score is Weight)

WOD:

EVERY 4:00 x 5 SETS

20 Sit-Ups

20 Slam Balls (30/20)|(20/10) 10 Hand Release Push-Ups

10 S2OH (115/75)|(75/55)

(Score is Each Set for Time)

Tuesday 1-26

WARM-UP

3 ROUNDS (6:00 CAP)

50m High Knees

50m Butt Kickers

5/5 Single Arm Russian KBS 5/5 Single Arm Ring Row

10 Alt. Deadbugs

10 Alt. Quad Bird Dogs

STRENGTH

EVERY 3:00 x 4 SETS 5-7 Strict Chin-Ups 15/15 SA Banded Rows

(No Measure)

WORKOUT

6 SETS

200m Run

15 Russian KB Swings (53/35)|(35/26)

10 Pull-Ups

-Rest 1:00 b/t Sets- (Score is Slowest Set) KG KB: (24/16)|(16/12)

Wednesday 1-27

WARM-UP

1 ROUND
8 Up-Downs
10 Lunges
15 Slow Plate Calf Raises 20 Single Unders
Into...
1 ROUND
8 Up-Downs
5/5 Split Squats
15 Plate Calf Raises 20 Single Unders
Into...
2 ROUNDS
8 Up-Downs
10 Goblet Squats 15 Plate Calf Raises 20 Single Unders

STRENGTH

3 SETS*
6 Tempo Front Squats (30X1)
8/8 DBL DB Suitcase Bulgarian Split Squats
*Keep weight moderate.

-Rest as Needed b/t Sets-
(Score is Weight)

WORKOUT

AMRAP x 14 MINUTES
5 Front Squats (135/95)|(95/65) 10 Up-Downs
20 Double Unders
10 Front Squats
20 Up-Downs
40 Double Unders
(Score is Rounds + Reps) KG BB: (60/42.5)|(42.5/30)

Thursday 1-28

WARM-UP

EMOM x 7 MINUTES

MIN 1 - :40 Mountain Climbers MIN 2 - :40 Good Mornings MIN 3 - :40 Up-Downs
MIN 4 - :40 Bird Dogs
MIN 5 - :40 KB Goblet Reverse Lunges
MIN 6 - :40 KB Deadlifts
MIN 7 - :40 Burpees

STRENGTH

4 SETS*

6/6 Single Leg Barbell RDL

6/6 Front Rack Barbell Reverse Lunges

*Keep weight light.

(Score is Weight)

WORKOUT

EMOM x 14 MINUTES*

MIN 1 - 6 Deadlifts (Athlete Choice)

MIN 2 - 12 Burpees Over Bar

*Stay at same weight for first 4 sets, moderate-heavy. Option to increase last 3 sets each round.

(Score is Weight)

Friday 1-29

WARM-UP

Team 200m Run Into...

3 Rounds

7 Boot Straps

7/7 SA DB DL + DB Row*

7/7 SA DB Russian Swings

7/7 SA DB Strict Press

* 1 Rep = Hinge to DL, pause at bottom position, Row, stand to complete DL

STRENGTH

EMOM x 16 MINUTES

MIN 1 - :40 Max SA DB Bench Press (R)

MIN 2 - :40 Max SA Supported DB Row (R)

MIN 3 - :40 Max SA DB Bench Press (L)

MIN 4 - :40 Max SA Supported DB Row (L)

(Score is Weight)

WORKOUT

10 ROUNDS FOR TIME

10 Heavy KB Swing or (KB Snatch) (70/53)|(53/35)

100m Run

-Hard Cap 13:00- (Score is Time)

Saturday 1-31

WARM-UP

Optional to do w/a partner!

2 ROUNDS EACH:

P1: Easy pace on the bike

P2: 1 ROUND OF THE FOLLOWING ...

4 Med. Ball Front Squats

6 Alt. Step-Ups

4 Med. Ball Push Press to a target

6 Box Jumps

WORKOUT

FOR TIME*

100 Box Jumps (24/20)

125/100 Cal Row or Bike

150 Wall Balls (20/14)|(14/10)

*Partition reps in any order to complete the workout.

(Score is Time)

FINISHER

2 SETS

:30 Side Plank (R)

:30 Side Plank (L)

1:00 Alt. Tuck-Ups

1:00 Plank

-Rest 1:30 b/t Sets-

Monday 1-18

Warm Up:

ON A 7:00 RUNNING CLOCK...

20 Single Unders

12 Air Squats

8/8 Lunges

6 Plate Good Mornings

20 Single Unders

12 Air Squats

8/8 Split Squats

6 Plate Good Mornings

20 Single Unders

10 Air Squats

8/8 Curtsey Squats

6 Plate Good Mornings

Strength/Skill:

EVERY 3:30 x 5 SETS

6 Tempo Deadlifts (2011)*

8/8 Plate Elevated Curtsey Squats

:30 Double Under Practice

*Build to a moderate weight.

(Score is Weight)

WOD:

"THE INFERNO"

FOR TIME

100 Double Unders

35 Air Squats

30 Deadlifts (165/115)|(115/75)

75 Double Unders

35 Air Squats
20 Deadlifts (185/135)|(135/95)
50 Double Unders
35 Air Squats
10 Deadlifts (225/155)|(155/105)

(Score is Time)

WOD Notes:

Goal (All) – Everyone else should look to finish around 11:00-13:00

Workout Feel (All) – Looking for a leg burner then this is the one! Double Unders will get the heart rate going and surprisingly make the Air Squats a tad bit difficult. Deadlifts will quickly light the hammies & glutes up, but the weight should allow for big sets.

Wednesday 1/20

Warm Up:

AMRAP x 8 MINUTES
150m Run
5 Plate Front Raises
5/5 Plate Lateral Raises
10 Plate Bent Over Row
10 Plate Ground to Overhead

Strength/Skill:

4 SETS
6 Tempo Strict Press (1121)
10 Single DB Front Raises
10 DB Lateral Raises

-Rest as Needed b/t Sets-
(Score is Weight)

WOD:

5 SETS
10 Push Press (95/65)|(65/45)

200m Run
10 Push Press

-Rest 1:00 b/t Sets-

(Score is Each Set for Time)

WOD Notes:

Goal (All) – Everyone else should be shooting for 12:00-14:00.

Workout Feel (All) – Fast paced workout today with a couplet of Push Press and Running. The weight on the Push Press will feel light for the majority of our athletes and should allow for unbroken reps each time. The run is short so athletes will push the pace which will keep the heart rate high! Athletes should be shooting for 1:35-1:50 per round and taking no longer than 2:00.

Friday 1/22

Warm Up:

2 ROUNDS
200m Run
5 Scap Pull-Ups
10 Alt. Deadbugs
5 Empty Barbell Hang Muscle Cleans

Strength/Skill:

EMOM x 15 MINUTES
MIN 1 - :40 Supinated Ring Rows or BB bent over rows
MIN 2 - :40 Ring Skull Crushers or BB Skull crushers
MIN 3 - :40 Tuck Hang or Hollow Hold

WOD:

3 ROUNDS FOR TIME
30/25 Cal Bike or Row or 400m Run
25 Toes to Bar or V-ups
20 Hang Power Cleans (115/75)|(75/55)

20:00 Time Cap
(Score is Time)

WOD Notes:

Goal (All) – Most of the class will finish closer to that 20 minute time cap.

Workout Feel (All) – For the majority, the Toes to Bar will be the most difficult movement. It will tax the grip, lats, and midline. Strategy pro tip here: go back and forth between straight leg Toes to Bar and the knee band and kick Toes to Bar variations. Do 5 reps of one, come down, shake it out, then back up for 5 reps of the other variation. This will offer up a nice balance of lat strength and core strength. It will also minimize placing so much stress on one vs. the other.

Saturday 1-23

Warm Up:

2 Rounds (10:00 CAP)

10 Shotgun sit ups

20 Mountain Climbers

10 Hollow Rocks

Into...

2 Rounds

10 Up-Downs

10 Scap Push-Ups

10 Reverse Lunges

Into...

2 Rounds

8 Burpees

10 Jump Squats

Strength/Skill:

EMOM x 10 MINUTES

MIN 1 - 6 Tempo Front Squats (30X1)*

MIN 2 - 15 Single DB Glute Bridge-Up

*Keep weight moderate.

(Score is Weight)

WOD:

FOR TIME

1-2-3-4-5-6-7-8-9-10

DB Front Squats (50/35)|(35/20)

Burpees Over DB (Score is Time)

-Rest 2:00-

10-9-8-7-6-5-4-3-2-1

DB Goblet Squats

Up-Downs Over DB

(Score is Time)

WOD Notes:

Goal (All) – 16-18 minutes for all athletes. All Squats should be unbroken and look to find a pace that works for you on the Burpees and Up-Downs.

Workout Feel (All) – Ouch my lungs and legs! Simple movements, focused rep schemes which means nothing left but to just go. You are going to want to stop and hope to recover, but just find the will to keep moving!