

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
105							
100							
Day 1							
<b>Strength:</b>							
Single Arm DB Press			8each		4		1 Press (DB, Single)
DB Bench Row			8each		4		1 Bench Row (DB)
<b>MetCon:</b>							
Run 400 m				400m	4		4 Rounds
Power Clean (135/85, 95/65) x 10	(135/85, 95/65)		10		4		16 Clean (Power)
Sit-ups x 20			20		4		16 Sit-ups
Day 2							
<b>Testing:</b>							
Thrusters (115/75) x 20 reps	(115/75)		4	20			20 Thrusters
Rest x 2 mins			2				
Max effort DU's x 2 mins			2		1		26 DU's
Rest 2 mins			2				
Max effort KB Swings (24/16) x 2 mins	(24/16)		2		1		19 KB Swings
Rest x 2 mins			2				
Max effort Burpees to 45lb. Plate x 3 mins	45lb. Plate		3		1	3	Burpees (To Plate)
Day 3							
<b>Strength:</b>							
Snatch balance & OHS 1 by 3 x 5			1		5		14 Snatch
OHS 3 x 5			3		5		6 Squat (Overhead)
<b>MetCon:</b>							
3 rounds							
Pull-ups x 15			15		3		22 Pull-ups
HSPU x 10			10		3		15 HSPU
DL (295/200, 245/175) x 5	(295/200, 245/175)		5		3		27 Deadlift
Day 4							
<b>Strength:</b>							
Front Squat x 5RM	5 RM		20				17 Squat (Front)
<b>MetCon: 15 min AMRAP</b>							
Row 350 m			15	350m	AMRAP		26 Row
Burpees x 15			15		AMRAP		23 Burpees
Day 5							
<b>Strength: EMOM</b>							
Power Clean & Jerk x 3 @ 60-70%	(60-70%)		7	3			2 Clean (Power) and Jerk
<b>MetCon: 4 Rounds</b>							
Ring Chin-ups x 8			8		4		1 Chin-ups (Ring)
OH Walking DB Lunge x 10	(35/25, 30/20)		10		4		4 Lunges (OH Walking)
Day 6							
<b>Strength:</b>							
DL x 2/set	60%		2		1		Deadlift
	65%		2		1		
	70%		2		1		
	75%		2		1		
	80%		2		1		
<b>MetCon: 21-15-9-6-3</b>							
DL (205/135)	(205/135)			21-15-9-6-3			Deadlift
WB (20/14)	(20/14)			21-15-9-6-3			15 Wall Balls
Sit-ups				21-15-9-6-3			Sit-ups
Day 7							
<b>Strength:</b>							
Squat	(70-75%)		5		5		18 Squat
<b>MetCon:</b>							
Squat Cleans	(25/15)			200m	1		3 Run (Plate)
Plate Run	(95/65)		30		1		11 Squat Clean
Squat Cleans	(45/25)			200m	1		Run (Plate)
Plate Run	(135/85)		20		1		Squat Clean
Squat Cleans	(25/15)			200m	1		Run (Plate)
Push-ups	(185/115)		10		1		Squat Clean
DU's			50		1		15 Push-ups
T2B			100		1		DU's
DU's			40		1		15 T2B
Box Jumps			80		1		DU's
DU's			30		1		17 Box Jumps
			60		1		DU's
Day 8							
<b>Strength:</b>							
BB Walking Lunge	AHAP			20paces	3		3 Lunges (BB Walking)
BB Walking Lunge	AHAP			10paces	2		Lunges (BB Walking)
BB Walking Lunge	AHAP			10paces	2		Lunges (BB Walking)
<b>MetCon:</b>							
Double Bell KB Jerk	(32/20, 24/16)		15		4		2 Jerk (Double Bell KB)
Single Ring, Ring Rows			15		4		6 Ring Rows (single)
KB Farmer Walk				100m	4		2 Farmer Walks (KB)

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Day 9							
<b>Strength:</b>							
Bench Press	50%		5		1	14	Bench Press
	60%		5		1		
	70%		5		1		
	85%		5		1		
	100%		3		1		
	70%		8		1		
<b>MetCon:</b>							
WB			Max				Wall Balls
Rest		3					
KB Swings	(32/24, 24/20)		10		5		KB Swings
KB Goblet Squats			10		5	3	Squat (KB Goblet)
Pull-ups			10		5		Pull-ups
Day 10							
<b>Strength:</b>							
Squat Clean	?		1		5		Squat Clean
Front Squat	?		2		5		Squat (Front)
Jerk	?		1		5	4	Jerk
<b>MetCon:</b>							
HSPU			8		4		HSPU
Box Jumps			8		4		Box Jumps
Push-ups			8		4		Push-ups
DU's			25		4		DU's
Day 11							
<b>Strength:</b>							
Back Squat	50%		12		1		Squat
	increase 10-20lbs.		10		1		
	increase 10-20lbs.		8		1		
	increase 10-20lbs.		6		1		
	increase 10-20lbs.		4		1		
	increase 10-20lbs.		2		1		
<b>MetCon:</b>							
Run		20		400m	AMRAP		Run
Burpees to 45/25lb. Plate	45/25lb. Plate	20	5		AMRAP		Burpees (To Plate)
Walking Lunge		20	16		AMRAP	1	Lunges (Walking)
Burpees to Plate	45/25lb. Plate	20	5		AMRAP		Burpees (To Plate)
Day 12							
<b>Strength:</b>							
3 Position Snatch	50%		1		3		1 Snatch (3 Position)
Hang Snatch	?		2		3		5 Snatch (Hang)
Snatch	?		1		3		Snatch
<b>MetCon:</b>							
Power Cleans	(185/25, 135/85)		21, 15, 9		3		Clean (Power)
S2OH			21, 15, 9		3		Shoulder 2 Over-Head (S2OH)
Day 13							
<b>Strength:</b>							
Sumo DL	60%		5		1		2 Deadlift (Sumo)
	70%		4		1		
	75-85%		3		3		
<b>MetCon:</b>							
Ladder		12Min.					
Strict Chin-ups							12 Chin-ups (Strict)
HRPU			2,4,6,8,10...				8 HRPU
Sit-Ups			4,8,12,16,20...				Sit-ups
Day 14							
<b>Strength:</b>							
Front Squat:	60%		5		1		Squat (Front)
	70%		5		1		
	75%		5		1		
	80%		5		1		
	85%		3		1		
	75%		8		1		
<b>MetCon:</b>							
Power Snatch	(115/75, 95/65)		10		5		5 Snatch (Power)
Thrusters			20		5		Thrusters
KB Swings	(32/24, 24/20)		30		5		KB Swings
Run				200m	5		Run
Day 15							
<b>Strength:</b>							
Loaded Ring Rows	loaded		8 to 10				2 Ring Rows
Strict T2B			5 to 8				1 T2B (Strict)
<b>MetCon:</b>							
Handstand Holds		30seconds			4		Handstand Holds
Bear Crawls				D&B	4		1 Bear Crawls
DB Step-ups	(35/25)		10		4		2 Step-ups (DB)
Running Man Jump Rope			50		4		Running Man Jump Rope
Day 16							
<b>Strength:</b>							

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Bench Press	50%		5		1		Bench Press
	65%		5		1		
	75%		5		1		
	90%		5		1		
	100%		5		1		
<b>MetCon:</b>							
HSPU		3	max reps				HSPU
Scale-HRPU?							HRPU
Rest			3min				
Bar Muscle Ups			9		5	AMRAP	2 Muscle Ups
Power Cleans	(185/125, 135/95)		9		7	AMRAP	Clean (Power)
					9	AMRAP	Burpees
Burpee Box Jumps	(30/24, 24/20)		9		9	AMRAP	Box Jumps
Day 17							
<b>Strength:</b>							
Snatch	(75-85%)		1		10		Snatch
<b>MetCon:</b>							
KB Swings	(32/24, 24/20)		20		4		KB Swings
Goblet Squat			15		4		Squat (KB Goblet)
OH Single Arm Walking Lunge	Single Arm			10paces	4		2 Lunges (OH Walking, Single)
Day 18							
<b>Strength:</b>							
Front Squat	50%		5		1		Squat (Front)
	60%		5		1		
	70%		5		1		
	85%		5		1		
	95%		5		1		
<b>MetCon:</b>							
Row				1000m	1		Row
Wall Balls			25		3		Wall Balls
DL	(225/155, 185/125)		15		3		Deadlift
T2B			10		3		T2B
Day 19							
<b>Strength:</b>							
Power Cleans	(185/125, 135/95)		12		5		Clean (Power)
Bar Over Burpees	Bar Over		12		5		1 Burpees (Bar Over)
<b>MetCon:</b>							
S2OH	(185/125, 135/95)		5		5		Shoulder 2 Over-Head (S2OH)
Ring Dips			7		5		7 Ring Dips
DU's			35		5		DU's
Day 20							
<b>Strength:</b>							
DL	50%		5		1		Deadlift
	60%		4		1		
	70%		3		5		
<b>MetCon:</b>							
Power Snatch	(95/65, 75/55)		15		3		Snatch (Power)
Single Ring-Ring Rows			15		3		Ring Rows (single)
Sit-ups w/DB	(35/25, 30/20)		15		3		1 Sit-ups (DB)
Day 21							
<b>Strength:</b>							
Back Squat	50%		10		1		Squat
	60%		8		1		
	70%		6		4		
<b>MetCon:</b>							
Pull-ups			25		1		Pull-ups
DL	(135/95)		50		1		Deadlift
Push-ups			50		1		Push-ups
Box Jumps			50		1		Box Jumps
Floor Sweeps			50		1		5 Floor Sweeps
KB Clean and Press	(24/16)		50		1		1 Clean (KB) and Press
Pull-ups			25		1		Pull-ups
Day 22							
<b>Strength:</b>							
Single Arm DB/KB OHS	?		8each		3		Squat (Overhead, single, DB/KB)
KB TGU (AHAP)	(AHAP)		2each		3		TGU (KB)
<b>MetCon:</b>							
Run		20		200m			Run
Strict Chin-ups		20	5				Chin-ups (Strict)
Run		20		400m			Run
DB 1/2 Man maker	(35/25, 30/20)	20	5				DB 1/2 Man Maker
Day 23							
<b>Strength:</b>							
Bench Press	50%		5		1		Bench Press
	65%		5		1		
	80%		5		1		
	95%		5		1		
	105%		3		1		
	80%		8		1		
<b>MetCon:</b>		10min cap					
HSPU			10		4		HSPU

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
DL	?		10		4		Deadlift
Day 24							
<b>Strength:</b>							
Hang Clean			1		6		2 Clean (Hang)
Clean			1		6		2 Clean
Jerk			1		6		Jerk
<b>MetCon:</b>							
Wall Balls	?		21-15-9-15-21				Wall Balls
KB Swings	?		21-15-9-15-21				KB Swings
Unbroken DU's	Unbroken		25				DU's
Day 25							
<b>Strength:</b>							
Front Squat	60%		5		1		Squat (Front)
	70%		5		1		
	80%		5		1		
	90%		5		1		
	100%		3		1		
	80%		8		1		
<b>MetCon:</b>							
Pull-ups			10		3		Pull-ups
Box Jumps			10		3		Box Jumps
T2B			10		3		T2B
			10		3		
Burpee Box Jumps			10		3		2 Burpee Box Jumps
Day 26							
<b>Strength:</b>							
Pause Snatch (Pos. 2)	Pause @ pos. 2		2		6		Snatch
<b>MetCon:</b>							
Row				1500m	1		Row
KB Double Bell Squat (32/20, 24/16)	(32/20, 24/16)		30		1		Squat (KB/DB)
Push-ups	45lb		30		1		Push-ups
KB double bell lunge	?		30		1		Lunges (KB/DB)
Day 27							
<b>Strength:</b>							
Clean Pulls			3		6		1 Clean (Pull)
<b>MetCon:</b>							
Run				400m	4		Run
Thrusters	(135/85, 95/65)		10		4		Thrusters
Sit-ups			20		4		Sit-ups
Day 28							
<b>Strength:</b>							
Rope Climbs		20			1		7 Rope Climbs
Rx			15accents		1		
FB (legless + traditional)			5 + 10		1		FB (legless + traditional)
<b>MetCon:</b>							
DB Bench Press	(35/25, 30/20)		40		1		3 Bench Press (DB)
Squats	40%		30		1		Squat
Strict Chin-ups			20		1		Chin-ups (Strict)
DB Bench Press			20		1		Bench Press (DB)
Squats	60%		15		1		Squat
Strict Chin-ups			10		1		Chin-ups (Strict)
Day 29							
<b>Strength:</b>							
Pistols		(10min EMOM)	5each		Odd Minute		Squat (Pistol)
Strict HSPU			5		Even Minute		2 HSPU (Strict)
<b>MetCon:</b>							
Run			800m		1		Run
Double Bell KB Swings (32/20, 24/16)	double bell (32/20, 24/16)		10		4		KB Swings
Burpees			10		4		Burpees
Run			800m		1		Run
Day 30							
NO W.O.D. - Holiday							
Day 31							
<b>Strength:</b>							
Squat Clean + Thruster			1		6		Squat Clean
			3		6		Thrusters
<b>MetCon:</b>							
S2OH	(135/85, 95/65)		15-12-9				Shoulder 2 Over-Head (S2OH)
Pull-ups			15-12-9				Pull-ups
S2OH			12,9,6				Shoulder 2 Over-Head (S2OH)
Pull-ups			12,9,6				Pull-ups
S2OH			9,6,3				Shoulder 2 Over-Head (S2OH)
Pull-ups			9,6,3				Pull-ups
Day 32							
<b>Strength:</b>							
Back Squat @ 80%	@80%		2		6		Squat

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
<b>MetCon:</b>		(For Time)					
DU's			100		1		DU's
Row			1000m		1		Row
KB Swings (32/20, 24/16)	(32/20, 24/16)		100		1		KB Swings
Air Squats			100		1		3 Squat (Air)
Day 33							
<b>Strength:</b>							
Snatch Pulls + Snatch			2		5		2 Snatch Pull
			2				Snatch
<b>MetCon:</b>							
Hang Power Cleans (155/105, 115/85)	(155/105, 115/85)		10		3		4 Clean (Hang Power)
BB OH Walking Lunges (155/105, 115/85)	(155/105, 115/85)		10		3		Lunges (OH Walking)
Lateral Burpees over bar	Bar Over		10		3		2 Burpees (Lateral Bar Over)
Day 34							
<b>Strength:</b>		(6min EMOM)					
3 DL (Increase 5% ea. Min.)	(Increase 5% ea. Min.)		3		6		Deadlift
<b>MetCon:</b>							
Squat Cleans (205/135, 155/95)	(205/135, 155/95)		3		5		Squat Clean
HSPU			6		5		HSPU
Bowtie situps (35/25, 30/20)	(35/25, 30/20)		9		5		3 Sit-ups (Bowtie)
Day 35							
<b>Strength:</b>							
Front Squat							
	60%		5		1		Squat (Front)
	65%		5		1		
	70%		5		1		
	75%		5		1		
	80%		5		1		
	70%		8		1		
<b>MetCon:</b>							
Run			200m		3		Run
Slam Balls			20		3		5 Ball Slams
No Rest							
Run			400m		3		Run
Strict Chin-ups			8		3		Chin-ups (Strict)
Push-ups			12		3		Push-ups
Day 36							
<b>Strength:</b>		(15min. EMOM)					
DB or KB SLRDL			5each		Min.1 (5)		RDL (DB/KB, single)
Single arm DB or KB Shoulder Press			5each		Min.2 (5)		1 Shoulder Press (DB/KB, Single)
Single Arm Bench Row			5each		Min.3 (5)		1 Bench Row (single)
<b>MetCon:</b>							
Row			250m		5		Row
Burpees			10		5		Burpees
Single arm KB Swings			20		5		5 KB Swings (single)
Day 37							
<b>Strength:</b>							
Bench Press							Bench Press
	65%		5		1		
	70%		5		1		
	75%		5		1		
	80%		5		1		
	85%		5		1		
	75%		8		1		
<b>MetCon:</b>							
Power Clean (135/85, 95/65)	(135/85, 95/65)		15		1		Clean (Power)
Thrusters			15		1		Thrusters
DL			15		1		Deadlift
Power Clean (155/105, 115/85)	(155/105, 115/85)		9		1		Clean (Power)
Thrusters			9		1		Thrusters
DL			9		1		Deadlift
Power Clean (175/125, 135/105)	(175/125, 135/105)		6		1		Clean (Power)
Thrusters			6		1		Thrusters
DL			6		1		Deadlift
Day 38							
<b>Strength:</b>							
Hang Power Snatch + Power Snatch			2		6		2 Snatch (Power)
							2 Snatch (Hang Power)
<b>MetCon:</b>		(15min AMRAP)					
Feet elevated Push-ups	Feet elevated		10		AMRAP		Push-ups
sit-ups			15		AMRAP		Sit-ups
			1		6		Snatch (Power)
KB Snatch (32/20, 24/16)	(32/20, 24/16)		20		AMRAP		2 Snatch (KB)
Run			200m		AMRAP		Run
Day 39							
<b>Strength:</b>							
Back Squat @ 75%	@ 75%		3		6		Squat

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
<b>MetCon:</b>							
Unbroken DU's			30		4		DU's
Wall Balls (30/20, 20/14)	(30/20, 20/14)		15		4		Wall Balls
Pull-ups			10		4		Pull-ups
Day 40							
<b>Strength:</b>							
Jerks			3		5		Jerk
<b>MetCon:</b>							
Row		(8min. AMRAP)	200m		AMRAP		Row
HSPU			8		AMRAP		HSPU
DB Walking Lunges (35/25, 30/20)	(35/25, 30/20)		16paces		AMRAP		Lunges (DB Walking)
Day 41							
<b>Strength:</b>							
DL							Deadlift
	60%		5		1		
	65%		4		2		
	70%		3		2		
	75%		2		2		
	80%		1		2		
<b>MetCon:</b>							
Burpees		(For time)	10		1		Burpees
T2B			20		1		T2B
Box Jumps			30		1		Box Jumps
KB Swings (32/24, 24/20)	(32/24, 24/20)		40		1		KB Swings
KB Loaded Step-up	Loaded		30		1		2 Step-ups (KB)
T2B			20		1		T2B
Burpees			10		1		Burpees
Day 42							
<b>Strength:</b>							
Front Squat							Squat (Front)
	70%		5		1		
	80%		5		1		
	90%		5		1		
	100%		5		1		
	105%		5		1		
	110%		3		1		
<b>MetCon:</b>							
Strict DB Shoulder Press (35/25, 30/20)	(35/25, 30/20)		5		5		1 Shoulder Press (DB, Strict)
Strict Chin-ups			7		5		Chin-ups (Strict)
HRPU			9		5		HRPU
Running man single-unders			50		5		2 Running man single-unders
Day 43							
<b>Strength:</b>							
Bent BB Rows			8		6		2 Bent Row (BB)
Ring Dips			5 to 8		6		Ring Dips
<b>MetCon:</b>							
Run		(20min AMRAP)	800m		AMRAP		Run
Front Rack KB Squats (32/20, 24/16)	(205/135, 155/95)		20		AMRAP		Squat (Front Rack KB)
Ring Rows			20		AMRAP		Ring Rows
Sit-ups			20		AMRAP		Sit-ups
Day 44							
<b>Strength:</b>							
Bench Press							Bench Press
	70%		5		1		
	80%		5		1		
	90%		5		1		
	100%		5		1		
	110%		5		1		
<b>MetCon:</b>							
Power Clean (185/125, 135/85)	(185/125, 135/85)		10		4		Clean (Power)
Bar Facing Burpees	Bar Facing		10		4		3 Burpees (Bar Facing)
Auxiliary:							
DB Curls			21-15-9				4 Curls (DB)
DB Lateral Raises			21-15-9				1 Lateral Raises (DB)
Day 45							
<b>Strength:</b>							
Clean + Pause Jerk			2		6		5 Clean and Jerk
<b>MetCon:</b>							
HSPU			21-15-9				HSPU
Pull-ups			21-15-9				Pull-ups
Auxiliary:							
Row			100m		10		Row
Day 46							
<b>Strength:</b>							
Squat @ 82.5%	@ 82.5%		3		6		Squat
<b>MetCon:</b>							
Box Jumps			20		2		Box Jumps
Run			400m		2		Run
No Rest							
DL (245/165, 205/145)	(245/165, 205/145)		20		2		Deadlift

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Run			400m		2		Run
Day 47							
<b>Strength:</b>							
Hang Snatch @ 65-75%	@ 65-75%		2		4		Snatch (Hang)
Snatch @ 75-85%	@ 75-85%		1		4		Snatch
<b>MetCon:</b>							
DU's			50		3		DU's
KB Swings (32/24, 24/20)	(32/24, 24/20)		35		3		KB Swings
Elevated Push-ups	Elevated		25		3		Push-ups
Day 48							
<b>Strength:</b>							
Sumo DL @75%	@75%		5		5		Deadlift (Sumo)
<b>MetCon:</b>							
Row			1000m		1		Row
S2OH (165/105, 115/75)	(165/105, 115/75)		3,6,9,12,15	Ascending Ladder			Shoulder 2 Over-Head (S2OH)
T2B			15,12,9,6,3	Descending x			T2B
Auxiliary:							
Back Extensions			10		4		5 Back Extensions
Day 49							
<b>Strength:</b>							
Front Squat							Squat (Front)
	65%		5		1		
	75%		5		1		
	80%		5		1		
	85%		5		1		
	90%		5		1		
<b>MetCon:</b>							
Run		(10min. AMRAP)	200m		AMRAP		Run
Goblet Hold Walking Lunges (32/24, 24/20)	(32/24, 24/20)		20paces		AMRAP		Lunges (KB Walking)
Burpees			10		AMRAP		Burpees
Day 50							
<b>Strength:</b>							
OHS Technique Work							Squat (Overhead)
w/ PVC			10		2		
w/ empty bar			10		2		
w/ @ 25%			8		2		
w/ @ 50%			4		2		
W/ @ 65-75%			2		2		
<b>MetCon:</b>							
Wall Balls			10		4		Wall Balls
Ring Rows (w/ feet elevated)	(w/ feet elevated)		15		4		Ring Rows
Bowtie sit-ups (35/25, 30/20)	(35/25, 30/20)		20		4		Sit-ups (Bowtie)
Day 51							
<b>Strength:</b>							
Bench Press							Bench Press
	60%		5		1		
	65%		5		1		
	70%		5		1		
	75%		5		2		
<b>MetCon:</b>							
For time w/ 15min. Cap							
Thrusters(75/45)	(75/45)		10		1		Thrusters
			10		1		Burpees
Burpee Box Jumps			10		1		Box Jumps
Thrusters (95/65)	(95/65)		8		1		Thrusters
			8		1		Burpees
Burpee Box Jumps			8		1		Box Jumps
Thrusters (115/85)	(115/85)		6		1		Thrusters
			6		1		Burpees
Burpee Box Jumps			6		1		Box Jumps
Thrusters (135/105)	(135/105)		4		1		Thrusters
			4		1		Burpees
			4		1		Burpees
Burpee Box Jumps			4		1		Box Jumps
Day 52							
<b>Strength:</b>							
Snatch + OHS + Hang Snatch			1		6		Snatch
			1				Snatch (Overhead)
			1				Snatch (Hang)
<b>MetCon:</b>							
Power Snatch (115/75, 85/55)	(115/75, 85/55)		9		4		Snatch (Power)
T2B			12		4		T2B
Run			300m		4		Run
Auxiliary:							
Loaded Back Extensions	Loaded		8		4		Back Extensions
Plank Holds			45-60sec		4		Plank Holds
Day 53							
<b>Strength:</b>							
Establish 5 RM Front Squat			?		?		Squat (Front)
<b>MetCon:</b>							
Wall Balls			30		2		Wall Balls

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
KB Swings (32/24, 24/20)	(32/24, 24/20)		25		2		KB Swings
HRPU			20		2		HRPU
Strict Chin-ups			15		2		Chin-ups (Strict)
Auxiliary:							
Row @75%	@75%		1600m		1		Row
Day 54							
<b>Strength:</b>							
Rope Climbs			?		?		Rope Climbs
<b>MetCon:</b>							
			1		6		Squat (Overhead)
			1		6		Snatch (Hang)
Squat Cleans (185/125, 135/85)	(185/125, 135/85)		7		4		Squat Clean
S2OH			9		4		Shoulder 2 Over-Head (S2OH)
Auxiliary:							
DB Curls			10		1		Curls (DB)
Ring Dips			10		1		Ring Dips
Day 55							
<b>Strength:</b>							
DL (start @ 60%)	(start @ 60%)	(8min. EMOM)	3		1		Deadlift
	65%		3		1 (@2min)		
	70%		3		1 (@4min)		
	75%		3		1 (@6min)		
<b>MetCon:</b>							
Pull-ups			25		1		Pull-ups
Burpees			10		1		Burpees
Run			400m		1		Run
Pull-ups			18		1		Pull-ups
Burpees			10		1		Burpees
Run			200m		1		Run
Pull-ups			11		1		Pull-ups
Burpees			10		1		Burpees
Run			100m		1		Run
Day 56							
<b>Strength:</b>							
Squat @80%	@80%		2		6		Squat
<b>MetCon:</b>							
DU's			100		2		DU's
SA KB Swings (32/20, 24/16)	(32/20, 24/16)		75		2		KB Swings (single)
Sit-ups			50		2		Sit-ups
Power Cleans (185/125, 135/85)	(185/125, 135/85)		25		2		Clean (Power)
Day 57							
<b>Strength:</b>							
KB Front Rack Walking Lunges	KB		16paces		3		Lunges (Front Rack Walking)
BB Front Rack Walking Lunges	BB		10paces		3		3 Lunges (Front Rack Walking)
<b>MetCon:</b>							
Run			800m		1		Run
Strict Chin-ups			5		5		Chin-ups (Strict)
Ring Push-ups			10		5		Push-ups (Ring)
Run			800m		1		Run
Day 58							
<b>Strength:</b>							
Establish a 5RM Bench Press							Bench Press
<b>MetCon:</b>							
KB Swings (32/24, 24/20)	(32/24, 24/20)		50-40-30-20-10				KB Swings
DU's			50-40-30-20-10				DU's
Every Minute drop and do 5 push-ups			every minute				Push-ups
Auxiliary:							
TGU			2each		5		0 TGU (KB)
Day 59							
<b>Strength:</b>							
Power Cleans (205/135, 155/105)	(205/135, 155/105)	(7min. EMOM)	5		Odd Minute		Clean (Power)
Bar Facing Burpees	Bar Facing		5		Even Minute		Burpees (Bar Facing)
<b>MetCon:</b>							
DL (225/155, 185/125)	(225/155, 185/125)		21-15-9				Deadlift
Pull-ups			21-15-9				Pull-ups
Day 60							
<b>Strength:</b>							
Squat @82.5%	@82.5%		2		6		Squat
<b>MetCon:</b>							
S2OH (135/85, 95/65)	(135/85, 95/65)		15		2		Shoulder 2 Over-Head (S2OH)
OH Walking Lunge			10paces		2		Lunges (OH Walking)
No rest							
S2OH (155/105, 115/85)	(155/105, 115/85)		10		2		Shoulder 2 Over-Head (S2OH)
Front Rack Waling lunges			10paces		2		Lunges (Front Rack Walking)
Day 61							
<b>Strength:</b>							



	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Snatch @ 70-85%	@70-85%		2		6		Snatch
<b>MetCon:</b>		For Time					
Wall Balls	(30/20, 20/14)		40		1		Wall Balls
Run			400m		1		Run
HRPU			30		1		HRPU
Run			300m				Run
HSPU			20				HSPU
Run			200m			1	Run
Pistols (or heavy loaded step ups)			10each				Squat (Pistol)
Run			100m				Run
Auxiliary:							
DB Curls			12		4		Curls (DB)
Ring Dips			12		4		Ring Dips
Day 62							
<b>Strength:</b>							
DL @60%	@60%		5		2		Deadlift
	70%		4		2		
	75%		3		2		
<b>MetCon:</b>							
Row			350m		3		Row
Sit-ups			25		3		Sit-ups
KB Snatch (32/20, 24/16)	(32/20, 24/16)		20		3		Snatch (KB)
Goblet Squat			15		3		Squat (KB Goblet)
Auxiliary:							
Farmer Walks			100m		4		2 Farmer Walks
Day 63							
<b>Strength:</b>							
Jerks @ 70-75%	@ 70-75%		3		2		Jerk
75-80%	75-80%		2		2		
95-90%	95-90%		1		3		
<b>MetCon:</b>							
Muscle Ups			3,6,9				Muscle Ups
Power Cleans (205/140, 185/125)	(205/140, 185/125)		3,6,9				Clean (Power)
No Rest							
Strict Chin-ups					6,9,12		Chin-ups (Strict)
DU's			50		6,9,12		DU's
No Rest							
Burpees					9,12,15		Burpees
Run			400m		9,12,15		Run
Auxiliary:							
Prowler Push			100m		4		2 Prowler Push
Day 64							
<b>Strength:</b>		(10min. EMOM)					
Push-ups			10		Odd Minute (5)		Push-ups
Bent BB Rows			10		Even Minute (5)		Bent Row (BB)
<b>MetCon:</b>		(10min. AMRAP)					
DB Step-ups (35/25, 30/20)	(35/25, 30/20)		10		AMRAP		Step-ups (DB)
T2B			10		AMRAP		T2B
Ring Dips			10		AMRAP		Ring Dips
Day 65							
<b>Strength:</b>							
Establish 1RM Thruster							Thrusters
<b>MetCon:</b>							
Hang Power Clean (135/85, 95/65)	(135/85, 95/65)		9		3		Clean (Hang Power)
Thrusters (135/85, 95/65)	(135/85, 95/65)		15		3		Thrusters
Auxiliary:							
Row			250m		8		Row
Day 66							
<b>Strength:</b>							
20min to establish 1RM Back Squat	20min to establish 1RM						Squat
<b>MetCon:</b>		(20min time cap)					
DU's			100		1		DU's
KB Swings			80		1		KB Swings
Feet elevated push-ups	Feet elevated		60		1		Push-ups
pull-ups			40		1		Pull-ups
Single arm OH KB walking Lunges			20paces		1		Lunges (OH Walking, Single)
Running man singles			100		1		Running man single-unders
Day 67							
<b>Strength:</b>							
Snatch Pulls + Snatch			2		8		Snatch Pull
			1				Snatch
<b>MetCon:</b>							
8min. Ladder	8min. Ladder						
Front Squat (155/100, 115/85)	(155/100, 115/85)		3,6,9,12,...		8min		Squat (Front)
Box Jumps			3,6,9,12...		8min		Box Jumps
HSPU							HSPU
Auxiliary:							
Floor Sweeps			20		3		Floor Sweeps
Loaded Back Extensions	Loaded		10		3		Back Extensions

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Day 68							
No W.O.D. Holiday							
Day 69							
<b>Strength:</b>							
Bench Press @75-100% of BW	@75-100% of BW		10, 8, 6, 4, 2		5		Bench Press
Bent Double KB or DB Rows			8		4	1	Bent Row (KB/DB)
<b>MetCon:</b>							
Wall Balls			25		3		Wall Balls
Sit-ups			20		3		Sit-ups
Burpees			15		3		Burpees
Auxiliary:							
Sledge Strikes			20		3	4	Sledge Strikes
KB Cross Walks (switch hands every 50m)	(switch hands every 50m)		100m		4		Cross Walks (KB)
Day 70							
<b>Strength:</b>							
Power Clean + Front Squat + Jerk			1		5		Clean (Power) and Jerk
<b>MetCon:</b>							
HSPU			7		7		HSPU
Thrusters (135/95)	(135/95)		7		7		Thrusters
HSPU			7		7		HSPU
T2B			7		7		T2B
DL(245/175)	(245/175)		7		7		Deadlift
Burpees			7		7		Burpees
KB Swing (32/20)	(32/20)		7		7		KB Swings
Pull-ups			7		7		Pull-ups
Day 71							
<b>Strength:</b>							
KB Front Rack Elevated Split Squats			5each		5		Squat (Split, Front Rack KB)
<b>MetCon:</b>							
Run			300m		4		Run
Ball Slams			15		4		Ball Slams
Farmer Carry (32/20, 24/16)	(32/20, 24/16)		100m		4	1	Farmer Carry
Day 72							
<b>Strength:</b>							
Snatch			2		6		Snatch
<b>MetCon:</b>							
			2		5		Squat (Front)
Power Cleans (205/135, 155/95)	(205/135, 155/95)		6		5		Clean (Power)
Box Jumps			9		5		Box Jumps
HRPU			12		5		HRPU
Auxiliary:							
Row (Max Effort)	Max Effort		30sec On/30Ssec OFF		6		Row
Day 73							
<b>Strength:</b>							
Squats @80%	@80%		2		6		Squat
<b>MetCon:</b>							
DL (135/85, 95/65)	(135/85, 95/65)		15		1		Deadlift
S2OH			15		1		Shoulder 2 Over-Head (S2OH)
DU's			50		1		DU's
Rest			1min		1		
DL (135/85, 95/65)	(135/85, 95/65)		12		2		Deadlift
S2OH			12		2		Shoulder 2 Over-Head (S2OH)
DU's			35		2		DU's
Rest			2min		1		
DL (135/85, 95/65)	(135/85, 95/65)		10		3		Deadlift
S2OH			10		3		Shoulder 2 Over-Head (S2OH)
DU's			20		3		DU's
Day 74							
<b>Strength:</b>							
Clean			2		5		Clean
<b>MetCon:</b>							
		(15min. Time Cap)					
Pull-ups			21-15-9		3		Pull-ups
SA KB Swing (32/20, 24/16) reps are per arm	(32/20, 24/16)		21-15-9		3		KB Swings (single)
Row			1000m				Row
Day 75							
<b>Strength:</b>							
DL							Deadlift
	60%		5		1		
	70%		4		1		
	80%		3		1		
	85%		2		3		
<b>MetCon:</b>							
		(20min. AMRAP)					
Wall Balls			50		AMRAP		Wall Balls
Run			400m		AMRAP		Run
Sit-ups w/WB			40		AMRAP	1	Sit-ups (WB)
Run			300m		AMRAP		Run
Burpees			30		AMRAP		Burpees

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Run Thrusters (135/85, 95/65)	(135/85, 95/65)		200m		AMRAP		Run
Run			100m		AMRAP		Run
Run					AMRAP		Run
Day 76							
<b>Strength:</b>							
Renegade Rows			10		4		Row (Renegade)
<b>MetCon:</b>							
Strict HSPU			15-12-9		3		HSPU (Strict)
KB/DB front Rack lunges (32/20, 24/16) per leg	(32/20, 24/16) per leg		15-12-9		3		1 Lunges (KB/DB Front Rack)
T2B			15-12-9		3		T2B
Auxiliary:							
DB Curls			10		4		Curls (DB)
Band Tricep Extensions			20		4		Tricep Extensions (Band)
Day 77							
<b>Strength:</b>							
Front Squat Starting at 60%	Starting at 60%	10min. EMOM	?		10		Squat (Front)
(increase weight every round)	(increase weight every round)						
<b>MetCon:</b>							
Power Cleans (185/125, 135/95)	(185/125, 135/95)		AMRAP		3		Clean (Power)
Front Squats			AMRAP		3		Squat (Front)
Strict Chin-ups			AMRAP		3		Chin-ups (Strict)
KB Swing (32/24, 24/20)	(32/24, 24/20)		AMRAP		3		KB Swings
Row			AMRAP		3		Row
Day 78							
<b>Strength:</b>							
Bench Press	@70%		8		1		Bench Press
	@75%		8		1		
	@80%		4		3		
<b>MetCon:</b>							
Burpee Box Jumps	(30/24, 24/20)		5		4		Burpee Box Jumps
DB Alternating Press			10each		4		Press (DB)
Ring Rows			15		4		Ring Rows
Auxiliary:							
SLRDL			8each		4		RDL (single leg)
Day 79							
<b>Strength:</b>							
Clean and Jerk @70-85%	@70-85%		2		3		Clean and Jerk
<b>MetCon:</b>							
Row		(for time)	500m		1		Row
Air Squats			40		1		Squat (Air)
Sit-ups			30		1		Sit-ups
Push-ups			20		1		Push-ups
Pull-ups			10		1		Pull-ups
Auxiliary:							
DU's			3		max		DU's
Day 80							
<b>Strength:</b>							
Squat @80%	@80%		4		6		Squat
<b>MetCon:</b>							
C&J (135/95)	(135/95)	(13.4 - 7min. Ladder 3,6,9,12,15..)					Clean and Jerk
T2B							T2B
Auxiliary:							
Loaded Back Extensions	Loaded		8		4		Back Extensions
Day 81							
<b>Strength:</b>							
Hang Power Snatch + Hang Snatch + Snatch (work up to 80%)			1		6		Snatch (Hang Power)
			1		6		Snatch (Hang)
			1		6		Snatch
<b>MetCon:</b>							
Front Squat (185/125, 135/105)	(185/125, 135/105)	25min cap	6		5		Squat (Front)
Burpees			12		5		Burpees
KB Swings (32/24, 24/20)	(32/24, 24/20)		18		5		KB Swings
Run			400m		5		Run
Day 82							
<b>Strength:</b>							
Deadlifts	@50%		8				Deadlift
	@55-60%		6				
	@65-70%		4				
	@75-80%		2				
	@85-90%		2				
<b>MetCon:</b>							
DL	(275/200, 225/186)		7		3		Deadlift
Strict Chin-ups			7		3		Chin-ups (Strict)
Deficit HSPU	one plate per side		7		3		HSPU (Deficit)
Auxiliary:							
Floor Sweeps			20		4		Floor Sweeps

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Day 83							
<b>Strength:</b>							
Bench Press starts @70% (increasing by 5% each round)	starts @70% (increasing by 5% each round)		5		5		Bench Press
Standing One Arm KB/DB row			5each		5		1 Standing Row (KB/DB, single)
<b>MetCon:</b>							
DU's			100		1		DU's
Push-ups			20		4		Push-ups
OH Plate Walking Lunges (45/35)	(45/35)		20paces		4		Lunges (OH Walking)
Ring Rows			20		4		Ring Rows
DU's			100		1		DU's
Auxiliary:							
Heavy BB Curls			10		4		Curls (BB)
Ring Tricep Extensions			10		4		Tricep Extensions (Ring)
Day 84							
<b>Strength:</b>							
Squat @80%	@80%		2		6		Squat
<b>MetCon:</b>							
Row			3000m		1		Row
DB Thrusters (30/20, 20/14)	(30/20, 20/14)		150		1		2 Thrusters (DB)
Bowtie sit-ups (35/20, 25/20)	(35/20, 25/20)		120		1		Sit-ups (Bowtie)
Pull-ups			90		1		Pull-ups
Auxiliary:							
Loaded Back Extensions	Loaded		10		4		Back Extensions
Day 85							
Prowler Push			100m		10		Prowler Push
KB Farmer Walks/Rack Hold Walks	AHAP		100m		10		2 Farmer Walks (KB)
Overhead Sledge Strikes			10each		10		Overhead Sledge Strikes
Run			300m		10		Run
Auxiliary:							
Row			2000m		1		Row
Day 86							
<b>Strength:</b>							
Snatch			1		5		Snatch
C & J			1		5		Clean and Jerk
<b>MetCon:</b>							
Power Clean (185/125, 135/95)	(185/125, 135/95)		21,15,9		3		Clean (Power)
Bar Facing Burpees			21,15,9		3		Burpees (Bar Facing)
Auxiliary:							
Anti-rotational press			8each		4		Press (Anti-rotational)
Day 87							
<b>Strength:</b>							
Squats @80%	@80%		5		6		Squat
<b>MetCon: 18min Cap</b>							
HSPU		18min Cap	4		3		HSPU
Run			100m		3		Run
Pull-ups			8		3		Pull-ups
Run			100m		3		Run
HRPU			12		3		HRPU
Run			100m		3		Run
Air Squats			16		3		Squat (Air)
Run			100m		3		Run
Sit-ups			20		3		Sit-ups
Run			100m		3		Run
Day 88							
<b>Strength:</b>							
Hang Clean + Pause Jerk			2		6		Clean (Hang)
			2		6		Jerk (Pause)
<b>MetCon:</b>							
Thrusters (155/95, 115/75)	(155/95, 115/75)		10		3		Thrusters
KB Swings (32/24, 24/20)	(32/24, 24/20)		25		3		KB Swings
Auxiliary:							
Row			250m		4		Row
Day 89							
<b>Strength:</b>							
DL @80%	@80%		3		5		Deadlift
<b>MetCon:</b>							
Box Jumps (30/24, 24/20)	(30/24, 24/20)		10		4		Box Jumps
T2B			12		4		T2B
Row			15 Calories?		4		Row
Day 90							
<b>Strength:</b>							
Bench Press (10min EMOM)	(10min EMOM) 10-1 @ 75-100% of BW						Bench Press
<b>MetCon: 90 second intervals</b>							
Wall Balls (20/14)	(20/14)	90 second intervals	15		4		Wall Balls

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Strict Chin-ups			7		4		Chin-ups (Strict)
DU's			AMRAP		4		DU's
Auxiliary:							
Bar Roll-outs			10		4		Bar Roll-outs
Floor Sweeps			16		4		Floor Sweeps
Day 91							
<b>Strength:</b>							
OHS			3		5		Squat (Overhead)
<b>MetCon:</b>							
Rope Climbs			10		2		Rope Climbs
KB Walking lunge in Single arm Rack Hold (3/(32/20, 24/16))			50		2		Lunges (KB Walking, Single, Rack Hold)
KB Jerks			50		2	1	Jerk (KB)
Run			10		2		Run
Auxiliary:							
Sledge Strikes			20		4		Sledge Strikes
Med Ball Russian Twist	Med Balls		20		4		3 Russian Twists
Day 92							
<b>Strength:</b>							
Strict Press + Push Press + Split Jerk			1		6		1 Press (Strict)
			1		6		Push Press
			1		6		Split Jerk
<b>MetCon:</b>							
Row			500m		1		Row
Burpees			9		4		Burpees
Ball Slams			15		4		Ball Slams
Sit-ups with Slam Ball			21		4		Sit-ups
Row			500m		1		Row
Auxiliary:							
Ring Support Holds			20sec		4		Ring Support Holds
Ring Dips			10-Aug		4		Ring Dips
Day 93							
<b>Strength: 7min EMOM</b>							
C & J@ 70-75%	@ 70-75%	7min EMOM	2		7		Clean and Jerk
<b>MetCon:</b>							
Front Squats (205/135, 155/105)	(205/135, 155/105)		6		5		Squat (Front)
C2B Pull-ups			6		5		Pull-ups (C2B)
Auxiliary:							
Band Wood Chops			10each		4		Wood Chops (Band)
Day 94							
<b>Strength:</b>							
Squats @80%	@80%		2		6		Squat
<b>MetCon:</b>							
Run			400m		2		Run
HSPU			15		2		HSPU
Run			400m		2		Run
HRPU			15		2		HRPU
Day 95							
<b>Strength:</b>							
3 Position Snatch	3 Position						Snatch
<b>MetCon:</b>							
DU's			50		1		DU's
KB Swings (32/24, 24/20)	(32/24, 24/20)		50		1		KB Swings
Sit-ups			50		1		Sit-ups
DU's			25		1		DU's
KB Swings (32/24, 24/20)	(32/24, 24/20)		25		1		KB Swings
Sit-ups			25		1		Sit-ups
Auxiliary:							
Rope Pulls			10		1		Rope Pulls
Day 96							
<b>Strength:</b>							
Deadlifts							Deadlift
	60%		5		1		
	70%		4		1		
	80%		3		1		
	85%		2		1		
	80%		3		1		
	70%		4		1		
	60%		5		1		
<b>MetCon:</b>							
Row			1500m		1		Row
			21		4		Ball Slams
Wall Balls (30/20, 20/14)	(30/20, 20/14)		25		3		Wall Balls
Ring Rows			20		3		Ring Rows
Goblet Hold Walking Lunge (32/24, 24/20)	(32/24, 24/20)		15paces		3		3 Lunges (KB Walking)
Day 97							
<b>Strength:</b>							
Establish a 3RM Push Press	3RM						Push Press
<b>MetCon: 18min cap</b>							
		(18min cap)					

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Squat Clean (165/115, 135/85)	(165/115, 135/85)		5		1		Squat Clean
Squat Clean (185/125, 155/105)	(185/125, 155/105)		3		1		Squat Clean
Squat Clean (225/150, 185/125)	(225/150, 185/125)		1		1		Squat Clean
T2B			40		1		T2B
Burpee Box Jumps			20		1		Burpees
Auxiliary:			20		1		Box Jumps
Med Ball Russian Twists	Med Balls		25		4		Russian Twists
Day 98							
<b>Strength:</b>							
Rope Climbing Skillz			15min		1		Rope Climbs
<b>MetCon:</b>							
Run Relay			400m		4	3	Run (Relay)
Thrusters (115/75)	(115/75)		21		1		Thrusters
Rope Climbs			12		1		Rope Climbs
Thrusters			15		1		Thrusters
Rope Climbs			9		1		Rope Climbs
Thrusters			9		1		Thrusters
Rope CLimbs			6		1		Rope Climbs
Run Relay			400m		4		Run (Relay)
Day 99							
<b>Strength:</b>							
DB Bench Press			8		5		Bench Press (DB)
SA DB/KB Bench Row			8each		5	1	Bench Row (DB/KB, single)
<b>MetCon:</b>							
Row			250m		4		Row
SA KB Swing (32/20, 24/16)	(32/20, 24/16)		30		4		KB Swings (single)
KB Goblet Hold Step-ups (20")	(20")		20		4		Step-ups (KB)
Day 100							
<b>Strength:</b>							
C & J @80%	@80%		2		5		Clean and Jerk
<b>MetCon:</b>							
S2OH	(135/85, 95/65)		21-15-9				Shoulder 2 Over-Head (S2OH)
Pull-ups			21-15-9				Pull-ups
Rest	3 minutes						
Front Squat	(185/125, 135/85)		15-9-6				Squat (Front)
Feet elevated Push-ups	Feet elevated		15-9-6				Push-ups
Auxiliary:							
Anti-rotational Press			8each		4		Press (Anti-rotational)
Day 101							
<b>Strength:</b>							
Squats @ 80%	@ 80%		6		4		Squat
<b>MetCon:</b>							
Run Relay	(26min cap)		200m		8		Run (Relay)
OHS (135/95, 115/75)	(135/95, 115/75)		50		1		Squat (Overhead)
Sit-ups			100		1		Sit-ups
DU's			150		1		DU's
Power Cleans			50		1		Clean (Power)
Box Jump overs (24/20)	(24/20)		100		1	1	Box Jump Overs
Day 102							
<b>Strength:</b>							
Snatch Catch w/2 sec. pause in bottom +Full bottom	w/2 sec. pause in bottom		2		5	1	Snatch (Catch)
			1				Snatch
<b>MetCon:</b>							
Row			500m		3		Row
Burpees			15		3		Burpees
KB SA Swing (24/16)	(24/16)		30		3		KB Swings (single)
Bar Roll Outs			10		4		Bar Roll-outs
Day 103							
<b>Strength:</b>							
Speed DL @70%	@70%		5		6	1	Deadlift (Speed)
<b>MetCon:</b>							
HSPU			7		5		HSPU
C2B Chin-ups			9		5	1	Chin-ups (C2B)
Day 104							
<b>Strength: 10min. EMOM</b>							
Bench Press (75-100% of BW)	(75-100% of BW)	10min. EMOM					Bench Press
<b>MetCon: 10min. AMRAP</b>							
Power Cleans (185/125, 135/95)	(185/125, 135/95)	(10min AMRAP)	10		AMRAP		Clean (Power)
Wall Balls			15		AMRAP		Wall Balls
DU's			25		AMRAP		DU's
Auxiliary:							
Russian Twists			25		4		Russian Twists
Day 105							

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
<b>Strength:</b>							
Front Squat (starting at 65% increasing load by 5% each round)	(starting at 65% increasing load by 5% each round)		5		5		Squat (Front)
<b>MetCon:</b>							
Run			400m		4		Run
Double KB Jerks (32/20, 24/16)	(32/20, 24/16)		12		4		Jerk (Double Bell KB)
KB Walking Lunges			12		4		Lunges (KB Walking)
Push-ups w/hands on handles of the bells	w/hands on handles of the bells		12		4		Push-ups
Auxiliary:							
Sledge Strikes			20		4		Sledge Strikes
TGU			3each		4		TGU (KB)
Day 106							
<b>Strength:</b>							
RDL			8		4		RDL
Bench KB/DB rows			8each		4	1	Bench Row (KB/DB)
<b>MetCon:</b>							
Ring Dips			10		3		Ring Dips
T2B			15		3		T2B
Ball Slams (30/20, 20/15)	(30/20, 20/15)		20		3		Ball Slams
Day 107							
<b>Strength:</b>							
Hang Power Clean + Hang Clean + Front Squat+ Jerk			1		5		Clean (Hang Power)
<b>MetCon:</b>							
Thrusters (135/85, 95/65)	(135/85, 95/65)		15		3		Thrusters
Lateral Burpees over the Bar			10		3		Burpees (Lateral Bar Over)
Run			400m		3		Run
Auxiliary:							
Floor Sweeps			10		4		Floor Sweeps
Loaded Glute Bridge	Loaded		10		4		Glute Bridge
Day 108							
<b>Strength:</b>							
Squats @85%	@85%		5		5		Squat
<b>MetCon:</b>							
Pull-ups			15-9-6-9-15		5		Pull-ups
Feet Elevated Push-ups	Feet Elevated (using 2 x 45lb plates)		15-9-6-9-15		5		Push-ups
DU's			15-9-6-9-15		5		DU's
Auxiliary:							
Row			500m		4		Row
Day 109							
<b>Strength:</b>							
Pause Snatch (working up to 80-85%)	(working up to 80-85%)		2		6		Snatch (Pause)
<b>MetCon:</b>							
Row	(25min cap)		1600m		1		Row
Hang Power Cleans Pos. #2 (185/125, 135/95)	Pos. #2 (185/125, 135/95)		25		1		Clean (Hang Power)
Box Jumps			25		1		Box Jumps
Front Rack DB (2) Walking Lunges (40/20, 35/25)	(40/20, 35/25)		2		1	3	Lunges (Walking DB Front Rack)
Wall Balls (30/20, 20/14)	(30/20, 20/14)		25		1		Wall Balls
			25				Wall Balls
Wall Ball Sit-ups			25				Sit-ups
Day 110							
<b>Strength:</b>							
DL (starting @ 65%, increasing load by 5% each round)	(starting @ 65%, increasing load by 5% each round)		2		5		Deadlift
<b>MetCon:</b>							
DL (225/155)	(225/155)		21-15-9		3		Deadlift
HSPU			21-15-9		3		HSPU
Day 111							
<b>Strength:</b>							
Bench Press	60% of BW	60% of BW	10		1		Bench Press
	70%		8		1		
	80%		6		1		
	90%		4		1		
	100%		2		1		
Firebreather Bench press @ BW			10		1		Bench Press
@110%			8		1		
@120%			6		1		
@130%			4		1		
@140%			2		1		
<b>MetCon:</b>							
	(12min AMRAP)						

	Weights (lbs)	Time (min)	Reps	Distance	Sets	Sums	NOTES
Squat Cleans (205/135, 165/115)	(205/135, 165/115)		6		AMRAP		Squat Clean
T2B			12		AMRAP		T2B
KB Swings (32/24, 24/20)	(32/24, 24/20)		18		AMRAP		KB Swings
Auxiliary:							
Run			1600m		1		Run
Day 112							
<b>Strength:</b>							
OHS (As heavy as possible with perfect form. AHAP)			3		6		Squat (Overhead)
<b>MetCon:</b>							
S2OH (155/95, 105/75)	(155/95, 105/75)		9		4		Shoulder 2 Over-Head (S2OH)
Box Jumps			15		4		Box Jumps
Run			200m		4		Run
Auxiliary:							
Farmer Walks			100m		4		Farmer Walks
Sledge Strikes			20		4		Sledge Strikes