

## MONDAY - JUL. 5, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Back Squat Warm Up 21.01</b>	2 Rounds Split Squat with Reach x5 e/s Side Groin Rock Backs x5 e/s Cossacks Squat with Plate Press x8 e/s No rest between rounds.											
<b>A BB Back Squat</b>		15		12		10		10		10		
	30%		45%		55%		55%		55%			
	Go as heavy as possible on your last 3 sets. - Rest 180 secs. between sets											
<b>B DB/KB Split Squat</b>		15 (ea.)		15 (ea.)		15 (ea.)						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Single Leg Kettlebell RDL</b>		12 (ea.)		12 (ea.)		12 (ea.)						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Linear Band Walks</b>		15 (ea.)		15 (ea.)		15 (ea.)						
	Complete 3 sets of 15 yards in each direction. - Rest 30 secs. between sets											
<b>B Lateral Band Walks</b>		15 (ea.)		15 (ea.)		15 (ea.)						
	Complete 3 sets of 15 yards in each direction. - Rest 30 secs. between sets											
<b>C Sled Push</b>		50		50		50						
	Reps = Yards. Move fast with a moderately weighted sled. - Rest 120 secs. between sets											

## TUESDAY - JUL. 6, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Bench Press Warm Up 21.01</b>	2 Rounds Side Scorpion Stretch x5 e/s Inchworms with Int/Ext Shoulder Rotation x5 Dumbbell Flyes x12 No rest between rounds.											
<b>A BB Bench Press</b>		15		12		10		10		10		
	30%		45%		55%		55%		55%			
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B Barbell Row (Pause)</b>		10		10		10						
	3 Second Eccentric Pause for 2 seconds at the top of each rep. - Rest 120 secs. between sets											
<b>C Landmine Kneeling Press</b>		15		15		15						
	Perform with both hands on the barbell and both knees on the ground. - Rest 30 secs. between sets											
<b>C DB Lateral Raises (Full ROM)</b>		12		12		12						
	Move slowly and stay in control. - Rest 30 secs. between sets											
<b>C Med Ball Push Ups (Close Grip)</b>		12-15		12-15		12-15						
	Use a slow tempo and stay in control. - Rest 30 secs. between sets											

## WEDNESDAY - JUL. 7, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	15 Min AMRAP  Perform max distance farmers carry Every time you break perform 12 burpees.  70/45  Score is number of yards completed.											

**THURSDAY - JUL. 8, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Deadlift Warm Up 21.01</b>	2 Rounds Side 90/90 with Forward Lean x5 e/s Side Single Leg Kettlebell RDL x8 e/s Seated Banded Abduction with Pause at End Range x12 No rest between rounds.											
<b>A Barbell RDL</b>		15		12		10		10		10		
	30%		45%		55%		55%		55%			
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B BB Hip Thrusters</b>		12		12		12		12				
	Go as heavy as possible. Pause for 3 seconds at the top of each rep. - Rest 120 secs. between sets											
<b>C Single Leg Squat - Rings</b>		10 (ea.)		10 (ea.)		10 (ea.)						
	Substitute with unassisted bodyweight pistol squats if you are able to complete more than 10 reps on each side. - Rest 60 secs. between sets											
<b>D Single Leg Elevated Hip Extension With a Pause at the Top</b>		10 (ea.)		10 (ea.)		10 (ea.)		10 (ea.)				
	No rest between rounds. Move slowly and stay in control.											
<b>D Left Side Plank + Right Side Plank</b>		30 secs (ea.)		30 secs (ea.)		30 secs (ea.)		30 secs (ea.)				
	No rest between rounds. Keep your back flat and your core tight.											

**FRIDAY - JUL. 9, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Overhead Press Warm Up 21.01</b>	2 Rounds Side Book Opener Stretch x5 e/s Scapular Pull-Ups x10 Side 1/2 Kneeling Landmine Press x8 e/s No rest between rounds.											
<b>A BB Overhead Press</b>		15		12		10		10		10		
	30%		45%		55%		55%		55%			
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B DB Bench Press (Close Grip)</b>		15		15		15						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Band Tricep Extensions</b>		15		15		15						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Alternating V-Ups</b>		8 (ea.)		8 (ea.)		8 (ea.)						
	Move slow and stay in control. - Rest 30 secs. between sets											
<b>C Rower</b>		200		200		200		200				
	Reps = Meters. Perform each set at an increasing level of effort. Final 200 meters should be at a sprint or 90+% effort. - Rest 120 secs. between sets											

**SATURDAY - JUL. 10, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	10 Rounds For Time: Sprint x 50 yards Wallballs x10											

**SUNDAY - JUL. 11, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Strength &amp; HIIT</b>	Accumulation 2											

**MONDAY - JUL. 12, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Back Squat Warm Up 21.01</b>	2 Rounds Split Squat with Reach x5 e/s Side Groin Rock Backs x5 e/s Cossacks Squat with Plate Press x8 e/s No rest between rounds.											
<b>A BB Back Squat</b>		15		12		10		8		8		8
		30%		45%		55%		63%		63%		63%
	Go as heavy as possible on your last 3 sets. - Rest 180 secs. between sets											
<b>B DB Step Ups</b>		10 (ea.)		10 (ea.)		10 (ea.)						
	3 Second Eccentric Go as heavy as possible. - Rest 120 secs. between sets											
<b>B Body Weight Banded Bridges</b>		25		25		25						
	Pause for 3 seconds at the top of each rep. - Rest 30 secs. between sets											
<b>B Hollow Hold</b>		45 secs		45 secs		45 secs						
	Keep your back flat and your core tight. - Rest 30 secs. between sets											
<b>C Reverse Sled Pull</b>		50		50		50						
	50 Reps = 50 Yards Keep your shoulders pulled back and core tight. - Rest 60 secs. between sets											

**TUESDAY - JUL. 13, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Bench Press Warm Up 21.01</b>	2 Rounds Side Scorpion Stretch x5 e/s Inchworms with Int/Ext Shoulder Rotation x5 Dumbbell Flyes x12 No rest between rounds.											
<b>A BB Bench Press</b>		15		12		10		8		8		8
		30%		45%		55%		63%		63%		63%
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B Inverted Row</b>		12		12		12						
	Keep your back flat and your core tight. - Rest 30 secs. between sets											
<b>B DB Flyes</b>		12		12		12						
	Use a slow tempo and go as heavy as possible - Rest 30 secs. between sets											
<b>B Push-Ups (Tempo)</b>		12		12		12						
	3 Second Eccentric - Rest 30 secs. between sets											
<b>Finisher w/ Partner</b>	3 Rounds with No Rest:  Partner A: Row 15 Calories Partner B: Front Forearm Plank (Until partner a completes 15 calorie row)  Partner A & B switch until they have each completed 3 rounds.  *If no partner is available, complete 3 rounds of a 15 calories followed by a 60 second plank.											

**WEDNESDAY - JUL. 14, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	20 Min EMOM  Odd Minute: KB Swings x 20 Even Minute: Goblet Squats x 12  #53/#35											

## THURSDAY - JUL. 15, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Deadlift Warm Up 21.01</b>	2 Rounds Side 90/90 with Forward Lean x5 e/s Single Leg Kettlebell RDL x8 e/s Seated Banded Abduction with Pause x12 No rest between rounds.											
<b>A Barbell RDL</b>		15		12		10		8		8		8
	30%		45%		55%		63%		63%		63%	
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B Kettlebell Bulgarian Split Squat</b>		12 (ea.)		12 (ea.)		12 (ea.)						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Single Arm KB Deadlift</b>		12 (ea.)		12 (ea.)		12 (ea.)						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>B Plate Pinch Walks</b>		50		50		50						
	50 Reps = 50 Yards Go as heavy as possible. - Rest 30 secs. between sets											
<b>Core</b>	3 Rounds Flutter Kicks x20 each Lying Leg Raises x10 Alternating V-Ups x10 each No rest between rounds.											

## FRIDAY - JUL. 16, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Overhead Press Warm Up 21.01</b>	2 Rounds Book Opener Stretch x5 e/s Scapular Pull-Ups x10 1/2 Kneeling Landmine Press x8 e/s No rest between rounds.											
<b>A BB Overhead Press</b>		15		12		10		8		8		8
	30%		45%		55%		63%		63%		63%	
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B Chin Ups</b>		10		10		10						
	Add additional weight if you're able to perform more than 10 strict bodyweight chin-ups. Add banded assistance if you're unable to perform 1 or more strict bodyweight chin-ups. - Rest 90 secs. between sets											
<b>C Band Pullapart</b>		12		12		12						
	Use a heavy resistance band and move slowly. - Rest 30 secs. between sets											
<b>C Landmine Rotations</b>		12 (ea.)		12 (ea.)		12 (ea.)						
	Use a slow tempo and go as heavy as possible - Rest 30 secs. between sets											
<b>C DB Cuban Press</b>		12		12		12						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>Finisher</b>	250 yard Overhead DB carry.  Every time you break perform 20 v-ups.											

## SATURDAY - JUL. 17, 2021

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	2 Rounds For Time:  Row x 1,000 meters Wallballs x 50 Ball slams x 50 Sit-ups x 50											



**WEDNESDAY - JUL. 21, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	4 Rounds For Time: DB Push-Press x 15 Assault Bike x 10 Calories Rest 2 Mins											
	4 Rounds For Time: DB Hang Cleans x 10 DB Front Squats x 10											

**THURSDAY - JUL. 22, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Lower Body #9</b>	2 Rounds Banded Forward/Backward Walks x20yds each Banded Side to Side Walks x20yds each Banded Hip Extension x10 No rest between rounds.											
<b>A Deadlifts (Tempo)</b>		8		6		5		5		5		5
		40%		55%		65%		73%		73%		73%
	Go as heavy as possible on your last 3 sets. 3 Second Eccentric + 3 Second Concentric - Rest 120 secs. between sets											
<b>B BB Banded Glute Bridge (Pause)</b>		15		15		15		15				
	Go as heavy as possible. Pause for 3 seconds at the top of each rep. - Rest 120 secs. between sets											
<b>C Kettlebell Lateral Lunge</b>		10 (ea.)		10 (ea.)		10 (ea.)						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>C BB Supinated Rows</b>		15		15		15						
	Use a slow tempo and go as heavy as possible. - Rest 30 secs. between sets											
<b>D KB/DB Farmers Carry</b>		75		75		75						
	Go as heavy as possible. Perform 3 sets of 75 yards. - Rest 60 secs. between sets											
<b>D Wall Sit</b>		60 secs		60 secs		60 secs						
	No rest between rounds.											

**FRIDAY - JUL. 23, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Upper Body #2</b>	2 Rounds Prone Swimmers x5 Banded DB Bench Press x10 Plate Halos x5 each side No rest between rounds.											
<b>A BB Overhead Press</b>		12		10		8		6		6		6
		40%		55%		63%		70%		70%		70%
	Go as heavy as possible on your last 3 sets. - Rest 120 secs. between sets											
<b>B Chin Ups</b>		8		8		8						
	3 Second Eccentric + Normal Concentric Substitute the lat pull down machine or jumping negatives if you're unable to perform more than 1 chin-up. - Rest 90 secs. between sets											
<b>C Lying Kettlebell Tricep Extensions</b>		15		15		15		15				
	Go as heavy as possible and maintain a slow tempo. - Rest 90 secs. between sets											
<b>C Single Arm DB Upright Row</b>		15 (ea.)		15 (ea.)		15 (ea.)		15 (ea.)				
	3 Second Eccentric Go as heavy as possible. - Rest 90 secs. between sets											
<b>D Med Ball Seated Side</b>		10 (ea.)		10 (ea.)		10 (ea.)						

**FRIDAY - JUL. 23, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Toss</b>	No rest between rounds.											
<b>D Med Ball Push Up</b>		10		10		10						
	No rest between rounds. Move slowly and stay in control.											

**SATURDAY - JUL. 24, 2021**

Workout	Set 1		Set 2		Set 3		Set 4		Set 5		Set 6	
	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps
<b>Metcon</b>	10 Minute AMRAP  Devil Press x 10 Burpees over Dumbbells x 5  Rest 2 Minutes then  10 Minute AMRAP  DB Hang Clean and Jerk x 10 Burpees over Dumbbells x 5											