



2017 CrossFit Open Prep

Tromello Programming

TROMELLO PROGRAMMING
2017 (8 WEEK OPEN PREP CYCLE 1)

DAY 1		WK1
SKILL:		EMOM 12
		MIN. 1: 5 STRICT C2B PULL UPS MIN. 2: 5 STRICT RING DIPS MIN. 3: 15 WEIGHTED SIT UPS W/ A PLATE (HOLD PLATE UP) MIN. 4: REST
LIFT:		
FRONT SQUATS		65% x7 75% x5 85% x3
2 Rounds (7,5,3,7,5,3)		
JERK FOOT WORK *Text me for video if you don't get these!		3 x3 Jerk Steps *Take the bar from the rack and drive forward with your front leg only. When you receive you back heel should be up. You are essentially stepping into your position. 3 x 3 Split Cleans w/ Jerk lead foot only. *Place BB just below the knee's. Pull from the hang **Work on driving the back foot back to catch.
S2O WORK Rest 1-2 Min.		BB STRICT PRESS WORK TO A NEW 1RM
*TAKE FROM 1RM OF EACH MOVEMENT **2 ROUNDS!!!!		
WORKOUT:		E3MOM X 5 ROUNDS
		30 DOUBLE UNDERS 25 S2O (75/55) 15 BAR FACEING BURPEES AT THE 15 MIN. MARK 3 ROUNDS FOR TIME: (6 MIN. CAP) 30 DOUBLE UNDERS 25 S2O 15 BAR LATERAL BURPESS

DAY 2	
WARM UP: 2 ROUNDS (AT A WALKING PACE)	
SHOULDER PRE-HAB / WARM UP	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS
LIFT:	EMOM... FOR AS LONG AS POSSIBLE
SNATCH Rest 1-2 Min.	3 POWER SNATCH 3 SQUAT SNATCH (135/95) ROUNDS:
SNATCH PULLS FROM GROUND Rest 1-2 Min. *YOU MAY USE STRAPS!	
SNATCH 1ST PULL Rest 1-2 Min. *YOU MAY USE STRAPS!	
OHS / SNATCH BALANCE Rest 1-2 Min.	OHS 21-15-9 135 / 95 (UNBROKEN) REST 2 MIN. 30 FOR TIME @ 135 / 95
SKILL:	EMOM 15
	ODD: 5 BAR MU EVEN: 10 G2O (75/55)
WORKOUT:	E3MOM... Until Failure
	25 T2B 3 Squat Snatch (185/125) *Add 10 lbs. each round.

DAY 3:	
PROWLER WORK:	
Give yourself ample recovery before squatting.	3 X 80 FT. PROWLER PULL BEAR CRAWL PAIR WITH: 3 X 2 LEGLESS ROPE CLIMBS
SKILL:	
	UNBROKEN HSPU 6 DEFICT UNBROKEN HSPU *MOVE UP DEFICIT UNTIL FAILURE 2", 4", 6", 8", 10, ETC.
LIFT:	
DEAD LIFT	<div><div></div><div>x10 REST 1 MIN. x15 REST 2 MIN. x20 REST 3 MIN. x25</div></div> <div>FIND A WEIGHT YOU CAN DO ALL 4 WITH. *UNBROKEN</div>
ACCESSORY / SKILL:	
	3 ROUNDS (AT A WALKING PACE) 6E MEADOWS ROW (YOUR CHOICE) 6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE) 6E SUITCASE DEAD LIFT (YOUR CHOICE) 6E LOADED BB ROLL OUTS 6 BB HIP THRUSTS (YOUR CHOICE)
WORKOUT:	
	AMRAP 13 3 Dead Lifts (315/205) 5 Box Jump Overs (30/24) 10 C2B Pull Ups 15 Air Squats

DAY 4	
POWER WORK:	YOKE WALK OR BACK SQUAT WALK
Give yourself ample recovery before squatting.	3 X 100 FT. WALK (2 X'S BODY WEIGHT) REST 3 MIN. BETWEEN EACH ROUND
LIFT:	
BACK SQUATS	65% x7 75% x5 85% x3
2 Rounds (7,5,3,7,5,3)	
THRUSTERS	x10 REST 1 MIN. x15 REST 2 MIN. x20 REST 3 MIN. x25 FIND A WEIGHT YOU CAN DO ALL 4 WITH. *UNBROKEN
SKILL:	TABATA
	8 ROUNDS (ALTERNATING) A) CAL. ROW B) HSPU *ALL OUT!
AEROBIC THRESHOLD:	27-21-15-9
	THRUSTERS T2B R1: 115/75 R2: 135/95 R3: 155/105 R4: 165/115 R1 = 27--27 REST 1 MIN. R2 = 21--21 REST 1 MIN. R3= 15--15 REST 1 MIN. R4 =9--9 *REST 1 MIN. AFTER EACH ROUND

DAY 5	
WARM UP / SKILL: 3 ROUNDS (AT A WALKING PACE)	
	10 BANDED RING MU PULL DOWNS 10 BANDED TRICEP EXTENSIONS 10 RING PUSH UPS 10 BAND PULL APARTS
LIFT: FULL CLEAN + JERK (ONCE YOU CAN'T JERK CONTINUE TO CLEAN)	
CLEAN Rest 1-2 Min.	x3 x3 x3 WORK UP TO A HEAVY SINGLE FOR THE DAY. x2 x2 x1 x1 x1
CLEAN PULLS (FROM THE FLOOR) Rest 1-2 Min. *YOU MAY USE STRAPS!	3 X3 @ 85% 2 X3 @ 92%
BB SLIT SQUAT *WORK FROM 45-55% 1RM BACK SQUAT PAIR WITH:	x6e x6e x6e x6e
GHD ASS. GLUTE-HAM RAISES (ADD WEIGHT)	x6 x6 x6
SKILL: 3 ROUNDS	
	20 UNBROKEN C2B PULL UPS *REST 90 SEC.
WORKOUT: 3-6-9-6-3	
	Power Clean (205/135) Front Squat Ring Muscle Up

WEEK 2

TROMELLO PROGRAMMING
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DAY 1		WK2	
SKILL:		EMOM 12	
		MIN. 1: :30 SEC. L SIT HOLD MIN. 2: 6 STRICT DEFICIT HSPU (BUILD IN DEFICIT) MIN. 3: 2 LEGLESS ROPE CLIMBS MIN. 4: REST	
LIFT:			
FRONT SQUATS		65% x7 75% x5 85% x3	
2 Rounds (7,5,3,7,5,3)			
JERK FOOT WORK *Text me for video if you don't get these!		3 x3 Jerk Steps *Take the bar from the rack and drive forward with your front leg only. When you receive you back heel should be up. You are essentially stepping into your position. 3 x 3 Split Cleans w/ Jerk lead foot only. *Place BB just below the knee's. Pull from the hang **Work on driving the back foot back to catch.	
S2O WORK <i>Rest 1-2 Min.</i>		PUSH JERK OR SPLIT JERK 3 x3 2 x2 3 x1	
*TAKE FROM 1RM OF EACH MOVEMENT **2 ROUNDS!!!!			
WORKOUT:		EMOM 12	
		MIN. 1: 10 FRONT SQUAT (185/125) MIN. 2:15 PULL UPS MIN. 3:10 BOX JUMP OVERS (30/24) IMMEDIATELY INTO: 3 ROUNDS 5 FRONT SQUAT (205) 15 PULL UPS 10 BOX JUMP OVERS	

DAY 2		
WARM UP:		
2 ROUNDS (AT A WALKING PACE)		
SHOULDER PRE-HAB / WARM UP	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS	
LIFT:	FULL SNATCH	
SNATCH <i>Rest 1-2 Min.</i>	<div> <div></div> <div>x3</div> <div>x3</div> <div>x3</div> <div>WORK UP TO A HEAVY SINGLE FOR THE DAY.</div> <div>x2</div> <div>x2</div> <div>x1</div> <div>x1</div> <div>x1</div> </div>	
SNATCH PULLS FROM GROUND <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	<div> <div>WORK WITH 85%</div> <div>3 X3</div> </div>	
SNATCH 1ST PULL <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	<div> <div>WORK TO 125% PAST 1RM SNATCH</div> <div>3 X2</div> </div>	
OHS / SNATCH BALANCE <i>Rest 1-2 Min.</i>	<div> <div>CLEAN GRIP OHS</div> <div>x3</div> <div>x3</div> <div>x3</div> <div>WORK UP TO A HEAVY SINGLE FOR THE DAY.</div> <div>x2</div> <div>x2</div> <div>x1</div> <div>x1</div> <div>x1</div> </div>	
SKILL:	EMOM 10 + 5 MIN	(CAN DO BEFORE OR AFTER WOD)
	1 STRICT MU + 2 KIPPING <i>Does not have to be unbroken but it should be the goal.</i> *AT MIN. 11 ADD A REP UNTIL FAILURE. **11 = 3, 12 = 4, 13 = 5, 14 = 6, 15 = 7	
WORKOUT:	AMRAP 18 8 SNATCH 8 T2B 8 BAR FACING BURPEES *EVERY 3 ROUNDS ADD WEIGHT: R1 - R3: (115/75) R4 - R6: 135/95) R7 - R9: (165/115) *WHEN YOU GET TO R10 AMRAP SNATCH AT (210/130)	

DAY 3:**PROWLER WORK:****EMOM 9**

Give yourself ample recovery before squatting.

ODD: 8E BARBELL WALKING LUNGE
EVEN: BACKWARD SLED DRAG (HEAVY)**SKILL:****3 ROUNDS**25 UNBROKEN C2B PULL UPS
1:20 FRONT PLANK
*REST 1 MIN. BETWEEN SETS**LIFT:****DEAD LIFT**65% x3
70% x3
75% x3
80% x1
80% x1**ACCESSORY / SKILL:****3 ROUNDS (AT A WALKING PACE)**6E MEADOWS ROW (YOUR CHOICE)
6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE)
6E SUITCASE DEAD LIFT (YOUR CHOICE)
6E LOADED BB ROLL OUTS
6 BB HIP THRUSTS (YOUR CHOICE)**WORKOUT:****27 -21-15-9**DEAD LIFT
BOX JUMPR1 = 27--27
REST 1 MIN.
R2 = 21--21
REST 1 MIN.
R3= 15--15
REST 1 MIN.
R4 =9--9***REST 1 MIN. AFTER EACH ROUND**

DAY 4	
POWER WORK:	EMOM 9
Give yourself ample recovery before squatting.	ODD: 8E DB WALKING LUNGES EVEN: 100 FT. HEAVY D-BALL CARRY
LIFT:	
BACK SQUATS	65% x7 75% x5 85% x3
2 Rounds (7,5,3,7,5,3)	
THRUSTERS	21-15-9 (UNBROKEN) 115 / 75 REST 2 MIN. 30 FOR TIME @ 115 / 75
SKILL:	
	TABATA 8 ROUNDS (ALTERNATING) A) DOUBLE UNDERS B) T2B *ALL OUT!
AEROBIC THRESHOLD:	
	AMRAP 5 ROW FOR MAX CALORIES *IMMEDIATELY INTO 6 X 200 M. SPRINTS *REST 1 MIN. *IMMEDIATELY INTO EMOM 10 15 CAL. ASSAULT BIKE (22 AIRDYNE)

DAY 5	
WARM UP / SKILL:	3 ROUNDS (AT A WALKING PACE)
	10 BANDED RING MU PULL DOWNS 10 BANDED TRICEP EXTENSIONS 10 RING PUSH UPS 10 BAND PULL APARTS
LIFT:	UNBROKEN
CLEAN <i>Rest 1-2 Min.</i>	21 CLEANS (135/95) REST 2 MIN. 15 CLEANS (155/105) REST 2 MIN. 9 CLEANS (175/120)
CLEAN PULLS (FROM THE FLOOR) <i>Rest 1-2 Min.</i>	
*YOU MAY USE STRAPS!	3 X3 @ 90% 2 X3 @ 95%
BB SLIT SQUAT	x6e
*WORK FROM 45-55% 1RM BACK SQUAT	CHOOSE A WEIGHT x6e
PAIR WITH:	x6e
	x6e
GHD ASS. GLUTE-HAM RAISES (ADD WEIGHT)	x6
	x6
	x6
SKILL:	BAR MUSCLE UPS
	3 X 7 (UNBROKEN) *REST AS NEEDED
WORKOUT:	EMOM 10
	10/8 CAL. ROW 10 BURPEES
	IMMEDIATELY INTO:
	EMOM 10 3 SQUAT CLEANS (135/95) 8 HSPU

WEEK 3

TROMELLO PROGRAMMING
2017 (8 WEEK OPEN PREP CYCLE 1)

DAY 1		WK3 (DELOAD)	
SKILL:		EMOM 12	
		MIN. 1: 50 FT. HANDSTAND WALK MIN. 2: 16 WEIGHTED ALT. PISTOLS (ADD WEIGHT EACH ROUND) MIN. 3: 6 STRICT T2B MIN. 4: REST	
LIFT:			
FRONT SQUATS		60% x7 70% x5 80% x3	
2 Rounds (7,5,3,7,5,3)			
JERK FOOT WORK *Text me for video if you don't get these!		3 x3 Jerk Steps *Take the bar from the rack and drive forward with your front leg only. When you receive you back heel should be up. You are essentially stepping into your position. 3 x 3 Split Cleans w/ Jerk lead foot only. *Place BB just below the knee's. Pull from the hang **Work on driving the back foot back to catch.	
S2O WORK Rest 1-2 Min.		S2O 21-15-9 165 / 115 (UNBROKEN) REST 2 MIN. 30 FOR TIME @ 165 / 115	
*TAKE FROM 1RM OF EACH MOVEMENT **2 ROUNDS!!!!			
WORKOUT:		27-21-15-9	
		S2O BAR FACEING BURPEES R1: 135/95 R2: 155/105 R3: 165/115 R4: 185/125 *REST 1 MIN. AFTER EACH ROUND	
		R1 = 27--27 REST 1 MIN. R2 = 21--21 REST 1 MIN. R3= 15--15 REST 1 MIN. R4 =9--9	

DAY 2	
WARM UP: 2 ROUNDS (AT A WALKING PACE)	
SHOULDER PRE-HAB / WARM UP	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS
LIFT:	UNBROKEN
SNATCH <i>Rest 1-2 Min.</i>	21 SNATCH (115/75) REST 2 MIN. 15 SNATCH (135/95) REST 2 MIN. 9 SNATCH (165/115)
SNATCH PULLS FROM GROUND <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	
SNATCH 1ST PULL <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	
OHS / SNATCH BALANCE <i>Rest 1-2 Min.</i>	OHS 21-15-9 155 / 105 (UNBROKEN) REST 2 MIN. 30 FOR TIME @ 155 / 105
SKILL:	EMOM 10 ODD: 2 L SIT STRICT MU EVEN: 10 ALT. DB SQUAT SNATCH (70/50)
WORKOUT:	EMOM 10 10 WALL BALL (30/20) 30 DOUBLE UNDERS IMMEDIATELY INTO: EMOM 10 3 MUSCLE UPS 3 SQUAT SNATCH (135/95)

DAY 3:

PROWLER WORK:

Give yourself ample recovery before squatting.	3 X 80 FT. PROWLER PULL BEAR CRAWL PAIR WITH: 3 X 2 LEGLESS ROPE CLIMBS
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SKILL:	EMOM 10 + 5 MIN
	7 T2B *AT MIN. 11 ADD A REP UNTIL FAILURE. **11 = 8, 12 = 9, 13 = 10, 14 = 11, 15 = 12 Does not have to be unbroken but it should be the goal.

LIFT:	
DEAD LIFT	x30 REST 1 MIN. x25 FIND A WEIGHT YOU CAN DO UNBROKEN

ACCESSORY / SKILL:	3 ROUNDS (AT A WALKING PACE) 6E MEADOWS ROW (YOUR CHOICE) 6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE) 6E SUITCASE DEAD LIFT (YOUR CHOICE) 6E LOADED BB ROLL OUTS 6 BB HIP THRUSTS (YOUR CHOICE)
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WORKOUT:	
	REST

DAY 4	
POWER WORK:	WEIGHTED PLANKS
Give yourself ample recovery before squatting.	6 X :30 SEC.
LIFT:	
BACK SQUATS	60% x7 70% x5 80% x3
2 Rounds (7,5,3,7,5,3)	
THRUSTERS	x30 REST 1 MIN. x25
	*GO OFF OF 21-15-9. FIND A WEIGHT YOU CAN DO UNBROKEN
SKILL:	TABATA
	8 ROUNDS (ALTERNATING) A) ASSAULT BIKE B) C2B PULL UPS
	*ALL OUT!
AEROBIC THRESHOLD:	EMOM 21
	MIN. 1: 20/16 CAL. ROW MIN. 2: 200 M. RUN MIN. 3: 12/8 SKI ERG

DAY 5	
WARM UP / SKILL:	3 ROUNDS (AT A WALKING PACE)
	10 BANDED RING MU PULL DOWNS 10 BANDED TRICEP EXTENSIONS 10 RING PUSH UPS 10 BAND PULL APARTS
LIFT:	FULL CLEAN + JERK (ONCE YOU CAN'T JERK CONTINUE TO CLEAN)
CLEAN <i>Rest 1-2 Min.</i>	x3 x3 x3 WORK UP TO A HEAVY SINGLE FOR THE DAY. x2 x1 x1 x1
CLEAN PULLS (FROM THE FLOOR) <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	
BB SLIT SQUAT *WORK FROM 45-55% 1RM BACK SQUAT PAIR WITH:	
GHD ASS. GLUTE-HAM RAISES (ADD WEIGHT)	
SKILL:	UNBROKEN STRICT HSPU
	*IF YOUR BEST SET OF UNBROKEN HSPU IS MORE THAN 25 PLEASE DO: 2 SETS OF 15 UNBROKEN WITH UNLIMITED REST *IF YOUR BEST SET OF UNBROKEN HSPU IS LESS THAN 25 PLEASE DO: 2 SETS OF 10 UNBROKEN WITH UNLIMITED REST.
WORKOUT:	7 ROUNDS (11 MIN. CAP)
	6 BACK SQUAT (225 / 155) 15/12 CAL. ROW 9 HSPU

WEEK 4

TROMELLO PROGRAMMING
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DAY 1		WK4
SKILL:		EMOM 12
		MIN. 1: 30 UNBROKEN DOUBLE UNDERS MIN. 2: 25 GHD SIT UPS MIN. 3: 5-7 UNBROKEN MUSCLE UPS (ONE ATTEMPT) MIN. 4: REST
LIFT:		
FRONT SQUATS		65% x7 75% x5 85% x3
2 Rounds (7,5,3,7,5,3)		
JERK FOOT WORK *Text me for video if you don't get these!		3 x3 Jerk Steps *Take the bar from the rack and drive forward with your front leg only. When you receive you back heel should be up. You are essentially stepping into your position. 3 x 3 Split Cleans w/ Jerk lead foot only. *Place BB just below the knee's. Pull from the hang **Work on driving the back foot back to catch.
S2O WORK <i>Rest 1-2 Min.</i>		PUSH JERK OR SPLIT JERK 3 x3 2 x2 3 x1
*TAKE FROM 1RM OF EACH MOVEMENT **2 ROUNDS!!!!		
WORKOUT:		"15.3"
		AMRAP 14 7 MUSCLE UPS 50 WALL BALL (20/14) 10"/9" 100 DOUBLE UNDERS

DAY 2	
WARM UP: 2 ROUNDS (AT A WALKING PACE)	
SHOULDER PRE-HAB / WARM UP	10 Y'S 10 T'S 10 W'S 10 REVERSE FLY'S 10 FACE PULLS
LIFT:	FULL SNATCH
SNATCH <i>Rest 1-2 Min.</i>	x3 x3 x3 WORK UP TO A HEAVY SINGLE FOR THE DAY. x2 x2 x1 x1 x1
SNATCH PULLS FROM GROUND <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	WORK WITH 105% 4 X3
SNATCH 1ST PULL <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	WORK TO 130% PAST 1RM SNATCH 3 X2
OHS / SNATCH BALANCE <i>Rest 1-2 Min.</i>	CLEAN GRIP OHS x3 x3 x3 WORK UP TO A HEAVY SINGLE FOR THE DAY. x2 x2 x1 x1 x1
SKILL:	EMOM 10 + 5 MIN
	5 STRICT HSPU <i>Does not have to be unbroken but it should be the goal.</i> *AT MIN. 11 ADD A REP UNTIL FAILURE. **11 = 6, 12 = 7, 13 = 8, 14 = 9, 15 = 10
WORKOUT:	27-21-15-9
	OHS C2B PULL UPS R1: 95/65 R2: 115/75 R3: 135/95 R4: 165/115 R1 = 27--27 REST 1 MIN. R2 = 21--21 REST 1 MIN. R3= 15--15 REST 1 MIN. R4 =9--9 *REST 1 MIN. AFTER EACH ROUND

DAY 3:**PROWLER WORK:**

Give yourself ample recovery before squatting.

EMOM 9ODD: 50 FT. HANDSTAND WALK
EVEN: BACKWARD SLED DRAG (HEAVY)WEIGHTED PLANKS
6 X :30 SEC.**SKILL:****EMOM 12**MIN. 1: 6 WEIGHTED RING DIPS
MIN. 2: :30 SEC. HEAD STAND
MIN. 3: :30 SEC. L SIT**LIFT:****DEAD LIFT**70% x3
75% x3
80% x3 x 4
85% x1
88% x1**ACCESSORY / SKILL:****3 ROUNDS (AT A WALKING PACE)**6E MEADOWS ROW (YOUR CHOICE)
6E SINGLE ARM LANDMINE PRESS (YOUR CHOICE)
6E SUITCASE DEAD LIFT (YOUR CHOICE)
6E LOADED BB ROLL OUTS
6 BB HIP THRUSTS (YOUR CHOICE)**WORKOUT:****500 M. REPEATS**

10 X 500 M. ROW

*REST 1 MIN.

AVG. SPLIT TIME:

KEEP EACH ONE UNDER 1:45 / 1:55

DAY 4**POWER WORK:****EMOM 10**

Give yourself ample recovery before squatting.

ODD: 50 FT. YOKE CARRY (2X'S BODY WEIGHT)
EVEN: 6 STONE TO OVER SHOULDER (YOUR CHOICE)*YOU CAN DO A BACK SQUAT WALK AND USE A D-BALL OR
SAND BAG FOR THE STONE**LIFT:****BACK SQUATS**

65% x7

75% x5

85% x3

2 Rounds (7,5,3,7,5,3)**THRUSTERS**21-15-9
(UNBROKEN)
135 / 95
REST 2 MIN.

30 FOR TIME @ 135 / 95

SKILL:**TABATA**8 ROUNDS (ALTERNATING)
A) ASSAULT BIKE
B) BAR MU***ALL OUT!****AEROBIC THRESHOLD:****2 ROUNDS**11 CAL. ROW
15 THRUSTERS (95/65)
20 CAL. ROW
16 THRUSTERS

DAY 5	
WARM UP / SKILL:	3 ROUNDS (AT A WALKING PACE)
	10 BANDED RING MU PULL DOWNS 10 BANDED TRICEP EXTENSIONS 10 RING PUSH UPS 10 BAND PULL APARTS
LIFT:	EMOM... FOR AS LONG AS POSSIBLE
CLEAN <i>Rest 1-2 Min.</i>	3 POWER CLEAN 3 SQUAT CLEAN (165/115) ROUNDS:
CLEAN PULLS (FROM THE FLOOR) <i>Rest 1-2 Min.</i> *YOU MAY USE STRAPS!	3 X3 @ 90% 2 X3 @ 95%
BB SLIT SQUAT *WORK FROM 45-55% 1RM BACK SQUAT PAIR WITH:	CHOOSE A WEIGHT x6e x6e x6e x6e
GHD ASS. GLUTE-HAM RAISES (ADD WEIGHT)	x6 x6 x6
SKILL:	EMOM 10
	ODD: 1 LEGLESS ROPE CLIMB + 2 REGULAR ROPE CLIMBS EVEN: 12/8 CAL. ASSAULT BIKE (16 AIRDYNE) *ADJUST REPS ACCORDING TO SKILL AND NOTE FOR ME!
WORKOUT:	FOR TIME: (20 MIN. CAP)
	21 DB SNATCH (70/50) 42 HSPU 63 PULL UPS 84 PUSH PRESS (75/55) 100 FT. FRONT RACK WALKING LUNGES (165/115)