

Cycle 1: Month 1

|  |  |  |  |
| --- | --- | --- | --- |
| Beef Jerky*AMRAP 12**- 25 Air Squats**- 7 Clean and Jerks*<https://youtu.be/hb0n2EStLlc><https://youtu.be/EdLSmC8Ly-Y> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | Chief Burger*On the 4:00 x 3 Rounds**- 20 Double Arm Rows**- 60 Calf Pumps**- 7 Front Squats*<https://youtu.be/J3czuY0IUyM><https://youtu.be/1H1bIoS0Pz4> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Half Empty or Half Full*3 Rounds of:**AMRAP 4**- 30 Double Arm Rows**- 20 Chair Dips**- As many Air Squats as possible in the time remaining**Rest 4:00 between rounds*<https://youtu.be/ZKhVouEBkaA><https://youtu.be/6-o7m8FSmZ0> | Front Squat 5 x 5<https://youtu.be/73_gucUBW5s> | The Golden Age*3 Rounds of:**- 50 metre Farmer’s Carry**- 12 Burpees**- 21 Step Ups*<https://youtu.be/su_9qRe8D-o><https://youtu.be/5-qZd11TtXg> | Cindy Squared*Every 2 minutes for 10 minutes:**1 Round of Cindy* *- 5 Double Arm Rows**- 10 Push Ups**- 15 Air Squats*<https://youtu.be/-toyBf5Adrc> |
| Strictly Speaking*On the 3:00 by 4 Rounds:**- 24 Seated Knee Tucks**- 10 Med Ball Cleans**- 6 Shoulder Presses*<https://youtu.be/fln27WtYJVE> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Loaded Dog*4 Rounds:**AMRAP 3**- 6 Deadlifts**- 9 Push Ups**- 12 seated Knee Tucks**- Rest 45 seconds*<https://youtu.be/0NyGDQjQPbQ><https://youtu.be/XIlaSKl284c> | Shoulder Press 5 x 5<https://youtu.be/VPr6WVpPFdc> |
| Put A Swing In It*6 Rounds of:**- 20 Forward Lunges**- 10 Jug Swings**- 20 Forward Lunges**- 10 Front Squats*<https://youtu.be/ctkPKCBKLDU><https://youtu.be/SZGQ6fSyEdc> | Front Squat EMOM 15<https://youtu.be/tor2CXNP_l8> | Furious and Fast*Tabata (20 seconds on, 10 seconds off for 8 rounds in 4 minutues)**- Push Ups**- Calf Pumps**- Single Arm Rows**- Calf Pumps*<https://youtu.be/r3bXlIjOVaA> | Plenty*AMRAP 10**- 10 Thrusters**- 10 Snatches**- 10 Step Ups**- 10 Push Presses*<https://youtu.be/-6sdfbrpZMc><https://youtu.be/BQbkmtbddkA> |

Cycle 1: Month 2

|  |  |  |  |
| --- | --- | --- | --- |
| Beef Jerky*AMRAP 12**- 25 Air Squats**- 7 Clean and Jerks*<https://youtu.be/hb0n2EStLlc><https://youtu.be/EdLSmC8Ly-Y> | Deadlift 5 x 5<https://youtu.be/BMAxnL4QAtw> | Chief Burger*On the 4:00 x 3 Rounds**- 20 Double Arm Rows**- 60 Calf Pumps**- 7 Front Squats*<https://youtu.be/J3czuY0IUyM><https://youtu.be/1H1bIoS0Pz4> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Half Empty or Half Full*3 Rounds of:**AMRAP 4**- 30 Double Arm Rows**- 20 Chair Dips**- As many Air Squats as possible in the time remaining**Rest 4:00 between rounds*<https://youtu.be/ZKhVouEBkaA><https://youtu.be/6-o7m8FSmZ0> | Front Squat 5 x 5<https://youtu.be/73_gucUBW5s> | The Golden Age*3 Rounds of:**- 50 metre Farmer’s Carry**- 12 Burpees**- 21 Step Ups*<https://youtu.be/su_9qRe8D-o><https://youtu.be/5-qZd11TtXg> | Cindy Squared*Every 2 minutes for 10 minutes:**1 Round of Cindy* *- 5 Double Arm Rows**- 10 Push Ups**- 15 Air Squats*<https://youtu.be/-toyBf5Adrc> |
| Strictly Speaking*On the 3:00 by 4 Rounds:**- 24 Seated Knee Tucks**- 10 Med Ball Cleans**- 6 Shoulder Presses*<https://youtu.be/fln27WtYJVE> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Loaded Dog*4 Rounds:**AMRAP 3**- 6 Deadlifts**- 9 Push Ups**- 12 seated Knee Tucks**- Rest 45 seconds*<https://youtu.be/0NyGDQjQPbQ><https://youtu.be/XIlaSKl284c> | Shoulder Press 5 x 5<https://youtu.be/VPr6WVpPFdc> |
| Put A Swing In It*6 Rounds of:**- 20 Forward Lunges**- 10 Jug Swings**- 20 Forward Lunges**- 10 Front Squats*<https://youtu.be/ctkPKCBKLDU><https://youtu.be/SZGQ6fSyEdc> | Front Squat EMOM15<https://youtu.be/tor2CXNP_l8> | Furious and Fast*Tabata (20 seconds on, 10 seconds off for 8 rounds in 4 minutues)**- Push Ups**- Calf Pumps**- Single Arm Rows**- Calf Pumps*<https://youtu.be/r3bXlIjOVaA> | Plenty*AMRAP 10**- 10 Thrusters**- 10 Snatches**- 10 Step Ups**- 10 Push Presses*<https://youtu.be/-6sdfbrpZMc><https://youtu.be/BQbkmtbddkA> |

Cycle 1: Month 3

|  |  |  |  |
| --- | --- | --- | --- |
| Beef Jerky*AMRAP 12**- 25 Air Squats**- 7 Clean and Jerks*<https://youtu.be/hb0n2EStLlc><https://youtu.be/EdLSmC8Ly-Y> | Deadlift 5 x 5<https://youtu.be/BMAxnL4QAtw> | Chief Burger*On the 4:00 x 3 Rounds**- 20 Double Arm Rows**- 60 Calf Pumps**- 7 Front Squats*<https://youtu.be/J3czuY0IUyM><https://youtu.be/1H1bIoS0Pz4> | Shoulder Press EMOM15<https://youtu.be/plleUnOVGdM> |
| Half Empty or Half Full*3 Rounds of:**AMRAP 4**- 30 Double Arm Rows**- 20 Chair Dips**- As many Air Squats as possible in the time remaining**Rest 4:00 between rounds*<https://youtu.be/ZKhVouEBkaA><https://youtu.be/6-o7m8FSmZ0> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | The Golden Age*3 Rounds of:**- 50 metre Farmer’s Carry**- 12 Burpees**- 21 Step Ups*<https://youtu.be/su_9qRe8D-o><https://youtu.be/5-qZd11TtXg> | Cindy Squared*Every 2 minutes for 10 minutes:**1 Round of Cindy* *- 5 Double Arm Rows**- 10 Push Ups**- 15 Air Squats*<https://youtu.be/-toyBf5Adrc> |
| Strictly Speaking*On the 3:00 by 4 Rounds:**- 24 Seated Knee Tucks**- 10 Med Ball Cleans**- 6 Shoulder Presses*<https://youtu.be/fln27WtYJVE> | Deadlift EMOM15<https://youtu.be/YmrSXIVAP8E> | Loaded Dog*4 Rounds:**AMRAP 3**- 6 Deadlifts**- 9 Push Ups**- 12 seated Knee Tucks**- Rest 45 seconds*<https://youtu.be/0NyGDQjQPbQ><https://youtu.be/XIlaSKl284c> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Put A Swing In It*6 Rounds of:**- 20 Forward Lunges**- 10 Jug Swings**- 20 Forward Lunges**- 10 Front Squats*<https://youtu.be/ctkPKCBKLDU><https://youtu.be/SZGQ6fSyEdc> | Front Squat EMOM 15<https://youtu.be/tor2CXNP_l8> | Furious and Fast*Tabata (20 seconds on, 10 seconds off for 8 rounds in 4 minutues)**- Push Ups**- Calf Pumps**- Single Arm Rows**- Calf Pumps*<https://youtu.be/r3bXlIjOVaA> | Plenty*AMRAP 10**- 10 Thrusters**- 10 Snatches**- 10 Step Ups**- 10 Push Presses*<https://youtu.be/-6sdfbrpZMc><https://youtu.be/BQbkmtbddkA> |

Cycle 2: Month 1

|  |  |  |  |
| --- | --- | --- | --- |
| Take A Seat*AMRAP 10- 25 Good Mornings- 20 Calf Raises- 30 seconds of L-Sit- 10 Snatches*<https://youtu.be/emD0nDgsGTM><https://youtu.be/TY3xGX2tHFI> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | Dip And Drive*21-15-9- Push Jerks- Burpees- Lateral Hops*<https://youtu.be/DvWBZI-DEBI><https://youtu.be/alwtHzv02yE> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Carry On *AMRAP 4- 150m Farmer’s Carry Buy In- 7 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 100m Farmer’s Carry Buy In- 9 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 50m Farmer’s Carry Buy In- 11 Med Ball Cleans- 25 Lateral Hops*<https://youtu.be/2zrv9LmZ8F0><https://youtu.be/L7PpIN4zqfM> | Front Squat EMOM 15<https://youtu.be/tor2CXNP_l8> | Overpowered*AMRAP 12- 6 Snatches- 9 Overhead Squats- 12 Step Ups*<https://youtu.be/zWPMzrlWCtA><https://youtu.be/NA1Z05IAK2Y> | Happy as Larry*3 Rounds For Time:- 12 Hang Power Cleans- 12 Double Arm Rows- 12 Push Jerks- 12 Seated Leg Raises*<https://youtu.be/l98sjgSUVaw><https://youtu.be/x1A1Bk0NX-w> |
| Dip Your Toes in*Every 5 minutes x 3- 20 Chair Dips- 200m Walk/Jog- 40 Calf Pumps*<https://youtu.be/qnU3bOhAFiE><https://youtu.be/kIMEY57OvvE> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Annie*For Time:25-20-15-10-5- Lateral Hops- Seated Leg Raises*<https://youtu.be/ylQrDn3rsRo><https://youtu.be/RhXKb8aDh2A> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Minute Man*AMRAP 12- 15 Lateral Hops- 15 Air Squats- 15 Jug SwingsWith 3 Burpees on the minute, every minute*<https://youtu.be/Cmaj7nI3Oc4><https://youtu.be/mIH1tcP0Vrc> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | 100 Meter Dash*AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 Snatches*<https://youtu.be/vILCfsP5DcU><https://youtu.be/vWFkE6JWycY> | Masters of the Universe*15-12-9-12-15- Seated Knee Tucks- Deadlifts- Burpees*<https://youtu.be/wPNqVgOvpvU><https://youtu.be/M_9c5AtcKwc> |

Cycle 2: Month 2

|  |  |  |  |
| --- | --- | --- | --- |
| Take A Seat*AMRAP 10- 25 Good Mornings- 20 Calf Raises- 30 seconds of L-Sit- 10 Snatches*<https://youtu.be/emD0nDgsGTM><https://youtu.be/TY3xGX2tHFI> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | Dip And Drive*21-15-9- Push Jerks- Burpees- Lateral Hops*<https://youtu.be/DvWBZI-DEBI><https://youtu.be/alwtHzv02yE> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Carry On *AMRAP 4- 150m Farmer’s Carry Buy In- 7 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 100m Farmer’s Carry Buy In- 9 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 50m Farmer’s Carry Buy In- 11 Med Ball Cleans- 25 Lateral Hops*<https://youtu.be/2zrv9LmZ8F0><https://youtu.be/L7PpIN4zqfM> | Front Squat EMOM 15<https://youtu.be/tor2CXNP_l8> | Overpowered*AMRAP 12- 6 Snatches- 9 Overhead Squats- 12 Step Ups*<https://youtu.be/zWPMzrlWCtA><https://youtu.be/NA1Z05IAK2Y> | Happy as Larry*3 Rounds For Time:- 12 Hang Power Cleans- 12 Double Arm Rows- 12 Push Jerks- 12 Seated Leg Raises*<https://youtu.be/l98sjgSUVaw><https://youtu.be/x1A1Bk0NX-w> |
| Dip Your Toes in*Every 5 minutes x 3- 20 Chair Dips- 200m Walk/Jog- 40 Calf Pumps*<https://youtu.be/qnU3bOhAFiE><https://youtu.be/kIMEY57OvvE> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Annie*For Time:25-20-15-10-5- Lateral Hops- Seated Leg Raises*<https://youtu.be/ylQrDn3rsRo><https://youtu.be/RhXKb8aDh2A> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Minute Man*AMRAP 12- 15 Lateral Hops- 15 Air Squats- 15 Jug SwingsWith 3 Burpees on the minute, every minute*<https://youtu.be/Cmaj7nI3Oc4><https://youtu.be/mIH1tcP0Vrc> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | 100 Meter Dash*AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 Snatches*<https://youtu.be/vILCfsP5DcU><https://youtu.be/vWFkE6JWycY> | Masters of the Universe*15-12-9-12-15- Seated Knee Tucks- Deadlifts- Burpees*<https://youtu.be/wPNqVgOvpvU><https://youtu.be/M_9c5AtcKwc> |

Cycle 2: Month 3

|  |  |  |  |
| --- | --- | --- | --- |
| Take A Seat*AMRAP 10- 25 Good Mornings- 20 Calf Raises- 30 seconds of L-Sit- 10 Snatches*<https://youtu.be/emD0nDgsGTM><https://youtu.be/TY3xGX2tHFI> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | Dip And Drive*21-15-9- Push Jerks- Burpees- Lateral Hops*<https://youtu.be/DvWBZI-DEBI><https://youtu.be/alwtHzv02yE> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Carry On *AMRAP 4- 150m Farmer’s Carry Buy In- 7 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 100m Farmer’s Carry Buy In- 9 Med Ball Cleans- 25 Lateral HopsRest 4:00AMRAP 4- 50m Farmer’s Carry Buy In- 11 Med Ball Cleans- 25 Lateral Hops*<https://youtu.be/2zrv9LmZ8F0><https://youtu.be/L7PpIN4zqfM> | Front Squat EMOM 15<https://youtu.be/tor2CXNP_l8> | Overpowered*AMRAP 12- 6 Snatches- 9 Overhead Squats- 12 Step Ups*<https://youtu.be/zWPMzrlWCtA><https://youtu.be/NA1Z05IAK2Y> | Happy as Larry*3 Rounds For Time:- 12 Hang Power Cleans- 12 Double Arm Rows- 12 Push Jerks- 12 Seated Leg Raises*<https://youtu.be/l98sjgSUVaw><https://youtu.be/x1A1Bk0NX-w> |
| Dip Your Toes in*Every 5 minutes x 3- 20 Chair Dips- 200m Walk/Jog- 40 Calf Pumps*<https://youtu.be/qnU3bOhAFiE><https://youtu.be/kIMEY57OvvE> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Annie*For Time:25-20-15-10-5- Lateral Hops- Seated Leg Raises*<https://youtu.be/ylQrDn3rsRo><https://youtu.be/RhXKb8aDh2A> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Minute Man*AMRAP 12- 15 Lateral Hops- 15 Air Squats- 15 Jug SwingsWith 3 Burpees on the minute, every minute*<https://youtu.be/Cmaj7nI3Oc4><https://youtu.be/mIH1tcP0Vrc> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | 100 Meter Dash*AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 SnatchesRest 3:00AMRAP 3- 20 Forward Lunges- 12 Snatches*<https://youtu.be/vILCfsP5DcU><https://youtu.be/vWFkE6JWycY> | Masters of the Universe*15-12-9-12-15- Seated Knee Tucks- Deadlifts- Burpees*<https://youtu.be/wPNqVgOvpvU><https://youtu.be/M_9c5AtcKwc> |

Cycle 3: Month 1

|  |  |  |  |
| --- | --- | --- | --- |
| Me Time*Ascending Ladder for 10 minutes- 2 Chair Dips- 2 Med Ball Cleans- 2 Burpees- 4 Chair Dips- 4 Med Ball Cleans- 4 Burpees- 6 Chair Dips- etc*<https://youtu.be/2Af6oUH9Gfo><https://youtu.be/U1kUfprQixw> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | 3rd Time’s A Chance*With a Running ClockA: On the 0:00….Perform 2 rounds:- 20 Reverse Lunges- 10 SnatchesB: On the 5:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Hang Power CleansC: On the 10:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Thrusters*<https://youtu.be/HOuJ8e2e9rI><https://youtu.be/5q_klqtdeR8> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Deep Dive*On the 4:00 x 3 Rounds- 9 Deadlifts- 12 Burpees- 50m Farmer’s Carry*<https://youtu.be/oOWCQE9RYew><https://youtu.be/VFcInqLYq4c> | Front Squat EMOM15<https://youtu.be/tor2CXNP_l8> | Fancy*AMRAP 10- 20 Good Mornings- 10 Double Arm Rows*<https://youtu.be/u8W_--T8ITk><https://youtu.be/lx5bve6gpcU> | Down Size*AMRAP 4- 21 Alternating Single Arm Rows- 21 Seated Leg Raises- 21 Front SquatsRest – 4:00AMRAP 4- 15 Alternating Single Arm Rows- 15 Seated Leg Raises- 15 Front SquatsRest – 4:00AMRAP 4- 9 Alternating Single Arm Rows- 9 Seated Leg Raises- 9 Front Squats*<https://youtu.be/tSovgkMfbgQ><https://youtu.be/uGxwjYes9vQ> |
| Monday Round-Up*3 Rounds For Time:- 60 Calf Pumps- 30 Snatches*<https://youtu.be/8ZdCh1k2wKg><https://youtu.be/ekht5dWVAhY> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Knuckle Down*For Time:- 10 Double Arm Rows- 100m walk/run- 20 Hang Power Cleans- 100m walk/run- 20 Push Jerks- 100m walk/run- 10 Double Arm Rows*<https://youtu.be/5DSshU7qygE><https://youtu.be/0Ak2D1pnJ0Y> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Jug Head*AMRAP 10- 20 Forward Lunges- 15 Deadlifts- 10 Jug Swings*<https://youtu.be/D748n3LTQLI><https://youtu.be/TDZ7nCDxBPo> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | Jump Ship*AMRAP 12- 21 Single Arm Rows- 18 Forward Lunges- 15 Knee Tucks- 12 Push Ups*<https://youtu.be/XG4tcJQ-I7w><https://youtu.be/55xU0UjmcKA> | The Test Of Time*For Time:- 200 Jug SwingsWith 30 Calf Pumps at the start of each new minute (and start with the calf pumps at time 0:00)*<https://youtu.be/s7GDqOk7aZg><https://youtu.be/VeH7vupP8aQ> |

Cycle 3: Month 2

|  |  |  |  |
| --- | --- | --- | --- |
| Me Time*Ascending Ladder for 10 minutes- 2 Chair Dips- 2 Med Ball Cleans- 2 Burpees- 4 Chair Dips- 4 Med Ball Cleans- 4 Burpees- 6 Chair Dips- etc*<https://youtu.be/2Af6oUH9Gfo><https://youtu.be/U1kUfprQixw> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | 3rd Time’s A Chance*With a Running ClockA: On the 0:00….Perform 2 rounds:- 20 Reverse Lunges- 10 SnatchesB: On the 5:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Hang Power CleansC: On the 10:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Thrusters*<https://youtu.be/HOuJ8e2e9rI><https://youtu.be/5q_klqtdeR8> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Deep Dive*On the 4:00 x 3 Rounds- 9 Deadlifts- 12 Burpees- 50m Farmer’s Carry*<https://youtu.be/oOWCQE9RYew><https://youtu.be/VFcInqLYq4c> | Front Squat EMOM15<https://youtu.be/tor2CXNP_l8> | Fancy*AMRAP 10- 20 Good Mornings- 10 Double Arm Rows*<https://youtu.be/u8W_--T8ITk><https://youtu.be/lx5bve6gpcU> | Down Size*AMRAP 4- 21 Alternating Single Arm Rows- 21 Seated Leg Raises- 21 Front SquatsRest – 4:00AMRAP 4- 15 Alternating Single Arm Rows- 15 Seated Leg Raises- 15 Front SquatsRest – 4:00AMRAP 4- 9 Alternating Single Arm Rows- 9 Seated Leg Raises- 9 Front Squats*<https://youtu.be/tSovgkMfbgQ><https://youtu.be/uGxwjYes9vQ> |
| Monday Round-Up*3 Rounds For Time:- 60 Calf Pumps- 30 Snatches*<https://youtu.be/8ZdCh1k2wKg><https://youtu.be/ekht5dWVAhY> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Knuckle Down*For Time:- 10 Double Arm Rows- 100m walk/run- 20 Hang Power Cleans- 100m walk/run- 20 Push Jerks- 100m walk/run- 10 Double Arm Rows*<https://youtu.be/5DSshU7qygE><https://youtu.be/0Ak2D1pnJ0Y> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Jug Head*AMRAP 10- 20 Forward Lunges- 15 Deadlifts- 10 Jug Swings*<https://youtu.be/D748n3LTQLI><https://youtu.be/TDZ7nCDxBPo> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | Jump Ship*AMRAP 12- 21 Single Arm Rows- 18 Forward Lunges- 15 Knee Tucks- 12 Push Ups*<https://youtu.be/XG4tcJQ-I7w><https://youtu.be/55xU0UjmcKA> | The Test Of Time*For Time:- 200 Jug SwingsWith 30 Calf Pumps at the start of each new minute (and start with the calf pumps at time 0:00)*<https://youtu.be/s7GDqOk7aZg><https://youtu.be/VeH7vupP8aQ> |

Cycle 3: Month 3

|  |  |  |  |
| --- | --- | --- | --- |
| Me Time*Ascending Ladder for 10 minutes- 2 Chair Dips- 2 Med Ball Cleans- 2 Burpees- 4 Chair Dips- 4 Med Ball Cleans- 4 Burpees- 6 Chair Dips- etc*<https://youtu.be/2Af6oUH9Gfo><https://youtu.be/U1kUfprQixw> | Deadlift 5x5<https://youtu.be/BMAxnL4QAtw> | 3rd Time’s A Chance*With a Running ClockA: On the 0:00….Perform 2 rounds:- 20 Reverse Lunges- 10 SnatchesB: On the 5:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Hang Power CleansC: On the 10:00….Perform 2 rounds:- 20 Reverse Lunges- 10 Thrusters*<https://youtu.be/HOuJ8e2e9rI><https://youtu.be/5q_klqtdeR8> | Shoulder Press EMOM 15<https://youtu.be/plleUnOVGdM> |
| Deep Dive*On the 4:00 x 3 Rounds- 9 Deadlifts- 12 Burpees- 50m Farmer’s Carry*<https://youtu.be/oOWCQE9RYew><https://youtu.be/VFcInqLYq4c> | Front Squat EMOM15<https://youtu.be/tor2CXNP_l8> | Fancy*AMRAP 10- 20 Good Mornings- 10 Double Arm Rows*<https://youtu.be/u8W_--T8ITk><https://youtu.be/lx5bve6gpcU> | Down Size*AMRAP 4- 21 Alternating Single Arm Rows- 21 Seated Leg Raises- 21 Front SquatsRest – 4:00AMRAP 4- 15 Alternating Single Arm Rows- 15 Seated Leg Raises- 15 Front SquatsRest – 4:00AMRAP 4- 9 Alternating Single Arm Rows- 9 Seated Leg Raises- 9 Front Squats*<https://youtu.be/tSovgkMfbgQ><https://youtu.be/uGxwjYes9vQ> |
| Monday Round-Up*3 Rounds For Time:- 60 Calf Pumps- 30 Snatches*<https://youtu.be/8ZdCh1k2wKg><https://youtu.be/ekht5dWVAhY> | Deadlift EMOM 15<https://youtu.be/YmrSXIVAP8E> | Knuckle Down*For Time:- 10 Double Arm Rows- 100m walk/run- 20 Hang Power Cleans- 100m walk/run- 20 Push Jerks- 100m walk/run- 10 Double Arm Rows*<https://youtu.be/5DSshU7qygE><https://youtu.be/0Ak2D1pnJ0Y> | Shoulder Press 5x5<https://youtu.be/VPr6WVpPFdc> |
| Jug Head*AMRAP 10- 20 Forward Lunges- 15 Deadlifts- 10 Jug Swings*<https://youtu.be/D748n3LTQLI><https://youtu.be/TDZ7nCDxBPo> | Front Squat 5x5<https://youtu.be/73_gucUBW5s> | Jump Ship*AMRAP 12- 21 Single Arm Rows- 18 Forward Lunges- 15 Knee Tucks- 12 Push Ups*<https://youtu.be/XG4tcJQ-I7w><https://youtu.be/55xU0UjmcKA> | The Test Of Time*For Time:- 200 Jug SwingsWith 30 Calf Pumps at the start of each new minute (and start with the calf pumps at time 0:00)*<https://youtu.be/s7GDqOk7aZg><https://youtu.be/VeH7vupP8aQ> |