

Cycle 1: Month 1

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| 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

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| 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

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| 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

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| 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 Hops  Rest 4:00  AMRAP 4 - 100m Farmer’s Carry Buy In - 9 Med Ball Cleans - 25 Lateral Hops  Rest 4:00  AMRAP 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 Swings With 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 Snatches Rest 3:00 AMRAP 3 - 20 Forward Lunges - 12 Snatches Rest 3:00 AMRAP 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

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| 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 Hops  Rest 4:00  AMRAP 4 - 100m Farmer’s Carry Buy In - 9 Med Ball Cleans - 25 Lateral Hops  Rest 4:00  AMRAP 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 Swings With 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 Snatches Rest 3:00 AMRAP 3 - 20 Forward Lunges - 12 Snatches Rest 3:00 AMRAP 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

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| --- | --- | --- | --- |
| 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 Hops  Rest 4:00  AMRAP 4 - 100m Farmer’s Carry Buy In - 9 Med Ball Cleans - 25 Lateral Hops  Rest 4:00  AMRAP 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 Swings With 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 Snatches Rest 3:00 AMRAP 3 - 20 Forward Lunges - 12 Snatches Rest 3:00 AMRAP 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

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| --- | --- | --- | --- |
| 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 Clock A: On the 0:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Snatches B: On the 5:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Hang Power Cleans C: 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 Squats Rest – 4:00 AMRAP 4 - 15 Alternating Single Arm Rows - 15 Seated Leg Raises - 15 Front Squats Rest – 4:00 AMRAP 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 Swings With 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 Clock A: On the 0:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Snatches B: On the 5:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Hang Power Cleans C: 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 Squats Rest – 4:00 AMRAP 4 - 15 Alternating Single Arm Rows - 15 Seated Leg Raises - 15 Front Squats Rest – 4:00 AMRAP 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 Swings With 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

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| 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 Clock A: On the 0:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Snatches B: On the 5:00…. Perform 2 rounds: - 20 Reverse Lunges - 10 Hang Power Cleans C: 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 Squats Rest – 4:00 AMRAP 4 - 15 Alternating Single Arm Rows - 15 Seated Leg Raises - 15 Front Squats Rest – 4:00 AMRAP 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 Swings With 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> |