

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p><b>STRENGTH</b> ON A 15:00 RUNNING CLOCK... Build to 1RM Push Press*</p> <p>*Retest of 1RM from beginning of Wendler Cycle</p> <p><b>NCFIT BENCHMARK WORKOUT</b> <b>"PUSH. PULL." FOR TIME*</b> 3-6-9-12-9-6-3 Push Jerk (155,105) (135,95)</p> <p>*15 Cal Row After Every Set</p> <p>-15:00 Hard Cap-</p> <p><b>OPTIONAL COOL DOWN FOR RECOVERY</b> 3:00 Foam Rolling Upper Back / Lats 3:00 Foam Rolling Inner Thighs / Quads</p>	<p><b>EXTENDED WARM-UP</b> EMOM x 8 MINUTES MIN 1 - 5-8 DB Renegade Rows* MIN 2 - :20 Hollow Hold / :20 Hollow Bar Hang</p> <p>*1 Rep = Push-up + Row L + Row R</p> <p><b>WORKOUT</b> <b>AMRAP x 20 MINUTES</b> 5 Strict or C2B Pull-Ups* 10 Hand-Release Push-Ups 15/12 Cal Bike</p> <p>*Athlete choice each round on Strict or C2B Pull-Ups</p>	<p><b>STRENGTH</b> ON A 20:00 RUNNING CLOCK... Build to 1RM Front Squat*</p> <p>*Retest of 1RM from beginning of Wendler Cycle</p> <p><b>NCFIT BENCHMARK WORKOUT</b> <b>"SPEED DEMON" 3 ROUNDS FOR TIME</b> 30 Single DB Front Squat (35/25) (25/20) 30 Up-Downs</p> <p>-8:00 Hard Cap-</p>	<p><b>WORKOUT</b> <b>EMOM x 15 MINUTES</b> MIN 1 - MAX DB Box Step-Overs (40/30) (30/20) (24/20) MIN 2 - MAX Double Unders MIN 3 - MAX Weighted Plank Hold (45/35) (35/25)</p> <p>*:50 work / :10 rest for all working minutes. **If you have a weighted jump rope, use it. For all athletes, add additional load to the plank hold.</p> <p><b>PARTNER FINISHER IN TEAMS OF 2...</b> AMRAP x 6 MINUTES Weighted Sit-Ups (30/20) (20/10)*</p> <p>*Hold single DB across chest. P1 works for minute 1 while P2 holds P1's feet. P2 works for minute 2 while P1 holds P2's feet...and so on alternating minutes until the end of the AMRAP.</p>	<p><b>EXTENDED WARM-UP</b> ON A 10:00 RUNNING CLOCK... Build to "Heavier" Single Squat Clean and Jerk*</p> <p>*Immediately before workout, build up quickly to 15-25% heavier than workout weight</p> <p><b>NCFIT BENCHMARK WORKOUT</b> <b>"CALIFORNIA LOVE" FOR TIME</b> 30 Squat Clean &amp; Jerk* (155/105) (115/75)</p> <p>*Athletes must perform 5 burpees after every 5 reps of C&amp;J (6 rounds of 5+5). Workout ends with the 5 burpees after the 30th rep.</p> <p><b>COOL DOWN FOR RECOVERY</b> 5:00 Foam Rolling*</p> <p>*Focus on quads and hips</p>	<p><b>SKILL</b> 5 SETS* 2/2 Single Arm KB Russian Swing 2/2 Single Arm KB Clean 2/2 Single Arm KB Snatch</p> <p>-Rest as Needed b/t Sets-</p> <p>*Start light and build every other set. Goal is to perform unbroken. For the clean &amp; snatch, bell comes from the waist.</p> <p><b>WORKOUT FOR TIME</b> 150 Russian KB Swing (70/53) (53/35)*</p> <p>*Every minute, including 3,2,1 go...perform 10 Box Jumps (24/20). Standard for Russian today is eye-level and only slight bend in the elbow.</p>	<p><b>PARTNER WORKOUT IN TEAMS OF 2...</b> <b>AMRAP x 17 MINUTES*</b> P1 Completes... 6 Toe to Bar 5 Power Snatch (95/65) (65/45) 4 Overhead Squat 100m Sprint or 50 Mountain Climbers**</p> <p>P2 Completes... Max Meters on Rower</p> <p>*P1 completes a full round of the work while P2 rows for max meters. After the full round, partners switch. Score for the workout is total meters.</p> <p>**For the Mountain Climbers, perform with knee passing the waist. Each time the knee comes up is 1-rep.</p> <p><b>COOL DOWN FOR RECOVERY</b> 4:00 of Group Flow Stretching 1:00 of Rebound*</p> <p>*Rebound is laying prone and still while slow nasal breathing.</p>