



# Program Sample

## DAY 1

**1. Warm-up**  
3 Steady Rounds  
12 Dumbbell Overhead Squats (6/side)  
15 Banded Good Mornings  
18 Calories on any Bike

### 2. OLY

Snatch  
6x3 @ 70-75%

### 3. Met-Con

AMRAP 20 Minutes  
15 Power Cleans 135/95lbs  
30/24 Calorie Row

### 4. Bitch Work

4 Rounds  
1k on C2 Bike Erg  
15 Dumbbell Box Step Overs 24/20  
50/35lbs  
Rest :90

After completing pieces 1-4, choose ONE.

### 5. Strength

Pause Overhead Squat  
3-3-3-3-3  
70%+ 1RM

### 6. Accessory

6 Rounds:  
6 Muscle Up + 1s  
40 Handstand Walk  
Jog 200m

## DAY 2

### 1. Warm-up

AMRAP 5 Minutes  
Row 1k  
Max Lateral Jump Squats over the Rower in remaining time  
Then  
Stretch: Front Split hold :90/side

### 2. Strength

12 Rounds:  
50' Yoke Walk  
60 HEAVY  
Rest as little as needed

### 3. Met-Con

AMRAP 15 Minutes  
Ski 2k  
50 Sumo DLHP 135/95lbs  
Max Rep Pistols in remaining time  
\*Hold 53/35lb Kettlebell during Pistols

### 4. Interval

5 Rounds:  
60 Air Squats  
40 Push Ups  
20 Chest to Bar  
Rest 2:00

After completing pieces 1-4, choose ONE

### 5. Bitch Work

"Perfect Pace"  
C2 Bike 5:00 x 5  
Rest 2:00  
Hold 90 RPM throughout  
Adjust damper as needed

### 6. Accessory

Back Rack Lunges  
5x10  
Heavy/Unbroken  
And  
Bench Press  
3x10

## DAY 3

### 1. Warm-up

Straight Through  
Bike 50/30 Calories (steady)  
2:00 Dead Hang from Bar  
3x10 Light Zercher Squat

### 2. Strength

Back Squat  
Work up to a heavy single around 90%  
then  
5x3 @ 80%

### 3. Oly

Squat Clean  
Warm Up  
4x2 @ 60-70%  
w/ pause at knee drop and reset  
Then  
7x1 @ 80-90%

### 4. Interval

AMRAP 5:00 x 4  
100 Double Unders  
100' Sandbag Lunge 150/100lbs  
Max Rep Handstand Push-Ups in remaining time  
Rest :90

After completing pieces 1-4, choose ONE

### 5. Bitch Work

Ski 15/12 Calories x 8  
Rest 2:00

### 6. Accessory

Backwards Facing Sled Drag  
6 Rounds:  
:30 on  
2:30 off  
Sled @ Bodyweight

BLOG

HATCHET

MASTERS

### 1. Warm-up

3 Steady Rounds  
12 Dumbbell Overhead Squats (6/side)  
15 Banded Good Mornings  
18 Calories on any Bike

### 2. OLY

Snatch  
6x3 @ 70-75%

### 3. Met-Con

AMRAP 20 Minutes  
4 Muscle Ups  
12 Power Cleans 135/95lbs  
24/20 Calorie Row  
\*More Options:  
Bar Muscle Ups or 2x Pull Up variation

### 4. Interval

3 Rounds  
1k on Bike (any)  
15 Dumbbell Box Step Overs 24/20  
50/35lbs  
Rest :90

\*More Options:  
KBs instead of DBs on step overs

### 1. Warm-up

AMRAP 5 Minutes  
Row 1k  
Max Lateral Jump Squats over the Rower in remaining time  
Then  
Stretch: Front Split hold :90/side

### 2. Met-Con

AMRAP 15 Minutes  
Row 2k  
50 Sumo DLHP 95/65lbs  
Max Rep Single Arm Dumbbell Push Press 70/50lbs  
(Switch arms anytime)  
\*More Options:  
Bike 4k or Run 1 mile instead of Row  
Lighter DB Shoulder to OH

### 3. Interval

4 Rounds  
50 Air Squats  
35 Push Ups  
20 Chest to Bar  
Rest 2:00  
\*More Options:  
Any Push Up and/or Pull Up scale

### 4. Accessory

Back Rack Lunges  
5x10  
Heavy/Unbroken  
And  
Bench Press  
3x10  
\*More Options:  
Dumbbell Bench instead of Barbel

### 1. Warm-up

Straight Through  
Bike 50/30 Calories (steady)  
2:00 Dead Hang from Bar  
3x10 Light Zercher Squat

### 2. Strength

Back Squat  
4x6 @75%

### 3. Oly

Squat Clean  
Warm Up  
4x2 @ 60-70%  
w/ pause at knee drop and reset  
Then  
7x1 @ 80-90%

### 4. Interval

AMRAP 5:00 x 4  
80 Double Unders  
100' Sandbag Lunge 100/70lbs  
Max Rep Handstand Push-Ups in remaining time  
Rest :90  
\*More Options:  
Double Dumbbell Lunges instead of Sandbag Lunges

### 1. Warm-up

5 Minute Steady Ski  
EMOM 5 Squat Jumps to 12x Target

### 2. OLY

Back Squat  
Work up to a heavy single around 90%  
Then  
5x3 @ 80%

### 3. Met-con

AMRAP 15 Minutes:  
Run 400m  
20 GHD Sit Ups  
10 Double Dumbbell Clean and Jerk 50/35lbs

#### Age Division Modification:

AMRAP 15 Minutes:  
Run 400m  
15 GHD Sit Ups  
10 Double Dumbbell Clean and Jerk 35/20lbs

### 4. Gymnastics

Chest to Bar Pull-Ups  
1-12  
Make it as far as you can unbroken, rest as needed between sets

After completing pieces 1-4, choose ONE

### 5. Bitch Work

5 Rounds:  
100m shuttle sprint  
(25mx4)  
Rest 2:00

### 6. Strength Accessory

Strict Press  
Max Unbroken Reps  
R1: 95/65lbs  
R2: 65/45lbs  
R3: 45/35lbs  
Rest 2:00

### 1. Warm-up

Crossover Symmetry  
20 Reps Each of:  
Archer (Heavy)  
90/90(Light)  
WY Negative (Light)  
Then

3 Rounds with Light empty bar:  
10 Perfect Snatch Deadlift  
10 Good Mornings  
10 Overhead Squats

### 2. Oly

Snatch  
6x3 @ 70-75%

### 3. Interval

3 Rounds:  
40 Wall Balls 20/14lbs  
20/12 Calorie Assault Bike  
10 Burpee Over Box 24/20  
Rest 3:00

#### Age Division Modification:

3 Rounds:  
30 Wall Balls 14/10lbs  
12/8 Calorie Assault Bike  
10 Burpee Over Box 20/16  
Rest 3:00

After completing pieces 1-3, choose ONE

### 4. Strength

Pause Overhead Squat  
3-3-3-3-3  
70%+ 1RM

### 5. Gymnastics

AMRAP 10 Minutes:  
Row 150/100m  
2 Rope Climbs

#### Age Division Modification:

AMRAP 10 Minutes:  
Row 150/100m  
2 Rope Climbs  
Rest 60 seconds

### 1. Warm-up

2 Minutes Banded Glute Activation:  
Then  
3 Rounds:

10 Lateral Goblet Squats  
**2. Oly**  
Power Clean 4x1  
Clean Pull 4x1  
Clean Deadlift 4x1

### 3. Met-Con

AMRAP 6 Minutes:  
5 Back Squat 225/135lbs  
30 Heavy Double Unders  
\*Take Bar from Rack

#### Age Division Modification:

AMRAP 6 Minutes:  
5 Back Squat 185/125lbs  
30 Double Unders  
\*Take Bar from Rack

After completing pieces 1-3, choose ONE

### 4. Gymnastics

4 sets  
Max strict Handstand Push-Ups right into Max Kipping  
Handstand Push-Ups

### 5. Strength

12 Rounds:  
50' Yoke Walk  
60 HEAVY  
Rest as little as needed

### 6. Strength Accessory

3 Rounds:  
100ft Overhead Walking Lunge  
\*Use 2 kettlebells  
AHAP  
Rest 1:00