

House of Training - Health and Fitness - Get FIT Get STRONG whiteboard

Monday 08 August to Sunday 14 August, 2022

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>"OVER THE TOP" 5 Rounds For Time:</p> <p>30/21 Calorie Row 5 Double Dumbbell Box Step Ups (24"/20") 30 AbMat Sit-ups 5 Double Dumbbell Box Step Ups (24"/20")</p> <p>*Score = Time it takes to complete the workout</p> <p>GetFit = 15/10 GetStrong = 22.5/15</p>	<p>Overhead Squat Build to a heavy set of 2 -----</p> <p>PART 2: "Karandy" For Time [18 Minute Cap]:</p> <p>75 Power Snatches 150 Wallballs</p> <p>*Partition However You'd Like</p> <p>*Score = Time it takes to complete the workout</p> <p>Barbell = 35/25 or 30/20 Wall Ball = 9/6 or 6/4</p>	<p>Niclovis Every 3 mins x 10</p> <p>Run 400m Max burpee pull ups</p>	<p>"BEND DON'T BREAK" 5 Rounds For Time:</p> <p>30 Reverse Lunges 20 Toes to Bar 15 Box Jumps (30"/24") 10 Deadlifts</p> <p>*Score = Time it takes to complete the workout</p> <p>GetFit = 70/50 GetStrong = 102.5/70</p>	<p>PART 1: Push Press Build to a Heavy Set of 2 Push Press</p> <p>*Score = Heaviest load used for a set of 2 -----</p> <p>"Snap, Crackle, Pop" On the 2:00 x 10 Rounds:</p> <p>500/400 Meter Bike 30 Double Unders 10 Push Press</p> <p>*Score = Slowest round</p> <p>GetFit = 30/20 GetStrong = 42.5/30</p>	Nothing scheduled	Nothing scheduled