

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

Monday 13 February to Sunday 19 February, 2023

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<p>Back Squat 4 x 10 @ 60% of 1rm</p> <p>Every 3 mins -----</p> <p>Workout of the Day 130223 AMRAP for total reps</p> <p>(20 min total cap)</p> <p>2:30 on 1:30 off x 5 sets 5 x 15m Shuttle runs 10 TTB ME Power cleans</p> <p>GetFit 35/25 GetStrong 50/40</p> <p>@80/52.5 (175/115)</p> <p>*Shuttle run = 7.5m down + back = 1</p>	<p>Push + Pull 6 Sets every 2:30</p> <p>4 Strict press building in weight + 10 Single DB laying pull overs -----</p> <p>Workout of the Day For Time (15-18 min cap)</p> <p>3 Rounds</p> <p>400m Run 30 DBL DB farmers carry walking lunges 20 DBL DB push press 10 High box jumps</p>	<p>Gymnastics Gymnastics - 4 Sets</p> <p>1 - 3 Strict muscle ups 60 Seconds rest 3-5 Ring muscle ups</p> <p>Or</p> <p>3-5 Strict weighted pull ups Rest 60 seconds 5-10 Deficit push ups</p> <p>Rest 90 between sets -----</p> <p>Workout of the Day For Time (24-27 min cap)</p> <p>30/22 Cal fan bike 10 Wall walks 30/22 Cal row 10 Burpee pull ups</p>	<p>Deadlift 6 Sets @75% of 3rm - Every 2 mins</p> <p>2 Reps</p> <p>Rest 20 seconds</p> <p>2 Reps -----</p> <p>Workout of the Day For Time (9-11 min cap)</p> <p>21-15-9 Deadlifts KB swings Box jump overs</p> <p>GetFit 70/50 & 16/12 GetStrong 100/70 & 24/16 -----</p> <p>Midline 4 Sets</p> <p>20 Banded glute bridges 40 Second banded glute bridge hold 40 Second Sorenson hold</p> <p>Rest 90 seconds</p>	<p>Back Squat Every 3 mins</p> <p>4 x 10 @ 65% of 1rm -----</p> <p>Workout of the Day 12 Min AMRAP For Reps</p> <p>200m Run ME C2B pull ups/pull ups/ring rows</p> <p>*Run every time drop from the bar</p>	Nothing scheduled	Nothing scheduled