



CrossFit CM2

PROGRAMMING

Monday 13th Jan	Tuesday 14th Jan	Wednesday 15th Jan	Thursday 16th Jan	Friday 17th Jan	Saturday 18th Jan	Sunday 19th Jan
<p>Strength Power Clean + 2 Push Jerk Build to a heavy set + EMOM 15 All performed on the same minute 5 Deadlift 80/60kg 3 Power cleans 80/60kg 3 STOH 80/60kg <i>If you cant maintain the rep scheme on the minute, continue as an AMRAP</i></p>	<p>Front squat (25 minutes) Build to heavy 5 reps 2 x 10 reps @ a lighter weight + 10 minute AMRAP 50 Thruster check in 40/35kg AMRAP in the remaining time 5 bar facing burpees 30 double unders 10 push press 40/35kg</p>	<p>Strict HSPU 5 sets of 5 reps Advanced - 10-8-6-4-2 increase deficit each set + 20 minute rolling clock 10 Strict T2B 15 Ground rows 20 Alt Pistol Squats</p>	<p>EMOM 35 A- 10 Power cleans 45/35kg B- 65 Double unders C- Row 15/12 cal D- 10 KB swings 24/20kg + 10 Burpees E- REST</p>	<p>Hang Snatch 20 minutes to build to a heavy triple. + 2 Snatch Deadlift + 1 Power Snatch Performed as TNG Build to a heavy complex</p>	<p>Back squat Build to a heavy 4 reps + 3 x 5 minute AMRAPs with 2:00 rest between A- 5 Minute AMRAP Max reps wall balls 9/6kg - Each time you break complete 6 hand release burpees B- 5 minute AMRAP Max calorie row - Every 300m complete 50 double unders C- 5 minute AMRAP Max reps DB box step over 22.5.15kg- Each time you have to set the dumbbells down complete 20 H.R push ups</p>	<p>KB Strength 3x10 Double KB seated Z press 3x10 Double KB Snatch 3x10 Double KB Front Rack Walking Lunge + 3 rounds for time 30 KB swings - 24/20kg 30 Pull-ups Run 300m</p>