

Day 1: 5 Rounds for Time

10 Push-ups, 15 Air Squats, 200m Run

Stimulus: Keep moving at a steady pace, aiming for sub-15 minutes. Push the run to elevate your heart rate.

Day 2: AMRAP 12

5 Pull-ups, 10 Dumbbell Snatches (50/35), 15 Sit-ups

Stimulus: Continuous effort, grip endurance. Moderate weight, unbroken sets.

Day 3: EMOM 20

Min 1: 12 Wall Balls, Min 2: 10 Deadlifts (moderate), Min 3: 12 Box Jumps, Min 4: Rest

Stimulus: Consistency across rounds. Each minute should be challenging but completed in ~40s.

Day 4: For Time

100 Burpees

Stimulus: Mental toughness test. Keep a steady pace, avoid burnout in first 30 reps.

Day 5: Chipper

50 Double Unders, 40 Kettlebell Swings, 30 Pull-ups, 20 Handstand Push-ups, 10 Clean & Jerks

Stimulus: Grind through big sets. Aim to partition smartly, especially pull-ups and HSPUs.

Day 6: Active Recovery

30–45 min Walk, Row, or Bike + Mobility

Stimulus: Move without intensity. Focus on recovery, blood flow, and range of motion.

Day 7: For Time

21-15-9: Thrusters (95/65), Pull-ups

Stimulus: Benchmark 'Fran.' Sprint pace. Should be finished under 10 minutes.

Day 8: Mixed Conditioning

3 Rounds: 400m Run, 21 Kettlebell Swings, 12 Push Press

Stimulus: Push intensity on the run. Kettlebell and push press should be unbroken or 2 sets max.

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Day 26: Mixed Conditioning

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Stimulus: Push intensity on the run. Kettlebell and push press should be unbroken or 2 sets max.

Day 30: Mixed Conditioning

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Stimulus: Push intensity on the run. Kettlebell and push press should be unbroken or 2 sets max.