

MAYHEM AFFILIATE



SESSION PLAN *[SAMPLE WEEK]*

05.16.22 - 05.22.22

WEEKLY OVERVIEW

Weekly Overview Talk Through With Darren

WARM UPS

In the warm-ups, you will see Crossover Symmetry, Banded 7s, and Hip Halo options thrown in. We highly recommend investing in these in the future for your gym members. Also, a little

Hinshaw and Burgener Warm-Ups mixed in as well, so enjoy, and Here We Go Again!

STRENGTH

Week 9 (Max Week)

This is everything we have worked on for the past 9-weeks. Let's have some fun and see how our athletes do! The next two weeks following will be rest and skill work until we begin our next endeavor on June 6 with an 8-week cycle. We will switch our focus to heavier Front Squats, Deadlifts, Bench Press, and some weighted gymnastic movements that will get us through the end of July. The focus will be on gaining strength and muscle endurance in our drive and pull. Don't worry; we will have some Olympic lifting mixed into the workouts. Details and layout for the new strength will be made available on May 23 in the weekly overview.

Every Day we perform a Snatch or Clean, and we go through the Burgener Warm-Up! Start everyone off with a PVC pipe and allow athletes to transition into an empty barbell if comfortable. If you want your athletes to get better with these movements, this has to start every strength day. They will be doing it in their sleep by the time we are done here.

9-week Cycle Layout

Week 1

Day 1: Heavy Single Snatch

Day 2: Heavy Single Squat Clean

Day 3: Split Jerk Practice (working on the catch and recovery)

Week 2

Day 1: 3x3 Squat Snatch (65-75% of Heavy Single), 3x3 Snatch Grip Deadlifts (90%)

Day 2: 3x3 Power Clean(65-75% of Heavy Single), 3x3 Front Squat (80% of Clean)

Day 3: Snatch Push Press + Snatch Drop Practice

Week 3

Day 1: 3x3 Power Snatch (70% of Heavy Single), 3x3 OVHS (70-80%)

Day 2: 3x3 Clean (65-75% of Heavy Single), 3x3 CleanGrip Deadlifts (90%)

Day 3: Moderate Heavy Split Jerk + 3-second pause in the split

Week 4

Day 1: 3x2 Squat Snatch (80% of Heavy Single), 3x3 Snatch Grip Deadlifts (95%)

Day 2: 3x2 Power Clean(80% of Heavy Single), 3x2 Front Squat (85%)

Day 3: 2 Snatch Push Press + 1 Snatch Drop x 5 working sets

Week 5

Day 1: 3x2 Power Snatch (75% of Heavy Single), 3x3 OVHS (75-85%)

Day 2: 3x2 Clean (80% of Heavy Single), 3x3 CleanGrip Deadlifts (95%)

Day 3: 2 Push Press x 1 Split Jerk x 5 Working Sets

Week 6

Day 1: 3x1 Squat Snatch (85-90% of Heavy Single), 3x3 Snatch Grip Deadlifts (100%)

Day 2: 3x1 Power Clean(85-90% of Heavy Single), 3x1 Front Squat (90%)

Day 3: 1 Snatch Push Press + 1 Snatch Drop x 5 working sets

Week 7

Day 1: 3x1 Power Snatch (85-90% of Heavy Single), 3x3 OVHS (90%)

Day 2: 3x1 Clean (85-90% of Heavy Single), 3x3 CleanGrip Deadlifts (100%)

Day 3: 1 Push Press x 1 Split Jerk x 5 Working Sets

Week 8 (De-load)

Day 1: Every min (10 mins) 1 Squat Snatch (Don't go over 75%)

Day 2: Every min (10 mins) 1 Squat Clean (Don't go over 75%)

Day 3: Every min (5 mins) 2 Split Jerks (light/moderate)

Into - Every min (5 mins) 2 Snatch Drops(light/moderate)

Week 9

Day 1: Heavy Single Snatch

Day 2: Heavy Single Squat Clean

Day 3: Heavy Single Snatch Drop (5 mins) into Heavy Single Split Jerk (5 mins)

We want to keep the lifting sessions under 20 minutes. This includes "Strength Prep" and "Lifting session."



WORKOUTS

Last week of strength! workouts will be kept under 20 minutes to help fit within the time frame. I understand that Olympic lifts can take longer than traditional power lifts to teach. That is why I recommend some days shortening/altering the workout if some classes seem to be running behind. 6th week of Murph Prep! I can't wait for Wednesday's workout. 1-minute Amrap will have athletes all flustered. Thursday's workout will be a grind with some heavy sandbags, and Friday, we are bringing a CrossFit Games workout from 2011.

"Murph Prep Mondays." Every Monday from April 11th until May 23rd, we will be performing a workout version of Murph. Reps, Running Distances will vary, but the goal will always be to work towards building capacity and volume for the grueling Hero Workout. A weighted vest is also optional, and we recommend that most athletes start without for the first 1-2 workouts and then progress into a weighted vest.

We are going to start adding in a Workout Option for Sunday. This workout will be pulled from the Compete track and will correlate with the week's workouts and can be used as a substitute instead of the Aerobic Capacity workout provided. Please feel free to adjust accordingly or scaled to fit the class level due to volume and skill.

Mayhem Affiliates now have access to the Mayhem Bodybuilding Track. This is a huge bonus for your members who may have extra time, open gym, or just looking to maybe change things up. These can be added accessories or for rehabbing/targeting specific muscle groups. The program is loaded with all different options Monday-Sunday. Enjoy!!

ACCESSORY

Use The Ready State videos as added accessory pieces the athletes can perform after class (if time permits) or as homework.

MONTHLY CHALLENGE

Burgener Warm challenge, we will keep it 2x's a week on the Olympic Days (snatch/clean) as stated above. This could be a good thing to give athletes (video link) for "Homework" if they are wanting something to practice on their own time.

With Murph Prep starting up, we will dial the gymnastics down a little with some traditional bodybuilding to get a good pump sesh as added Accessory for days with no strength.

Hero Workouts! We are going to start programming 1-2 Hero Workouts a month. These will be randomized and will not include the regularly scheduled memorial workouts (Murph, Chad, etc.). Some may be programmed as a Saturday workout due to length.

FACEBOOK LIVE

May 31st, at 6 pm (CT). Look for the event scheduled on Facebook, so please bring any questions or concerns about the program or anything.

We'd love to hear any feedback or questions you have. Just email us at programs@mayhemnation.com.



MONDAY

WARM-UP - (3:00 - 15:00)

1 round:
10 yd walk on toes
10 yd walk on toes back-wards
10 yd walk on heels
10 yd walk - feet turned out
10 yd walk - feet turned in
10 yd lunge walk - arms locked out overhead
10 yd lunge walk - torso twist towards forward leg
10 yd butt kickers
10 yd high knees
-into-
Crossover Symmetry or Banded 7's

WORKOUT PREP - (30:00 - 45:00)

1 set:
2 Strict Pull-ups
3 Push-ups
4 Air Squats

WORKOUT - "MURPH PREP MONDAY" - (30:00 - 45:00)

Freedom (RX'd)
25:00 Partner AMRAP:
5 Strict Pull-ups
10 Push-ups
15 Air Squats
-Switch rounds back and forth with your partner-

COOL DOWN - (45:00 - 50:00)

CLEAN UP - (50:00 - 52:00)

COOLDOWN/MOBILITY - (52:00 - 60:00)
1 min foot smash w/ lacrosse ball (each side)
1 min Couch Stretch (each side)
1 min Seal Pose

TUESDAY

WARM-UP - (3:00 - 18:00)

3:00 Machine (easy pace)
-into-
Burgener Warm-Up (Snatch) + Skill Transfer (if time allows)
* 10 minutes with a PVC or Empty Barbell
* Perform 3-5 reps at each movement
-into-
3x High Hang Snatch + 3x Hang Snatch + 3x Snatch (PVC or Empty Barbell)
* 5 minutes (This is strength prep)
* 2-3 Times through
* Athletes should focus on footwork and finishing their pull

STRENGTH - (18:00 - 32:00)

Snatch - Heavy Single
Heavy Snatch Single (10-12 minutes)
*Rest as needed between sets *

WORKOUT PREP - (32:00 - 50:00)

2 sets:
3 Deadlifts (build in weight)
10 Double Unders
5 GHDs

WORKOUT - "DEBORAH" - (32:00 - 50:00)

Freedom (RX'd)
3 rounds:
21 Deadlifts (185/125)
63 Double Unders
21 GHD's (Or 21 V-ups)

COOL DOWN - (50:00 - 52:00)

CLEAN UP - (52:00 - 54:00)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min foot smash with lacrosse ball (each side)
1 min pec smash on rig with lacrosse ball (each side)
1 min foam roll lats (each side)

WEDNESDAY

WARM-UP - (3:00 - 18:00)

3:00 Machine (easy pace)
-into-
Burgener Warm-Up (Clean) + Skill Transfer (if time allows)
* 10 minutes with a PVC or Empty Barbell
* Perform 3-5 reps at each movement
-into-
3x High Hang Clean + 3x Hang Clean + 3x Clean (PVC or Empty Barbell)
* 5 minutes (This is strength prep)
* 2-3 Times through
* Athletes should focus on footwork and finishing their pull

STRENGTH - (18:00 - 32:00)

Squat Clean - Heavy Single
Heavy Single (10-12 minutes)
*Rest as needed between sets *

WORKOUT PREP - (32:00 - 56:00)

2 sets:
1 Shuttle Run
2 Hang Power Cleans (build in weight)
10 second Assault Bike (build in pace)

WORKOUT - "GIDEON" - (32:00 - 56:00)

Freedom (RX'd)
8 sets:
AMRAP 1:00
3 Shuttle Runs (25ft Down and Back)
3 Hang Power Cleans (185/125)
Max Calorie Assault Bike
-rest 2:00 between sets-

-Rest 2:00 between sets-

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:0060)

COOLDOWN/MOBILITY - (54:00 - 60:00)

Cooldown/Mobility
1 min Banded shoulder overhead distraction + Lunge (each side)
1 min child's pose
1 min foam roll calves

THURSDAY

WARM-UP - (3:00 - 18:00)

2:00 Jump Rope
-into-
3 sets:
10 Overhead Walking Lunges + Pass Through (PVC Pipe)
3 Sandbag Deadlifts (light/ focus on keeping the core tight)
5 Worlds Greatest Stretch (each side)
-into-
2 sets: (empty bar)
3 Snatch Push Press
3 Overhead Squats
3 Snatch Balance

STRENGTH - (18:00 - 32:00)

Snatch Balance - Heavy Single
Heavy Single (10-12 minutes)
*Rest as needed between sets *

WORKOUT PREP - (32:00 - 56:00)

2 sets: (with a partner)
10ft Front Rack Walking Lunge (Build in weight)
50ft Sandbag Carry (build in weight)
- Perform 1:1 -

WORKOUT - "SHAMGAR" - (32:00 - 56:00)

Freedom (RX'd)
Teams of 2
5 sets: (each)
100' Dumbbell Front Rack Walking Lunge (35s/25s)
200' Sandbag Carry (150/100) (Or Farmer Carry 100s/70s)
- "You Go - I Go" -

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:0060)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min foam Roll Quads
1 min foot smash with Lacrosse ball (each side)
30-sec single leg down dog (each side - focus on calf stretch)

FRIDAY

WARM-UP - (3:00 - 18:00)

2:00 Row
-into-
3 sets:
5 Wall Balls
5 Kipping Knee Raises
5 Low Box Jumps
5 Sumo Deadlift High Pulls (empty bar)
5 Up Downs
-into-
2 sets: (empty bar)
3 Shoulder Press
3 Push Press
3 Split Jerks

STRENGTH - (18:00 - 32:00)

Split Jerk - Heavy Single
- Heavy Single (10-12 minutes)
* Rest as needed between sets *

WORKOUT PREP (25:00 - 55:00)

1 set:
5/4 Calorie Row
5 Wall Balls
4 Box Jumps
3 Sumo Deadlift High Pull
2 Burpees
2 Shoulder to Overhead

WORKOUT - "THE END 1,2,3" (25:00 - 55:00)

Freedom (RX'd)
3:00, 6:00 Amrap, and For Time.
20/16 Calorie Row
30 Wall Balls (20/14)
20 Toes to Bars
30 Box jumps (24/20)
20 Sumo Deadlift High Pulls (95/65)
30 Burpee over Bar
20 Shoulder to Overhead (135/95)
- 2-minute rest/reset between each AMRAP -

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:0060)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min lying 90/90 hip stretch (each side)
1 min overhead elbow grab tricep stretch (each side)
1 min Thread the Needle (each)

SATURDAY

WARM-UP

2 sets:
1:00 Ski
1:00 Bike
1:00 Row
- rest 15 seconds between -
-into-
3 rounds
5 Alternating Dumbbell Bench Press (build across rounds)
10ft Sled Push build across rounds)

WORKOUT PREP

1 set:
5 Dumbbell Bench Press (at workout weight)
10ft Sled Push (at workout weight)

WORKOUT - "OTHNIEL" Freedom (RX'd)

10 rounds
10 Dumbbell Bench Press (50s/35s) (Or Bench Press 135/95)
50ft Sled Push (3x45/2x45)

ACCESSORY

Mayhem Mini-Pump

4 Rounds
10 Deficit Pushups
10 Body Row on Racked Barbell
15 Tricep Dips
15 Ring Curls
10 Single Arm KB Situp Left
10 Single Arm KB Situp Right
10 Pulse Ups
10 Landmine Windmills (each side)
60 sec plank

-Rest 2 min b/t round-

Core

For Quality:
4 Rounds
7 Single Arm KB Situp Left
7 Single Arm KB Situp Right
10 Pulse Ups
10 Landmine Windmills (each side)
10 Standing Banded Pallof Press (each side)
60 sec plank
Rest 2:00 b/t sets

COOLDOWN/MOBILITY

1 min couch stretch (each side)
1 min twisted cross (each side)
30 sec bicep stretch on wall (each side)

SUNDAY

WARM-UP

Bike
250m easy
250m moderate
250m easy
250m moderate/fast
250m easy
50m Sprint

WORKOUT - OPTION 1 - BIKE ERG LACTATE THRESHOLD

3 Sets
6x (300m at Fast, 30 Sec Rest)
*Rest 2 Min at Easy between sets.

WORKOUT - OPTION 2 - MONOSTRUCTURAL Freedom (RX'd)

30 Power Snatch For Time:
1:30 AMRAP
15/12 Calorie Assault Bike (Or 12/10 Echo Bike)
25 Double Unders
Max Rep Power Snatch (155/105)
-Rest 1:30 between sets-

MONDAY, MAY 16, 2022

ESTIMATED TOTAL SESSION TIME

1 Hour (Everything Included)

BREAKDOWN

Intro: 0:00 - 3:00

Warmup: 3:00 - 15:00

Workout: 15:00 - 45:00

Cooldown: 45:00 - 50:00

Cleanup: 50:00 - 52:00

Mobility: 52:00 - 60:00

WARM-UP - (3:00 - 15:00)

1 round:

10 yd walk on toes

10 yd walk on toes backwards

10 yd walk on heels

10 yd walk - feet turned out

10 yd walk - feet turned in

10 yd lunge walk - arms locked out overhead

10 yd lunge walk - torso twist towards forward leg

10 yd butt kickers

10 yd high knees

-into-

Crossover Symmetry or Banded 7's

COACHES NOTES

VIDEO LINKS

- [Warm up](#)

- [Mayhem Hip Halo Activation](#)

- [Darren Whiteboard Explanation of Ross and Rachel\(Video\)](#)

- [How to Coach Through Ross and Rachel with Darren \(Video\)](#)

- [Couch Stretch](#)

- [Foot Smash](#)

- [Seal Pose](#)

- [Mayhem Ready](#)



MONDAY, MAY 16, 2022 - CONTINUED...

WORKOUT PREP - (30:00 - 45:00)

- 1 set:
- 2 Strict Pull-ups
- 3 Push-ups
- 4 Air Squats

WORKOUT - "MURPH PREP MONDAY" - (30:00 - 45:00)

Freedom (RX'd)

- 25:00 Partner AMRAP:
- 5 Strict Pull-ups
- 10 Push-ups
- 15 Air Squats
- Switch rounds back and forth with your partner-

Independence

- 25:00 Partner AMRAP
- 5 Pull-ups
- 10 Push-ups
- 15 Air Squats

Liberty

- 25:00 Partner AMRAP
- 5 Jumping Pull-ups
- 10 Bar Push-ups
- 15 Air Squats to a box

Limited Equipment Option

No Change to Workout

Large Class Option

- Teams of 4
- 25:00 AMRAP
- 10 Strict Pull-ups
- 10 Synchro Push-ups
- 15 Synchro Air Squats
- (2 pairs working at a time. Perform rounds 1:1)

COOL DOWN - (45:00 - 50:00)

CLEAN UP - (50:00 - 52:00)

COOLDOWN/MOBILITY - (52:00 - 60:00)

- 1 min foot smash w/ lacrosse ball (each side)
- 1 min Couch Stretch (each side)
- 1 min Seal Pose

TARGET SCORE

Target number of rounds: 20+ rounds (total)
Minimal number of rounds before scaling: 15 rounds (total)

STIMULUS AND GOALS

Murph is happening at the end of May. In preparation for "Murph", the following weeks of programming leading up to Memorial Day will have variations of "Murph" movements to get athletes prepped for the Memorial Day workout. With this being the 6th week of conditioning. Today's workout will have athletes completing a full round before switching. Since we are working 1:1, the goal should be to keep a moderately-high intensity throughout.

STRICT PULL UPS

Athletes will perform chin over the bar pullups. They should keep their legs together and their core engaged to help maintain a slight hollow position throughout reps. No kipping or assistance from the lower body is allowed. Modify by doing banded pull-ups or ring rows/bodyweight rows on a racked bar.

PUSH UPS

Athletes should approach pushups in fast, quick sets. The core should stay engaged throughout movement, and athletes should breathe out when pushing off the floor. When on the floor, hands should be in-line with the sternum. Arms should make an "A" shape with the body. If athletes are in a "T" position with the arms, this is a weaker pushing position and may result in shoulder impingement. Resting on the knees and taking tension off the arms and upper body will help prevent fatigue from setting in due to unnecessary time under tension on the upper body. Movement can be modified to pushups on the side of a box or a racked bar or a floor plate press (55/45).

AIR SQUATS

Athletes will assume a squat width stance and squat below parallel and return to full extension of the hips and knees. If athletes have difficulty reaching depth, allow them to squat to a box or a wallball on a hi-temp plate. Caution athletes of performing the common faults of missing below parallel or not reaching full extension due to going too fast. Athletes who have difficulty reaching full extension, cue them to "get your chest tall" at the top of each rep.

COACHES

No running in today's workout. Make sure partners stay close and are ready when it's their time to shine. The goal for athletes should be to keep rounds under 90 seconds.

SCALING

The Scaling aim is for athletes to keep round times under 90 seconds without the risk of failure.



TUESDAY, MAY 17, 2022

ESTIMATED TOTAL SESSION TIME

1 Hour (Everything Included)

BREAKDOWN

Warmup: 3:00 - 18:00
Strength: 18:00 - 32:00
Workout: 32:00 - 50:00
Cooldown: 50:00 - 52:00
Cleanup: 52:00 - 54:00
Mobility: 54:00 - 60:00

WARM-UP - (3:00 - 18:00)

3:00 Machine (easy pace)

-into-

Burgener Warm-Up (Snatch) + Skill Transfer (if time allows)

* 10 minutes with a PVC or Empty Barbell

* Perform 3-5 reps at each movement

-into-

3x High Hang Snatch + 3x Hang Snatch + 3x Snatch (PVC or Empty Barbell)

* 5 minutes (This is strength prep)

* 2-3 Times through

* Athletes should focus on footwork and finishing their pull

STRENGTH - (18:00 - 32:00)

Snatch - Heavy Single

Heavy Snatch Single (10-12 minutes)

*Rest as needed between sets *

Example Sets

Set 1:

1 Snatch @135#

-rest 60-90 seconds-

Set 2:

1 Snatch @155#

-rest 60-90 seconds-

set 3:

1 Snatch @175#

-rest 60-90 seconds-

set 4:

1 Snatch @185#

-rest 60-90 seconds-

set 5:

1 Snatch @195#

-rest 60-90 seconds-

set 6:

1 Snatch @205#

Based off of a 200# Snatch 1RM

COACHES NOTES

VIDEO LINKS

[-Coach B Coaching Burgener Warm-Up Snatch](#)

[- Coach B Coaching Skill Transfer Exercises Snatch](#)

[- 3x High Hang Snatch + 3x Hang Snatch + 3x Snatch](#)

[- Darren Whiteboard Explanation of Deborah \(Video\)](#)

[- How to Coach Through Deborah with Darren \(Video\)](#)

[- How to approach the percentages each day](#)

[- Easy to use Max Calculator Spreadsheet](#)

[- How to approach the lifts](#)

STRENGTH OVERVIEW

Athletes will spend 10-12 minutes building to a heavy single on Snatch with a barbell. Rep is performed as a squat but can be adjusted to a power snatch. Athletes can continue to build as long as sound form can be demonstrated during attempts. The goal should be to reach a 1RM in 6-8 working sets, so athletes should perform a set every 1:15-2 minutes.

SNATCH

All athletes (Old or New) should work up in weight until their form, drive, or mental capacity is getting close to riding that fine line of "Bad Movement."

Go by feel and make smooth, calculated jumps in weight early on. Slow down on the pace, and the weight jumps when you start to reach heavier weights.

Try to reach a heavy single in 6-8 working sets (not including light warm-up sets).

Record your heaviest lift as 1 of your scores for load

BEGINNERS: Athletes can either work up to a comfortable weight or change to power snatch and work on the OVHS later on as homework.

COACHES

Athletes should push to keep rounds under the 3-minute mark (each)



TUESDAY, MAY 17, 2022 - CONTINUED...

WORKOUT PREP - (32:00 - 50:00)

2 sets:
3 Deadlifts (build in weight)
10 Double Unders
5 GHDs

WORKOUT - "DEBORAH" - (32:00 - 50:00)

Freedom (RX'd)

3 rounds:
21 Deadlifts (185/125)
63 Double Unders
21 GHD's (Or 21 V-ups)

Independence

3 rounds:
21 Deadlifts (155/105)
42 Double Unders
21 GHD's (6in riser)

Liberty

3 rounds:
21 Kettlebell Sumo Deadlifts (light-moderate)
63 Single Unders
21 V-ups

Limited Equipment Option

3 rounds:
20 Jumping Split Lunges
63 Line Hops
21 V-ups
Large Class Option
Teams of 2
3 rounds:
21 Partner Deadlifts (315/225)
63 Double Unders (each/sametime)
21 Synchro V-ups

COOL DOWN - (50:00 - 52:00)

CLEAN UP - (52:00 - 54:00)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min foot smash with lacrosse ball (each side)
1 min pec smash on rig with lacrosse ball (each side)
1 min foam roll lats (each side)

movement sub 60 seconds).

SCALING

The Scaling aim is for athletes to keep round times under 90 seconds without the risk of failure.

TARGET SCORE

Target time: 8-10 minutes
Time cap: 14 minutes

STIMULUS AND GOALS

The stimulus for this one is moderate pacing throughout rounds. Athletes should stay with a pace that is repeatable across all 3 rounds. They should not be tempted into starting out too hot, which can result in burning out towards the last round.

Lower body and core should be hurting in this workout so be sure athletes are mindful of weight and scaling movements.

DEADLIFTS

Athletes should always view the deadlift as a push with the legs from the floor rather than a pull with the back. Doing so will allow athletes to recruit more of their lower body in this lift and be more efficient. Describe the deadlift as a standing leg press. The bar should start over the middle of the foot and, when going down for setup, athletes should bring their shins to the bar (not the bar to their shins). Eyes should stay on the horizon during the entire lift, specifically staying focused on an object that is at eye level when standing tall. The upper torso (shoulders, lats, and scaps) should be locked in before driving the bar from the floor through the entire lift. A mixed grip is acceptable, but I highly caution athletes to avoid accidentally pulling with the underhand grip arm because that is the most common way to pull a bicep tendon. Athletes should breathe with each rep and specifically focus on breathing in at the top of each rep due to the torso being the most open (as opposed to being compressed in the bottom of the deadlift). The weight selected should be around 45-50% of the athlete's 1rm deadlifts and could possibly be done for an unbroken (albeit challenging) set. Most athletes will find that sets of 5-7 reps will keep them moving steadily through this workout.

DOUBLE UNDERS

Hands should stay by their sides/slightly in front of the body, and shoulders should stay relaxed to avoid tripping on the rope. If athletes cannot consistently perform double unders, have them modify to single unders, perform plate hops to a 10lb hi-temp, or perform high bunny jumps with a double tap on the legs with each hand during each jump to help train timing of double unders. Ensure that athletes are not excessively pulling their feet back in a donkey kick motion and not excessively piking forward (both will increase the chance of catching on the rope). Have athletes perform twice the amount of single unders if they are scaling for double unders.

GHD SIT UPS

Always speak to athletes about the risks of rhabdo when demoing GHD's (not to scare athletes, but to bring awareness). It's important to mention that they should not apply heat to muscles if they experience severe cramping as this can make rhabdo worse. If an athlete suspects they have rhabdo or their urine turns a dark brown, they should go to the hospital immediately. The footpad setting on a GHD should allow the athletes hips to be slightly past the hip pad's peak while the legs are slightly bent. When sitting back the focus should be to have a slight bend in the knees, neutral head position, and wide arms. The focus on when sitting up should be to extend the legs, throw the arms, and breath out. Athletes who are new or returning from a break are highly encouraged to modify this movement. Modify this movement to GHDs to parallel, strict abmat situps (hands behind head or crossed over the chest) or abmat situps.



WEDNESDAY, MAY 18, 2022

ESTIMATED TOTAL SESSION TIME

1 Hour (Everything Included)

BREAKDOWN

Intro: 0:00 - 3:00
Warmup: 3:00 - 18:00
Strength: 18:00 - 32:00
Workout: 32:00 - 56:00
Cooldown: 56:00 - 58:00
Cleanup: 58:00 - 60:00

WARM-UP - (3:00 - 18:00)

3:00 Machine (easy pace)
-into-
Burgener Warm-Up (Clean) + Skill Transfer (if time allows)
* 10 minutes with a PVC or Empty Barbell
* Perform 3-5 reps at each movement
-into-
3x High Hang Clean + 3x Hang Clean + 3x Clean (PVC or Empty Barbell)
* 5 minutes (This is strength prep)
* 2-3 Times through
* Athletes should focus on footwork and finishing their pull

STRENGTH - (18:00 - 32:00)

Squat Clean - Heavy Single
Heavy Single (10-12 minutes)
*Rest as needed between sets *

Example Sets
set 1:
1 Clean @155#
-rest 60-90 seconds-
set 2:
1 Clean @170#
-rest 60-90 seconds-
set 3:
1 Clean @180#
-rest 60-90 seconds-
set 4:
1 Clean @190#
-rest 60-90 seconds-
set 5:
1 Clean @200#
-rest 60-90 seconds-
set 6:
1 Clean @210#
Based off of a 200# Clean

COACHES NOTES

VIDEO LINKS

[How to approach the percentages each day](#)
[Easy to use Max Calculator Spreadsheet](#)
[How to approach the lifts](#)
[Banded shoulder overhead distraction + Lunge](#)
[Child Pose](#)
[Mayhem Ready](#)

STRENGTH OVERVIEW

Athletes will spend 10-12 minutes building to a heavy single-on cleans with a barbell. The rep is performed as a squat or power clean (if needed to scale). Athletes can continue to build up in weight as long as sound form can be demonstrated during their attempts. The difference between a heavy single and a 1 rep max is that a heavy single is a successful attempt that the athlete is confident that they could perform again after a few minutes of rest.

SNATCH

All athletes (Old or New) should work up in weight until their form, drive, or mental capacity is getting close to riding that fine line of "Bad Movement."
Go by feel and make smooth, calculated jumps in weight early on. Slow down on the pace, and the weight jumps when you start to reach heavier weights.
Try and reach a heavy single in 6-8 working sets (not including light warm-up sets).
Record your heaviest lift as 1 of your scores for load
BEGINNERS: Have athletes build up to a very light and comfortable weight or switch to power clean (focus on the catch).



WEDNESDAY, MAY 18, 2022 - CONTINUED...

WORKOUT PREP - (32:00 - 56:00)

2 sets:
1 Shuttle Run
2 Hang Power Cleans (build in weight)
10 second Assault Bike (build in pace)

WORKOUT - "GIDEON" - (32:00 - 56:00)

Freedom (RX'd)

8 sets:
AMRAP 1:00
3 Shuttle Runs (25ft Down and Back)
3 Hang Power Cleans (185/125)
Max Calorie Assault Bike
-rest 2:00 between sets-

Independence

8 sets:
AMRAP 1:00
3 Shuttle Runs (25ft Down and Back)
3 Hang Power Cleans (155/105)
Max Calorie Assault Bike
-Rest 2:00 between sets-

Liberty

8 sets:
AMRAP 1:30
3 Shuttle Runs (25ft Down and Back)
6 Dumbbell Hang Power Cleans (light-moderate)
Max Calorie Assault Bike
-Rest 2:00 between sets-

Limited Equipment Option

8 sets:
AMRAP 1:00
3 Shuttle Runs (25ft Down and Back)
6 Burpee Pull Ups
Max Air Squats
-Rest 2:00 between sets-

Large Class Option

Teams of 2
8 sets: (each)
AMRAP 1:30
3 Shuttle Runs (25ft Down and Back)
3 Hang Power Cleans (185/125)
Max Calorie Assault Bike
(Next partner starts every 90 seconds)

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:00:60)

COOLDOWN/MOBILITY - (54:00 - 60:00)

Cooldown/Mobility
1 min Banded shoulder overhead distraction + Lunge (each side)
1 min child's pose
1 min foam roll calves

COACHES

Advise athletes to stay moving/walking around during their rest.

SCALING

The Scaling aim is for athletes to keep high intensity on every set.

TARGET SCORE

Target time: 8-10 minutes
Time cap: 14 minutes

STIMULUS AND GOALS

The stimulus is high intensity. Athletes should push their effort on the shuttle sprints and hang power cleans to earn time on the assault bike. It's very important that athletes realize that they should apply an effort to the assault bike that they can feel is maintainable over all 8 sets. Fatigue will build across sets in the legs from the bike effort so athletes should be mindful in how they approach the bike.

SHUTTLE RUN

Shuttle sprints will have athletes running back and forth in 25ft sections. The effort on these should be high. Athletes must touch the target line before making the return trip. It is also important for athletes to practice their transition at the turn-around point because this is a spot where many athletes will lose time due to inefficiency. If athletes cannot perform shuttle sprints, allow them to perform a machine sprint or double/single unders of a similar time domain. 1 shuttle run = 50ft total (25ft down/25ft back).

HANG POWER CLEANS

Athletes should use a "thumb + " distance grip away from the legs as long as the elbow and wrists are mobile enough to work in this position. The weight selected for this should be around 70% of the athlete's 1 rm clean. The Focus should be on standing the bar up to the top of the deadlift and then transition into the hang (Above the knee) before the first rep. We want a strong leg drive and to be as efficient as possible when cycling the barbell. The weight should allow for smooth, unbroken sets every time.

ASSAULT BIKE

Athletes will score by the number of calories they achieve each round. Strategy on the bike should be a fast 3-4 second effort and then coasting into a comfortable "push pace". Fatigue will accumulate on the bike with each passing round so athletes should plan on an effort that will take this into consideration as the workout progresses. Don't think of it as a "sprint", rather an "intentional effort" on the bike.



THURSDAY, MAY 19, 2022

ESTIMATED TOTAL SESSION TIME

1 Hour (Everything Included)

BREAKDOWN

Intro: 0:00 - 3:00
Warmup: 3:00 - 15:00
Strength: 15:00 - 30:00
Workout: 30:00 - 50:00
Cooldown: 50:00 - 52:00
Cleanup: 52:00 - 54:00
Mobility: 54:00-60:00

WARM-UP - (3:00 - 18:00)

2:00 Jump Rope
-into-
3 sets:
10 Overhead Walking Lunges + Pass Through (PVC Pipe)
3 Sandbag Deadlifts (light/focus on keeping the core tight)
5 Worlds Greatest Stretch (each side)
-into-
2 sets: (empty bar)
3 Snatch Push Press
3 Overhead Squats
3 Snatch Balance

STRENGTH - (18:00 - 32:00)

Snatch Balance - Heavy Single
Heavy Single (10-12 minutes)
*Rest as needed between sets *

Example Sets

Set 1:
1 Snatch Balance @135#
-rest 60-90 seconds-
Set 2:
1 Snatch Balance @155#
-rest 60-90 seconds-
Set 3:
1 Snatch Balance @175#
-rest 60-90 seconds-
Set 4:
1 Snatch Balance @185#
-rest 60-90 seconds-
Set 5:
1 Snatch Balance @195#
-rest 60-90 seconds-
Set 6:
1 Snatch Balance @205#

COACHES NOTES

VIDEO LINKS

[How to approach the percentages each day](#)
[Easy to use Max Calculator Spreadsheet](#)
[Sage Snatch Balance](#)
[How to approach the lifts](#)
[Foot Smash with Ball](#)
[Single Leg Down Dog](#)
[Mayhem Ready](#)

STRENGTH OVERVIEW

Athletes will spend 10-12 minutes building to a heavy single on snatch balance. Athletes can continue to build as long as sound form can be demonstrated during attempts. The difference between a heavy single and 1 rep max is that a heavy single is a successful attempt that the athlete is confident that they could perform again after a few minutes of rest.

SNATCH BALANCE

During this time we want athletes to focus on the proper setup, core engagement, and footwork in the catch position. Take some time and have athletes just practice with PVC/Empty barbells.
Go by feel and make smooth, calculated jumps in weight early on. Slow down the pace, and weight jumps when you reach heavier weights.
Beginner athletes should still stay light and work on consistency.
Focus on strong and active shoulders while driving out of the squat with a tall/stable mid-line.



THURSDAY, MAY 19, 2022 - CONTINUED...

WORKOUT PREP - (32:00 - 56:00)

2 sets: (with a partner)
10ft Front Rack Walking Lunge (Build in weight)
50ft Sandbag Carry (build in weight)
- Perform 1:1 -

WORKOUT - "SHAMGAR" - (32:00 - 56:00)

Freedom (RX'd)

Teams of 2
5 sets: (each)
100' Dumbbell Front Rack Walking Lunge (35s/25s)
200' Sandbag Carry (150/100) (Or Farmer Carry 100s/70s)
- "You Go - I Go" -

Independence

Teams of 2
5 sets (each)
100' Dumbbell Front Rack Walking Lunge (25s/15s)
200' Sandbag Carry (100/70) (Or Farmer Carry 70s/50s)

Liberty

Teams of 2
5 sets (each)
100' Walking Lunge
200m Wall Ball Run (20/14)

Limited Equipment Option

Teams of 2
5 sets (each)
200' Walking Lunge
200' Buddy Carry (carry partner on your back)

Large Class Option

Teams of 2
5 sets (each)
100' Single Arm Overhead Walking Lunge (35/25)
200' Buddy Carry (carry partner on your back)

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:0060)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min foam Roll Quads
1 min foot smash with Lacrosse ball (each side)
30-sec single leg down dog (each side - focus on calf stretch)

COACHES

Advise athletes to stay moving/walking around during their rest.

SCALING

The Scaling aim is for athletes to complete the lunge non-stop and go unbroken on the sandbag carry.

TARGET SCORE

Target time: 16-18 minutes
Time cap: 20 minutes

STIMULUS AND GOALS

The stimulus is moderate/moderate-high effort. Athletes will complete a round while their partner rests and then vice-versa. A steady effort should be applied to the lunge and then a moderate high effort should be applied to the sandbag (as long as it's done safely and efficiently).

DOUBLE DUMBBELL FRONT RACK WALKING LUNGE

Athletes will perform this movement with two dumbbells. The dumbbells must be held on the shoulders. The "front rack" term denotes that a full grip must be maintained around the handles at all times while lunging. This is the same standard typically seen in the Open and should be practiced in class. The dumbbells can be rested on the shoulders vertically or horizontally. Athletes should take a deep breath in before lunging and breathe out when stepping out of the lunge to stabilize and engage the core. Avoid the no reps of stutter stepping between lunge reps resulting in a few extra inches on each step and also failing to reach full extension of the hips between steps resulting in "duck walk lunges". We want this to be completed unbroken across all sets.

SAND BAG CARRY

Bag will be carried in the front hold position. Athletes should focus on locking in a strong grip and setting shoulders down and back. Taking short, fast steps will allow athletes to keep the core engaged during carry. Remind athletes to use the restroom before this workout because the bag will commonly press against the bladder, which will cause a great deal of discomfort. The goal should be to carry the entire 200ft without stopping.

Coaches: Advise athletes to use the clock to help keep a pace. Even though this is scored by total time it will hold them accountable to stay aggressive and possibly improve their round times.

ASSAULT BIKE

Athletes will score by the number of calories they achieve each round. Strategy on the bike should be a fast 3-4 second effort and then coasting into a comfortable "push pace". Fatigue will accumulate on the bike with each passing round so athletes should plan on an effort that will take this into consideration as the workout progresses. Don't think of it as a "sprint", rather an "intentional effort" on the bike.



FRIDAY, MAY 20, 2022

ESTIMATED TOTAL SESSION TIME

1 Hour (Everything Included)

BREAKDOWN

Intro: 0:00 - 3:00
Warmup: 3:00 - 12:00
Strength: 12:00 - 25:00
Workout: 25:00 - 55:00
Cooldown: 55:00 - 57:00
Cleanup: 57:00 - 60:00

WARM-UP - (3:00 - 18:00)

2:00 Row
-into-
3 sets:
5 Wall Balls
5 Kipping Knee Raises
5 Low Box Jumps
5 Sumo Deadlift High Pulls (empty bar)
5 Up Downs
-into-
2 sets: (empty bar)
3 Shoulder Press
3 Push Press
3 Split Jerks

STRENGTH - (18:00 - 32:00)

Split Jerk - Heavy Single

- Heavy Single (10-12 minutes)
* Rest as needed between sets *

Example Sets

Set 1:
1 Split Jerk @155#
-rest 60-90 seconds-
Set 2:
1 Split Jerk @170#
-rest 60-90 seconds-
Set 3:
1 Split Jerk @180#
-rest 60-90 seconds-
Set 4:
1 Split Jerk @190#
-rest 60-90 seconds-
Set 5:
1 Split Jerk @200#
-rest 60-90 seconds-
Set 6:
1 Split Jerk @210#

COACHES NOTES

VIDEO LINKS

[Darren Whiteboard Explanation of Ejud \(Video\)](#)
[How to Coach Through Ejud with Darren \(Video\)](#)
[How to Coach Through Ejud with Darren \(Video 2\)](#)
[90/90 hip stretch](#)
[Overhead Elbow grab Tricep](#)
[Thread the Needle](#)
[Mayhem Ready](#)

STRENGTH OVERVIEW

Athletes will spend 10-12 minutes building to a heavy single split jerk. Athletes can continue to build as long as sound form can be demonstrated during attempts. The difference between a heavy single and 1 rep max is that a heavy single is a successful attempt that the athlete is confident that they could perform again after a few minutes of rest.

SNATCH BALANCE

During this time we want athletes to focus on the proper setup, core engagement, and footwork in the catch position. Take some time and have athletes just practice with PVC/Empty barbells. Go by feel and make smooth, calculated jumps in weight early on. Slow down the pace, and weight jumps when you reach heavier weights. Beginner athletes should still stay light and work on consistency. Focus on footwork while getting underneath the bar in a solid, locked position. Athletes should hold in the catch until the body is stable. Remember to ALWAYS recover with the front foot first.



FRIDAY, MAY 20, 2022 - CONTINUED...

WORKOUT PREP (25:00 - 55:00)

1 set:
5/4 Calorie Row
5 Wall Balls
4 Box Jumps
3 Sumo Deadlift High Pull
2 Burpees
2 Shoulder to Overhead

WORKOUT - "THE END 1,2,3" (25:00 - 55:00)

Freedom (RX'd)

3:00, 6:00 Amrap, and For Time.
20/16 Calorie Row
30 Wall Balls (20/14)
20 Toes to Bars
30 Box jumps (24/20)
20 Sumo Deadlift High Pulls (95/65)
30 Burpee over Bar
20 Shoulder to Overhead (135/95)
- 2-minute rest/reset between each AMRAP -

Independence

3:00, 6:00 Amrap, and For Time.
16/13 Calorie Row
30 Wall Balls (14/10)
15 Toes to Bars
30 Box jumps (20/16)
20 Sumo Deadlift High Pulls (75/55)
30 Burpee over Bar
20 Shoulder to Overhead (115/80)
2-minute rest/reset between each AMRAP

Liberty

3:00, 6:00 Amrap, and For Time.
15/12 Calorie Row
20 Wall Balls Thrusters (light)
20 Hanging Knee Raises
20 Box Step Ups (20/16)
20 Kettlebell Sumo Deadlift High Pulls (light)
20 Up Downs
20 Dumbbell Push Press
2-minute rest/reset between each AMRAP

Limited Equipment Option

3:00, 6:00 Amrap, and For Time.
300m Run
30 Jumping Air Squats
20 Toes to Bars
30 Jumping Split Lunges
20 Pull-ups
30 Burpees
20 Handstand Push-ups
2-minute rest/reset between each AMRAP

Large Class Option

Teams of 2
120/90 Calorie Row
120 Wall Balls (20/14)
80 Toes to Bars
120 Box jumps (24/20)
80 Sumo Deadlift High Pulls (95/65)
120 Burpee over Bar
80 Shoulder to Overhead (135/95)

COOL DOWN - (56:00 - 58:00)

CLEAN UP - (58:00 - 54:00:60)

COOLDOWN/MOBILITY - (54:00 - 60:00)

1 min lying 90/90 hip stretch (each side)
1 min overhead elbow grab tricep stretch (each side)
1 min Thread the Needle (each)

COACHES

A lot happening in this workout. Set up lanes and make sure athletes test out each movement, and weight before the workout begins.

SCALING

The Scaling aim is for athletes to push hard off the start and dial into a moderate pace.

TARGET SCORE

Target number of reps for each set:
Set 1: 65+ reps
Set 2: 100+ reps
Target Time:
Set 3: 10-12 minutes
Minimum number of reps before scaling:
Set 1: 50 reps
Set 2: 75 reps
Target Cap:
Set 3: 15 minutes

STIMULUS AND GOALS

2011 CrossFit Games
The stimulus for today's 3 part workout is moderate-high effort into a grind and survival pace. As time increases we should see athletes start to settle their pacing down in a more controllable effort that allows for non-stop movement. A lot to set up, so get athletes rolling as soon as the strength is complete.

ROW

Pacing here needs to be aggressive 75-85% but not all out. The goal has to be to finish the row in under 60 seconds every time. Athletes should adjust the damper to between a 6-8 setting. Feet cradles should be adjusted so that athletes can return in with the rower handle on each pull with a minimal lift of the heels and no feelings of being "cramped" in the return position. Many athletes often have their foot cradle set too small. Ensure that athletes are driving with the feet/heels at the beginning of each pull and completely finishing the pull before returning in with the handle. Breathing out with each rep will assist with pacing throughout workout.

WALL BALLS

The weight selected should allow athletes to complete in 1-2 sets. We need to attack this station without hesitation or long rest periods between sets. Athletes must pass through a full squat and then throw the ball to a 10ft target for men and a 9ft target for women. Athletes should focus on breathing with each rep (breathing out as they come out of the squat and in while they are at full extension) and cycling the arms, to avoid premature arm fatigue.

TOES TO BAR

Athletes should perform toes to bar if they can consistently perform 5 reps unbroken with a quick turnaround. Athletes should perform fast, quick sets to avoid burning out on this movement. For athletes who have difficulty stringing reps together, utilizing the timing from knees to elbows will allow athletes to feel the timing that's needed for toes to bar. Modify this movement to knees to elbow, kipping knee raise, strict knee raise, lying toes to rig, or v-ups. The goal should be to keep this station under 60 seconds.

BOX JUMPS

Athletes must show full control and full extension on top of the box before coming down. Cue athletes to throw the arms as they perform the jump to assist in full body extension (meaning more efficient form). Caution athletes about rebounding reps due to the large forces that are placed on the achilles. Jumping down and resetting or stepping down is suggested as rebounding is normally only reserved for competition or competition prep.

SUMO DEADLIFT HIGH PULLS

The weight should be light so that athletes can complete reps in 2-3, quick sets. Focus on keeping the chest high and utilize a fast/explosive hip drive to propel the bar up. Less pull/more leg drive and hips are what we want to emphasize rather than all arm pull.

BURPEE OVER BAR

Movement starts with a burpee and then a jump over the barbell. Athletes can perform burpees and jump either facing or lateral to the barbell. Athletes do not have to show full extension when jumping over the barbell and may find that staying lower makes the reps more efficient. The pacing should be smooth and relevant to what will allow for non-stop movement. Modify this movement to burpee bar step-overs.

SHOULDER TO OVERHEAD

Athletes will use the same bar they performed sumo deadlift high pulls with and load their weight after the burpees. Advise taking a wider stance with feet to help keep the chest up during the dip and prevent heels from coming off the floor. Cue athletes to breathe while pressing to engage the core and assist in overhead stability. We can perform strict press, push press, or push jerks. Athletes should perform a slight dip when re-racking the bar (to "absorb" the



SATURDAY, MAY 21, 2022

ESTIMATED TOTAL SESSION TIME

No Time Frame on Saturday

WARM-UP

2 sets:
1:00 Ski
1:00 Bike
1:00 Row
- rest 15 seconds between -

-into-

3 rounds
5 Alternating Dumbbell Bench Press (build across rounds)
10ft Sled Push build across rounds)

WORKOUT PREP

1 set:
5 Dumbbell Bench Press (at workout weight)
10ft Sled Push (at workout weight)

WORKOUT - "OTHNIEL"

Freedom (RX'd)

10 rounds
10 Dumbbell Bench Press (50s/35s) (Or Bench Press 135/95)
50ft Sled Push (3x45/2x45)

Independence

10 rounds
10 Dumbbell Bench Press (40s/25s) (Or Bench Press 115/80)
50ft Sled Push (2x45+1x25/1x45+1x25)

Liberty

10 rounds
10 Bar Push-ups
50ft Sled Push (1x45/1x25)

Limited Equipment Option

10 rounds
15 Push-ups
100ft Walking Lunge

Large Class Option

Teams of 2
10 rounds (each)
10 Dumbbell Bench Press (50s/35s) (Or Bench Press 135/95)
50ft Sled Push (3x45/2x45)
(Complete 1:1)

COACHES NOTES

VIDEO LINKS

[Deficit Pushups](#)
[Body Row on Racked Barbell](#)
[Ring Curls](#)
[Single Arm KB Situp](#)
[Pulse Ups](#)
[Landmine Windmills](#)
[Single Arm KB Situp](#)
[Pulse Ups](#)
[Landmine Windmills](#)
[Standing Banded Pallof Press](#)
[Couch Stretch](#)
[Twisted Cross](#)
[Bicep Wall Stretch](#)
[Mayhem Ready](#)

TARGET SCORE

Target time: 12-14 minutes
Time cap: 16 minutes

STIMULUS AND GOALS

The stimulus for this one is moderate pacing throughout rounds. Athletes should stay with a pace that is repeatable across all 10 rounds. They should be mindful of dumbbell and sled weight to allow continuous movement while only looking to rest between movements. If you are substituting a regular bench press, please make sure the weight is comfortable, and a spotter is nearby.

DUMBBELL BENCH

The weight selected should allow athletes to perform the majority of the sets unbroken. Dumbbells do not have to touch at the top, but athletes must show full lockout and control. Demonstrate how to rest the dumbbells on thighs when taking a break or switching stations. Use push-ups or regular bench press as a sub if dumbbells/benches are unavailable.

SLED PUSH

The sled is a grind. Athletes should utilize fast, quick steps and be aware of other athletes around them so that they don't accidentally bump sleds. They should focus on consistent breathing during the movement and continue to drive through without stopping. Shake the arms out after each push before going back to the bench.

COACHES

Advanced athletes can take the weights up on both as long as the stimulus is maintained.

SCALING

The Scaling aim is for athletes to keep near, unbroken sets on the bench press with non-stop effort on the sled.



SATURDAY, MAY 21, 2022 - CONTINUED...

ACCESSORY

Mayhem Mini-Pump

- 4 Rounds
- 10 Deficit Pushups
- 10 Body Row on Racked Barbell
- 15 Tricep Dips
- 15 Ring Curls
- 10 Single Arm KB Situp Left
- 10 Single Arm KB Situp Right
- 10 Pulse Ups
- 10 Landmine Windmills (each side)
- 60 sec plank

-Rest 2 min b/t round-

Core

For Quality:

- 4 Rounds
- 7 Single Arm KB Situp Left
- 7 Single Arm KB Situp Right
- 10 Pulse Ups
- 10 Landmine Windmills (each side)
- 10 Standing Banded Pallof Press (each side)
- 60 sec plank
- *Rest 2:00 b/t sets*

COOLDOWN/MOBILITY

- 1 min couch stretch (each side)
- 1 min twisted cross (each side)
- 30 sec bicep stretch on wall (each side)

MINI-PUMP SESSIONS

Mini-Pump Sessions are used as a supplement to another Mayhem Athlete track or on days when you are pressed for time and cannot complete the full day's bodybuilding session as programmed. You should NOT complete today's bodybuilding program AND the mini-pump session. Choose one or the other.



SUNDAY, MAY 22, 2022

ESTIMATED TOTAL SESSION TIME

Sunday will now have two workout options that you can choose to help with your gym schedule.

WARM-UP

Bike
250m easy
250m moderate
250m easy
250m moderate/fast
250m easy
50m Sprint

WORKOUT - OPTION 1 - BIKE ERG LACTATE THRESHOLD

3 Sets
6x (300m at Fast, 30 Sec Rest)
*Rest 2 Min at Easy between sets.

WORKOUT - OPTION 2 - MONOSTRUCTURAL

Freedom (RX'd)

30 Power Snatch For Time:
1:30 AMRAP
15/12 Calorie Assault Bike (Or 12/10 Echo Bike)
25 Double Unders
Max Rep Power Snatch (155/105)
-Rest 1:30 between sets-

Independence

30 Power Snatch For Time:
1:30 AMRAP
12/10 Calorie Assault Bike (Or 10/8 Echo Bike)
25 Double Unders
Max Rep Power Snatch (135/95)
-Rest 1:30 between sets-

Liberty

50 Dumbbell Snatches:
1:30 AMRAP
12/10 Calorie Assault Bike (Or 10/8 Echo Bike)
25 Single Unders
Max Rep Dumbbell Snatch (light)
-Rest 1:30 between sets-

Limited Equipment Option

50 Burpees for time:
1:30 AMRAP
25 Air Squats
20 Line Hops
Max Rep Burpees
-Rest 1:30 between sets-

Large Class Option

50 Power Snatch For Time:
1:30 AMRAP
25 Synchro Air Squats
25 Double Unders (each/same time)
Max Rep Power Snatch (155/105)
-Rest 1:30 between sets-

COACHES NOTES

Sunday will now have two workout options that you can choose to help with your gym schedule.

Option 1: Aerobic Capacity workout designed for athletes/classes to get a good "Sweat in" or "Active Recovery" type day. This will generally be an Erg/Running workout.

Option 2: Monstructural workout can be helpful as a class workout or Open Gym option. Please adjust/scale as volume can be a little excessive for athletes training 5+ days/week. Notes will be added as well with stimulus and scaling options.

VIDEO LINKS

[Deficit Pushups](#)
[Body Row on Racked Barbell](#)
[Ring Curls](#)
[Single Arm KB Situp](#)
[Pulse Ups](#)
[Landmine Windmills](#)
[Single Arm KB Situp](#)
[Pulse Ups](#)
[Landmine Windmills](#)
[Standing Banded Pallof Press](#)
[Couch Stretch](#)
[Twisted Cross](#)
[Bicep Wall Stretch](#)
[Mayhem Ready](#)

TARGET SCORE

Target time: 12-14 minutes
Time cap: 16 minutes

STIMULUS AND GOALS

Stimulus is high intensity. Athletes will be sprinting on the bike and double unders to earn time on the power snatch. The workout is finished when 30 power snatch total have been completed. Athletes must be mindful in how they modify this workout because making it too easy will result in completing too many power snatch reps per round and too hard will result in not enough per round. Athletes should be completing bike/double unders within 60 seconds and be able to complete between 4-6 power snatch per round. Modify bike calories after first round if athletes do not get at least 30 seconds on the sandbag.

SCALING

The Scaling aim is for athletes to stay aggressive on the bike/double unders with little to no hesitation on the barbell

