

PROJECT CLASSIC

SAMPLE WEEK 1

MONDAY 31 AUG

BACK SQUAT

4x10 @60% of 1rm

000,300,600,900

FOR TIME (11-13 MIN CAP)

2 Rounds

10 Thrusters

400m run

10 Thrusters

400/300m Row

@42.5/30 (95/65)

TUESDAY 1 SEP

EMOM 10 MINS

2 Power Cleans

Heavy

12 MIN AMRAP

12 TTB

8 Push Ups

12 KB Swings

32 Double Unders

@24/16 (53/35)

WEDNESDAY 2 SEP

FOR TIME (25-28 MIN CAP)

800m Run
40 Burpee to Target

800m Run
30 Burpee Box Jumps

800m Run
20 Burpee Box Jump Overs

@60/50cm (24/20)

WEIGHTED PULL UPS

5x3 Heavy

+

12 Ring Rows

000,200,400,600,800

THURSDAY 3 SEP

PAUSED FRONT SQUAT

3 Building Sets @50-60-70%
+

3 Working Sets @75% of 1rm

000,200,400,600,800,1000

*Pause for 3 seconds

6 MIN AMRAP

10 Barbell Deadlifts

5 DBL KB STOJ

6 Min AMRAP

10 DBL KB Clean and Jerk

5 Barbell Front Squats

@20/12 (44/26)

@60/42.5 (135/95)

*Score each AMRAP separately

FRIDAY 4 SEP

OBL DB BENCH PRESS

4x8 (Moderate weight)

000,230,500,730

DBL DB Flvs

4x8 (Light Weight)

1000,1200,1400,1600

FOR TIME (9-11 MIN CAP)

4 Rounds

20/16 Cal Bike

12 Power Snatch

6 Bar Facing Burpees

@42.5/30 (95/65)

PROJECT CLASSIC

SAMPLE WEEK 2

MONDAY 7 SEP

FOR TIME (18-22 MIN CAP)

3 Sets

20 Wall Balls
10 Deadlifts

2 Sets

11 HSPU (Strict or Kipping)
22 TTB

1 Set

50 Burpees to Target

@9/6 (20/14)
@80/52.5 (175/115)

ROPE CLIMBS

5 Set

1 Legless + 2 Foot Bite

000,200,400,600,800

TUESDAY 8 SEP

BACK SQUAT

4x10 @65% of 1rm

000,300,400,900

FOR TIME

15 Hang Squat Cleans
30 Box Jump Overs
15 Hang Squat Cleans

@60/42.5 (135/95)
@70/60cm (30/24)

WEDNESDAY 9 SEP

DEADLIFT

5x7 @70% of 1rm

000,230,500,730,1000

12 MIN AMRAP

12 DBL DB Lunges
12 DBL DB Push Press
48 Double Unders

@22.5/15 (50/35)

THURSDAY 10 SEP

20 MIN AMRAP

10 TTB
10 Bar Facing Burpees
10 Power Snatch
10 Overhead Squats

@42.5/30 (95/65)

RING DIP

5x5 Weighted Dips

000,230,500,730,1000

FRIDAY 11 SEP

TEMPO FRONT SQUATS

5x3 @70% fo 1rm

Tempo= 3 down 1 pause 0 up

+

3 High Box Jumps (Not rebounded)

000,300,600,900,1200

FOR TIME

3 Rounds

30/20 Calorie Bike
20 Pull Ups
20 KB Swings

@24/16 (53/35)