

## Functional Fitness/HIIT - 3 Days a Week - Version 1

### Week 1

#### Monday/Day 1

-Lift:

Back Squat: 4 sets of 6 reps @ 65-70%

-WOD:

3 rounds for time-

15 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

15 Bar Facing Burpees

(Time Cap: 12 min)

#### Wednesday/Day 3

-Lift:

Power Clean and Push Jerk:

10 min EMOM-

5 Touch n Go Reps @ 40-45%

-WOD:

For Time-

50 cal row

40 Pushups

30 DB Push Press L1: (50/35) L2: (40/25) L3: (30/20)

20 Kettlebell Swings L1: (70/53) L2: (53/35) L3: (45/26)

(Time Cap: 12 min Cap)

#### Friday/ Day 5

-Lift:

Deadlift: 4 sets of 6 @ 65-70%

-WOD:

Every 2 min for 20 min:

200m run

### Week 2

#### Monday/Day 8

-Lift:

Back Squat: 5 sets of 5 reps @ 70-75%

-WOD:

21-15-9

Box Jumps L1: (30in/24in) L2: (24/20)

Power Cleans L1: (115/75) L2: (95/65) L3: (65/45)

(Time Cap: 10 min)

### **Wednesday/Day 10**

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 6 Bench Press @ 65-75%

Odd: 12 Bent Barbell Rows

-WOD:

8 min AMRAP:

12 Overhead Squats L1: (95/65) L2: (75/55) L3: (55/35)

9 Bar Facing Burpees

6 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

### **Friday/Day 11**

-Lift:

Deadlift: 5 sets of 5 reps @ 70-75%

-WOD:

3 rounds-

10 Power Snatch L1: (95/65) L2: (75/55) L3: (55/35)

10 Cal Row

10 GHD Situps

(Time Cap: 12 min)

## **Week 3**

### **Monday/Day 14**

-Lift:

Back Squat: 6 sets of 4 @ 75-80%

-WOD:

12 min AMRAP:

15 Pushups

12/9 Cal Row

9 Chest to Bar Pullups (Scale to normal pullups/jumping pullups)

### **Wednesday/Day 16**

-Lift:

Squat Snatch:

2 sets of 3 reps @ 55-65%

4 sets of 2 reps @ 65-75%

-WOD:

4 rounds-

8 Push Jerks L1: (185/125) L2: (135/95) L3: (95/65)

8 Bar Facing Burpees

8 Deadlifts

(Time Cap: 10 min)

### **Friday/Day 18**

-Lift:

Deadlift: 6 sets of 4 reps @ 75-80%

-WOD:

5 rounds-

5 Front Squats L1: (135/95) L2: (115/75) L3: (95/65)

10 Alternating DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)

15 Box Jumps (24/20)

(Time Cap: 18 min)

## **Week 4**

### **Monday/Day 21**

-Lift:

Power Snatch:

10 min EMOM-

4 Touch n Go Reps @ 45-50%

-WOD:

5 rounds for time-

10 overhead squats L1: (95/65) L2: (75/55) L3: (55/35)

10 bar facing burpees

(Time Cap: 13 min)

### **Wednesday/Day 23**

-Lift:

Clean and Jerk:

2 sets of 3 reps @ 55-65%

4 sets of 2 reps @ 65-75%

-WOD:

500m row

400m run

30 Front Squats L1: (135/95) L2: (115/75) L3: (95/65)

400m run

500m row

(Time Cap: 14 min)

### **Friday/Day 25**

-Lift:

Deadlift: 6 sets of 3 reps @ 80-85%

-WOD:

6 min AMRAP:

6 Burpee Box Jump Overs (24/20)  
12 DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)  
~rest 2 min  
6 min AMRAP:  
50 Double Unders  
12 DB Hang Clean and Jerk L1: (50/35) L2: (40/25) L3: (30/20)

## **Week 5**

### **Monday/Day 28**

-Lift:  
Back Squat: 5 sets of 2 @ 85-90%  
-WOD:  
4 rounds-  
250m row  
10 Chest to Bar Pullups  
12 Double DB Power Cleans (to Floor) L1: (50/35) L2: (40/25) L3: (30/20)  
~rest 2 min  
(Time Cap: 18 min)

### **Wednesday/Day 30**

-Lift:  
12 min Alternating EMOM (Every Minute on the Minute):  
Even: 4 Strict Press @ 75-85%  
Odd: 8 Bent Barbell Rows  
-WOD:  
6 min AMRAP:  
5 HSPU  
30 Double Unders

### **Friday/Day 32**

-Lift:  
Power Clean and Push Jerk:  
10 min EMOM-  
3 Touch n Go Reps @ 50-60%  
-WOD:  
5 rounds-  
200m run  
10 Burpee Box Jump Overs (24/20)  
10 Toes to Bar  
(Time Cap: 24 min)

## **Week 6**

**Monday/Day 35**

-Lift:

Back Squat: Work up to a Heavy 1 RM single

-WOD:

5 rounds-

15 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)

8 Chest to Bar Pullups

(Time Cap: 13 min)

**Wednesday/Day 37**

-Lift:

Squat Snatch:

10 min EMOM-

3 Touch n Go Reps @ 50-60%

-WOD:

6 min AMRAP:

8 Ring Dips

7 Shoulder to Overhead L1: (135/95) L2: (115/75) L3: (95/65)

6 Bar Facing Burpees

**Friday/Day 39**

-Lift:

Deadlift: Work up to a Heavy 1 RM single

-WOD:

12 min AMRAP:

10 Strict HSPU (Scale to kipping/Box Pike Pushups)

8 Double DB Snatches L1: (50/35) L2: (40/25) L3: (30/20)

6 DB Burpees L1: (50/35) L2: (40/25) L3: (30/20)

**Week 7****Monday/Day 42**

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 3 Strict Press @ 80-85%

Odd: 6 Bent Barbell Rows

-WOD:

Rowing Sprints-

8 rounds-

250m/200m row

~ rest 90 min

### **Wednesday/Day 44**

-Lift:

Squat Clean and Split Jerk:

Work up to a heavy Single 1RM Clean and Jerk

-WOD:

"Kelly"

5 rounds for time:

400m run

30 Box Jumps (24/20)

30 Wall Balls L1: (20/14) L2: (14/20) L3: (10/8)

(Time Cap: 30 min)

### **Friday/Day 46**

-Lift:

Deadlift:

2 sets of 5 @ 70%

3 sets of 3 @ 80%

-WOD:

5 rounds for time-

10 1 arm DB hang clean & jerk L1: (50/35) L2: (40/25) L3: (30/20)

8 Push-ups

6 Pullups (scale to jumping pullups)

(Time Cap: 12 min)

## **Week 8**

### **Monday/Day 49**

-Lift:

Back Squat:

2 sets of 4 @ 75%

3 sets of 2 @ 85%

-WOD:

9 min AMRAP:

20 Double DB Deadlifts L1: (50/35) L2: (40/25) L3: (30/20)

16 Double DB Box Step Overs (53/35) (24/20)

### **Wednesday/Day 51**

-Lift:

Squat Snatch:

Work up to a heavy Single 1RM Squat Snatch

-WOD:

Open WOD 12.2:

AMRAP in 10 minutes (Scale weights according to 1RM)

30 Snatches (75/45) ~30%

30 Snatches (135/75) ~ 55%

30 Snatches (165/100) ~65%

Max Snatches (210/120) ~85%

### **Friday/Day 53**

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 3 Bench Press @ 80-85%

Odd: 3-10 Strict Pullups

-WOD:

For Time:

25 Toes to Bar

50 KB Swings L1: (53/35) L2: (45/26) L3: (35/18)

25 Toes to Bar

50 KB Swings

25 Toes to Bar

(Time Cap: 12 min)

## **Week 9**

### **Monday/Day 56**

-Lift:

Back Squat:

2 sets of 5 @ 75%

3 sets of 3 @ 85%

-WOD:

3 rounds-

20 Double DB Box Step Overs L1: (50/35) L2: (40/25) L3: (30/20)

20 Double DB Power Cleans L1: (50/35) L2: (40/25) L3: (30/20)

20 Toes to Bar

(Time Cap: 18 min)

### **Wednesday/Day 58**

-Lift:

12 min Alternating EMOM (Every Minute on the Minute):

Even: 2 Strict Press @ 85-90%

Odd: 5 Bent Rows

-WOD:

For Time-

30/20 cal row  
50 Wall Balls (20/14)  
30 HSPU (Scale to Box Pike HSPU, Pushups)  
50 Wall Balls  
(Time Cap: 14 min)

### **Friday/Day 60**

-Lift:  
Every 3 min for 15 min:  
2 Squat Clean + 4 Front Squat @ 65-75% of C&J  
-WOD:  
3 rounds-  
400m run  
~rest 90 sec  
200m run  
~rest 1 min  
(Time Cap: 20 min)

## **Week 10**

### **Monday/Day 63**

-Lift:  
12 min Alt EMOM:  
Even: 2 Squat Snatch @ 70-80%  
Odd: 4-10 Bar Facing Burpees  
-WOD:  
2 rounds-  
21 DB Snatch L1: (50/35) L2: (40/25) L3: (30/20)  
150 Double Unders  
9 Ring Muscle Ups (Scale to C2B, BMU, Pullups, Ring rows)  
(Time Cap: 14 min)

### **Wednesday/Day 65**

-Lift:  
12 min Alternating EMOM (Every Minute on the Minute):  
Even: 2 Bench Press @ 85-90%  
Odd: 3-10 Strict Pullups (Scale to Ring Rows, Banded)  
-WOD:  
Death by BFB + Thruster-  
Min 1:  
1 BFB + 1 Thruster L1: (95/65) L2: (75/55) L3: (55/35)  
Min 2:  
2 BFB + 2 Thrusters



Min 3:

3 BFB + 3 Thruster

....until the reps cannot be completed in the minute

(Athletes will complete a minimum of 7 rounds, regardless of missing times)

(Time Cap: 16 min)

### **Friday/Day 67**

-Lift:

Deadlift:

2 sets of 4 @ 75-80%

3 sets of 2 @ 85-90%

-WOD:

For Time:

3 rounds ea for time:

15/10 Cal Bike

7 Devil's Press L1: (50/35) L2: (40/25) L3: (30/20)

12 Double DB Box Step Ups (24/20)

~rest 2 min

(Time Cap: 16 min)

## **Week 11**

### **Monday/Day 70**

-Lift:

Back Squat:

2 sets of 3 @ 80-85%

2 sets of 2 @ 85-90%

2 sets of 1 @ 90-95%

-WOD:

For Time:

60 Single DB Box Step Ups L1: (50/35) L2: (40/25) L3: (30/20)

40 DB Alt Power Snatch

20 Lateral Burpee Box Jump Overs

(Time Cap: 12 min)

### **Wednesday/Day 72**

-Lift:

12 min Alt EMOM:

Even: 2 Squat Snatch @ 75-85%

Odd: 5-15 Box Jump (24/20)

-WOD:

For Time:

45 Push Press L1: (95/65) L2: (75/55) L3: (55/35)

200m run  
30 Push Press  
200m run  
15 Push Press  
200m run  
(Time Cap: 12 min)

### **Friday/Day 74**

-Lift:  
Work up to a 1 RM Squat Clean  
-WOD:  
15-12-9  
HSPU  
Box Jump Overs (30/24)  
~rest 1 min  
25 Thrusters L1: (95/65) L2: (75/55) L3: (55/35)  
1000m row  
(Time Cap: 15 min)

## **Week 12**

### **Monday/Day 77**

-Lift:  
Work up to a heavy single on Back Squat  
-WOD:  
4 rounds-  
16 Reverse Single Arm OH DB Lunges L1: (50/35) L2: (40/25) L3: (30/20)  
16 DB Alt Power Snatch  
(Time Cap: 10 min)

### **Wednesday/Day 79**

-Lift:  
Work up to a 1RM Squat Snatch  
-WOD:  
For Time:  
60/40 Cal Row  
50 Bar Facing Burpees  
40 Toes to Bar  
(Time Cap: 16 min)

### **Friday/Day 81**

-Lift:  
Work up to a 1 RM Bench Press

~then~

-25% for 3 sets of 3

-WOD:

12 min AMRAP:

200m run

15 Pushups

10 KBS L1: (70/53) L2: (53/45) L3: (45/35)

5 Ring Dips