



<b>Thursday</b>		<b>Polar Bear, I swear</b>
	<b>10:00 AM class only</b>	<b>5 Rounds for Time</b>
	"Bear Complex" consists of	5 Bear Complexes (135/95 lb)
	1 Power Clean	30 ft Dumbbell Bear Walk (2 x 30/20 lb)
	1 Front Squat	200 meter Run
	1 Push Press	(Come prepared to run outside...
	1 Back Squat	in the cold...
	1 Push Press	possibly in the snow)
<b>Friday</b>	<b>Clean</b>	<b>"Champagne Problems"</b>
	Every 2:00 x 5 Sets	For Reps and Load
	3 Hang Squat Cleans	10:00 EMOM
	Starting @ 60% of 1RM squat	Minute 1: 5 Power Cleans
	clean, increasing to a heavy lift	Minute 2: 3-5 Ring Muscle-Ups
	for the day	
		<b>Front Squat, From the Floor</b>
		<b>@ 77-82% of the Heavy 3 Rep for the Day</b>
<b>Saturday</b>	<b>Group and Hybrid</b>	<b>"Resolution Road"</b>
	<b>Barbell: 75/55lb</b>	1500M/1250M Row (3600/3300M Bike)
	<b>Box Height: 24/20in</b>	90 Abmat Sit ups
		60 Power Snatch
	<b>Time Cap: 28:00</b>	30 Box Jumpovers
		15 Bar Facing Burpees
<b>Sunday</b>		<b>Push and Pull</b>
		<b>Every 90 Secs x 4 Rounds</b>
	Bench Press @ 55-65% of 1RM	Station 1: 10 Bench Press
	Kettlebell: 24/16KG	Station 2: 20 Dual Kettlebell Gorilla Row
	or heavier if able.	Station 3: 3-5 Strict HSPU
		Station 4: REST