



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