

FX DAILY WEEK PROGRAM



1-WEEK SAMPLE

A dark, moody photograph of gym equipment. In the center, two black kettlebells are stacked on a wooden floor. In the foreground, two barbells with black weights are visible, also on the wooden floor. The word "MONDAY" is overlaid in large, white, bold, sans-serif capital letters across the middle of the image.

MONDAY

1. WEIGHTLIFTING

RX	INTERMEDIATE	BEGINNER
<p>2 Sets:</p> <ul style="list-style-type: none">• 1 Hang Clean Pull• 1 Hang Power Clean• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 40-50% of 1RM Power Clean <p>2 Sets:</p> <ul style="list-style-type: none">• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 60-70% of 1RM Power Clean <p>4 Sets:</p> <ul style="list-style-type: none">• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 80+% of 1RM Power Clean	<p>2 Sets:</p> <ul style="list-style-type: none">• 1 Hang Clean Pull• 1 Hang Power Clean• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 40-50% of 1RM Power Clean <p>2 Sets:</p> <ul style="list-style-type: none">• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 60-70% of 1RM Power Clean <p>4 Sets:</p> <ul style="list-style-type: none">• 2 Clean Pulls• 2 Power Cleans<ul style="list-style-type: none">- 60-80%% of 1RM Power Clean	<p>2 Sets:</p> <ul style="list-style-type: none">• 1 Hang Clean Pull• 1 Hang Power Clean• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 40-50% of 1RM Power Clean <p>2 Sets:</p> <ul style="list-style-type: none">• 1 Low Hang Clean Pull• 1 Low Hang Power Clean• 1 Clean Pull• 1 Power Clean<ul style="list-style-type: none">- 50-60% of 1RM Power Clean <p>4 Sets:</p> <ul style="list-style-type: none">• 3 Clean Pulls• 3 Power Cleans<ul style="list-style-type: none">- Light/Form-Focused- 50-60% of 1RM Power Clean

WORKOUT ON THE NEXT PAGE

2. PARTNER WOD

RX	INTERMEDIATE	BEGINNER
<p>20 Min. AMRAP:</p> <ul style="list-style-type: none">• 8 Toes-To-Bar• 1 Lap Walking Lunges (bodyweight)• 8 Sumo Deadlift High Pulls• 1 Lap Walking Lunges (bodyweight) <ul style="list-style-type: none">- 1:1 Work-To-Rest after each round.- Add 2 reps on the T2B & SDHP every new round (for example: after you completed the round of 8 reps, then you will do a round of 10, then 12, and so forth)- 1 Lap = $\pm 8m$ <p>Men: 45kg Women: 30kg</p>	<p>20 Min. AMRAP:</p> <ul style="list-style-type: none">• 8 Knees-to-Chest• 1 Lap Walking Lunges (bodyweight)• 8 Sumo Deadlift High Pulls• 1 Lap Walking Lunges (bodyweight) <ul style="list-style-type: none">- 1:1 Work-To-Rest after each round.- Add 2 reps on the K2C & SDHP every new round (for example: after you completed the round of 8 reps, then you will do a round of 10, then 12, and so forth)- 1 Lap = $\pm 8m$ <p>Men: 30kg Women: 20kg</p>	<p>20 Min. AMRAP:</p> <ul style="list-style-type: none">• 8 Hanging Knee Raises• 1 Lap Walking Lunges (bodyweight)• 8 Sumo Deadlift High Pulls• 1 Lap Walking Lunges (bodyweight) <ul style="list-style-type: none">- 1:1 Work-To-Rest after each round.- Add 2 reps on the HKR & SDHP every new round (for example: after you completed the round of 8 reps, then you will do a round of 10, then 12, and so forth)- 1 Lap = $\pm 8m$ <p>Men: 20kg Women: 15kg</p>

SESSION NOTES

WARM UP

- 1-Minute Lunge Position T-Spine Openers p/side
- 400m Run
- 30 Alt. Step Back Lunges @ bodyweight
- 20 KB High Pulls
- 10 Burpees

Then, with an empty barbell, perform the following clean warm up sequence:

- 7 Clean Deadlifts
- 7 Clean Pulls
- 7 Clean High Pulls
- 7 Muscle Cleans
- 7 Power Cleans

COMPONENT(S) BREAKDOWN

WEIGHTLIFTING

- The focus of this component is to develop better positioning and power of the pull of the clean movement.
- Be sure to stick to the percentage ranges on the first 4 sets to focus primarily on positioning of the pull.
- The reps of each set can be broken up if needed to focus on better setup and power of each rep.

WOD:

- This workout's stimulus is interval-focused.
- The objective is to push for faster-paced rounds with the rest after each round allowing you to do so.
- Be sure to scale the toes-to-bar and SDHP weight if needed to a level where higher reps can be performed on the movements.
- The intended barbell load for this workout is a light weight.



TUESDAY

1. STRENGTH

RX	INTERMEDIATE	BEGINNER
<p>Front Squat 12-12-12</p> <ul style="list-style-type: none"> - Perform the first 6 reps as tempo reps: 3-second descend into squat - 50-60% of 1RM front squat 	-	-

2. WOD

RX	INTERMEDIATE	BEGINNER
<p>A (At 0:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 150 Double Unders • 60 Goblet Squats @ 24/16kg • 150 Double Unders • 60 Kettlebell Swings <p>B (At 12:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 150 Double Unders • 30 Front Squats @ 60/40kg • 150 Double Unders • 30 Clean & Jerks <p>(10-Minute Time Cap p/workout)</p>	<p>A (At 0:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 75 Double Unders • 50 Goblet Squats @ 16/12kg • 75 Double Unders • 50 Kettlebell Swings <p>B (At 12:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 75 Double Unders • 25 Front Squats @ 45/30kg • 75 Double Unders • 25 Clean & Jerks <p>(10-Minute Time Cap p/workout)</p>	<p>A (At 0:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 120 Single Unders • 40 Goblet Squats @ 12/8kg • 120 Single Unders • 40 Kettlebell Swings <p>B (At 12:00) - <u>For time:</u></p> <ul style="list-style-type: none"> • 120 Single Unders • 20 Front Squats @ 30/20kg • 120 Single Unders • 20 Clean & Jerks <p>(10-Minute Time Cap p/workout)</p>

SESSION NOTES

WARM UP

2 Rounds:

- 40 Single Unders
- 15 Kettlebell Swings
- 15 Air Squats

Into 2 Rounds:

- 20 Double Unders / Sec. DU Practise
- 10 Barbell Front Rack Hold alternating elbow lifts
- 10 Squats (Round 1: KB Goblet Squat; Round 2: BB Front Squat)

COMPONENT(S) BREAKDOWN

FRONT SQUAT:

- The objective is to build strength capacity & endurance on the front squat, rather than pushing for a heavy load.
- Choose a weight where the tempo reps can properly be performed.

WOD:

- The objective of these two workouts is to build fitness and capacity and efficiency in your double unders, kettlebell, and barbell movements.
- The recommended time for each workout should take around 8-10 minutes, so be sure to scale the weights and rep schemes to a level that will allow you to do so. The 10-minute cap will enforce you to have at least 2 minutes of rest between the two parts.
- The intended weight stimulus for this workout should be a light-moderate load (for both the kettlebell and the barbell movements) that can be held on to for higher reps in order to keep the right workout pace.
- If you're still inconsistent with your double unders (50 or less unbroken), then definitely perform the intermediate rep scheme.



WEDNESDAY

1. GYMNASTICS - PULL-UP DEVELOPMENT

RX	INTERMEDIATE	BEGINNER
3 Min. EMOM: • 20-40 Sec. Dead Hang —Rest 1 Min.— 3 Min. EMOM: • 5-10 Strict Pull-Ups —Rest 1 Min.— 3 Min. EMOM: • 10-20 Butterfly / Kipping Pull-Ups - For each EMOM, choose a time/rep scheme that's sustainable for 3 rounds	3 Min. EMOM: • 20-40 Sec. Dead Hang —Rest 1 Min.— 3 Min. EMOM: • 5-10 Strict Banded Pull-Ups —Rest 1 Min.— 3 Min. EMOM: • 5-10 Banded Kipping Pull-Ups / Butterfly Pull-Ups with one foot on box - For each EMOM, choose a time/rep scheme that's sustainable for 3 rounds	3 Min. EMOM: • 20-40 Sec. Dead Hang / Inverted Hang on rings —Rest 1 Min.— 3 Min. EMOM: • 10 Ring Rows —Rest 1 Min.— 3 Min. EMOM: • 10-20 Kip Swings - For each EMOM, choose a time/rep scheme that's sustainable for 3 rounds

2. WOD A

RX	INTERMEDIATE	BEGINNER
For time: • 50/40 Calories Row • 50 Deadlifts @ 100/70kg • 50/40 Calories Row • 25 Wall Walks (12-Minute Time Cap)	For time: • 50/40 Calories Row • 50 Deadlifts @ 80/50kg • 50/40 Calories Row • 25 Wall Walks (Halfway-To-Wall) (12-Minute Time Cap)	For time: • 40/32 Calories Row • 40 Deadlifts @ 50/35kg • 40/32 Calories Row • 20 Box Walks (place feet on 20" box) (12-Minute Time Cap)

3. WOD B

RX	INTERMEDIATE	BEGINNER
For total reps: Every 3:00 x 4 Rounds: • 200m Run With remaining time, max sequences: • Round 1+3: Max Burpee-To-Target • Round 2+4: Max Burpee Box Jumps @ 24/20"	-	For total reps: Every 3:00 x 4 Rounds: • 150m Run With remaining time, max sequences: • Round 1+3: Max Burpee-To-Target • Round 2+4: Max Burpee Box Step Ups @ 24/20"

SESSION NOTES

WARM UP

2 Rounds:

- 200m Run OR 250m Row
- 10 Hollow Rocks
- 10 Box Step Ups
- 5 Push-Up Inchworms
- 10 Single Leg KB Deadlifts (5 p/leg; slow controlled)
- 10 Kip Swings
- 5 Dive Bombers

COMPONENT(S) BREAKDOWN

GYMNASTICS:

- The focus of this component is to develop the pull-up - isometrically (first EMOM), strength-wise (second EMOM), and skill-wise (third EMOM).
- For each EMOM, choose a rep/time scheme within the given range that's sustainable for all 3 rounds.

WOD A:

- The objective is to find a sustainable working pace on the rower, and manageable sets on the deadlifts, and a consistent rhythm on the wall walks.
- Be sure to scale the reps/load/wall walk complexity if needed to where each movement takes you around 3 minutes in order to hit the intended workout pace.
- The deadlift bar should be a moderate weight at most where manageable rep schemes under fatigue can be performed.
- Choose a wall walk variation/scaled option where higher reps under fatigue can be performed if needed.

WOD B:

- This workout is mainly focused on the burpee.
- The run should serve as a breather from the burpees, so be sure to perform it at a pace that allows you to do so, avoiding pushing too hard and fast on it.
- With the burpee movements, work at a tempo that will allow you to move non-stop until the 3-minute window has expired.

A dark, moody photograph of gym equipment. In the center, two kettlebells are stacked on a wooden floor. In the foreground, two barbells are visible, slightly out of focus. The word "THURSDAY" is overlaid in large, bold, white capital letters across the middle of the image.

THURSDAY

1. GYMNASTICS STRENGTH & ISOMETRIC DEVELOPMENT

RX	INTERMEDIATE	BEGINNER
6 Min. EMOM: • Min. 1: 15-30 Sec. Ring Support Hold • Min. 2: 5-10 Strict Toes-To-Bar Into 6 Min. EMOM: • Min. 1: 5-10 Strict Ring Dips • Min. 2: 15-30 Sec. Hanging L-Hold	6 Min. EMOM: • Min. 1: 15-30 Sec. Support Hold on 2 boxes / parallettes • Min. 2: 5-10 Strict Hanging Leg Raises Into 6 Min. EMOM: • Min. 1: 5-10 Strict Parallel Box / Parallette Dips • Min. 2: 15-30 Sec. Hanging Knee Raise-Hold	6 Min. EMOM: • Min. 1: 15-30 Sec. Support Hold on 2 boxes / parallettes with feet grounded • Min. 2: 5-10 Strict Hanging Knee Raises Into 6 Min. EMOM: • Min. 1: 5-10 Strict Parallette Dips • Min. 2: 30 Sec. Plank Hold

2. WOD A - MONOSTRUCTURAL CONDITIONING

RX	INTERMEDIATE	BEGINNER
On any machine (row/bike/ski), complete 4 rounds for total calories: • 45 Sec. Work, 15 Sec. Rest • 30 Sec. Work, 30 Sec. Rest • 15 Sec. Work, 45 Sec. Rest	-	-

3. WOD B - ODD OBJECT CONDITIONING

RX	INTERMEDIATE	BEGINNER
12 Min. EMOM: • Min. 1: 2 Laps Sled Push • Min. 2: 4 Laps Sandbag Carry (bear hug) • Min. 3: 6 Laps Farmer's Carry - 1 Lap: $\pm 10m$ - For each implement, choose a weight that is appropriate in challenge for the given lap scheme	-	-

SESSION NOTES

WARM UP

TABATA - 4 Rounds:

- 20 Sec. Jumping Jacks
- 20 Sec. Hollow Rocks
- 20 Sec. Push Up into Alternating T-Plank
- 20 Sec. Double Kettlebell Deadlifts
 - 10 Seconds rest after each movement.

COMPONENT(S) BREAKDOWN

GYMNASTICS:

- Objective is dynamic and isometric strength development of the ring dip and midline.
- Choose a rep/time scheme for each movement that's sustainable for all rounds, scaling to the correct progression if needed.

WOD A

- The objective is building cardiovascular capacity on the machine you choose.
- The goal is to find a sustainable pace for each of the 3 given working durations, with each pace increasing as the duration decreases, and holding these paces as best possible for all 4 rounds.

WOD B

- The objective is to get exposure to the given odd objects and build efficiency and conditioning on each of them.
- Be sure to choose a weight that will provide a challenge for the given laps on each of the movements.



FRIDAY

1. WEIGHTLIFTING

RX	INTERMEDIATE	BEGINNER
<p>4 Sets:</p> <ul style="list-style-type: none"> • 2 Split Jerks (3-sec. Pause in receive/split position) • 2 Split Jerk <ul style="list-style-type: none"> - 50-60% of 1RM Split Jerk <p>Then, 4 Sets:</p> <ul style="list-style-type: none"> • 1 Split Jerks <ul style="list-style-type: none"> - 80+% of 1RM Split Jerk 	<p>4 Sets:</p> <ul style="list-style-type: none"> • 2 Split Jerks (3-sec. Pause in receive/split position) • 2 Split Jerk <ul style="list-style-type: none"> - 50-60% of 1RM Split Jerk <p>Then, 4 Sets:</p> <ul style="list-style-type: none"> • 2 Split Jerks <ul style="list-style-type: none"> - 70-80% of 1RM Split Jerk 	<p>4 Sets:</p> <ul style="list-style-type: none"> • 2 Split Jerks (3-sec. Pause in receive/split position) • 2 Split Jerk <ul style="list-style-type: none"> - 50-60% of 1RM Split Jerk <p>Then, 4 Sets:</p> <ul style="list-style-type: none"> • 4 Split Jerks <ul style="list-style-type: none"> - Stay on light/form-focused weight

2. WOD

RX	INTERMEDIATE	BEGINNER
<p>2 Rounds for time:</p> <ul style="list-style-type: none"> • 400m Run • 20 Wall Balls • 10 Power Snatches • 400m Run • 20 Box Jump Overs • 10 Ring Muscle Ups <p><i>Men: 70kg, 20lb MB, 24" box</i> <i>Women: 45kg, 14lb MB, 20" box</i></p> <p>(20-Minute Time Cap)</p>	<p>2 Rounds for time:</p> <ul style="list-style-type: none"> • 400m Run • 20 Wall Balls • 10 Power Snatches • 400m Run • 20 Box Jump Overs • 10 Banded/Box-assisted Muscle Ups OR 15 C2B/Pull-Ups <p><i>Men: 50kg, 14lb MB, 24" box</i> <i>Women: 35kg, 10lb MB, 20" box</i></p> <p>(20-Minute Time Cap)</p>	<p>2 Rounds for time:</p> <ul style="list-style-type: none"> • 300m Run • 16 Wall Balls • 10 Power Snatches • 300m Run • 16 Box Step Overs • 10 Banded/Jumping Pull-Ups OR 15 Ring Rows <p><i>Men: 30kg, 14lb MB, 24" box</i> <i>Women: 20kg, 10lb MB, 20" box</i></p> <p>(20-Minute Time Cap)</p>

SESSION NOTES

WARM UP

- 400m Run
- 20 Box Step Ups
- 20 Shoulder Passes with elastic band OR PVC
- 20 Kip Swings
- 20 Lunge Position One Arm DB Shoulder Presses (10 p/arm)

Then, perform the following sequence in preparation for the split jerk:

- 8 Split Drops (drop into split jerk position with feet and mimicking the jerk/press with arms)
- 8 Split Drops with PVC (hold PVC in overhead press hold, dropping into split jerk position with feet)
- 8 Split Jerks with empty barbell

COMPONENT(S) BREAKDOWN

WEIGHTLIFTING:

- Today's weightlifting is focused on developing better positioning in the receive of the split jerk (objective of the first 4 sets)
- Be sure to keep the weight light on the first 4 sets with the pauses.
- On the last 4 sets, the objective is to finish with 4 heavy split jerk singles.
- Scale to intermediate or beginner if the split jerk technique isn't too sound yet, focusing on performing more reps at lighter weight for practise rather than maxing out.

WOD:

- This is a longer workout and the approach will vary depending on your strengths/weaknesses.
- The intended snatch load must be a moderately challenging load at most, scale the weight if needed.
- If you can't string 4+ muscle ups, then scale it to half the reps, otherwise if you don't have muscle ups yet, scale to a challenging, but doable gymnastics pulling movement.
- Each round should take around 10-minutes at most in order to finish within the given time cap, so be sure to scale the rest of the movements & loads accordingly if needed.