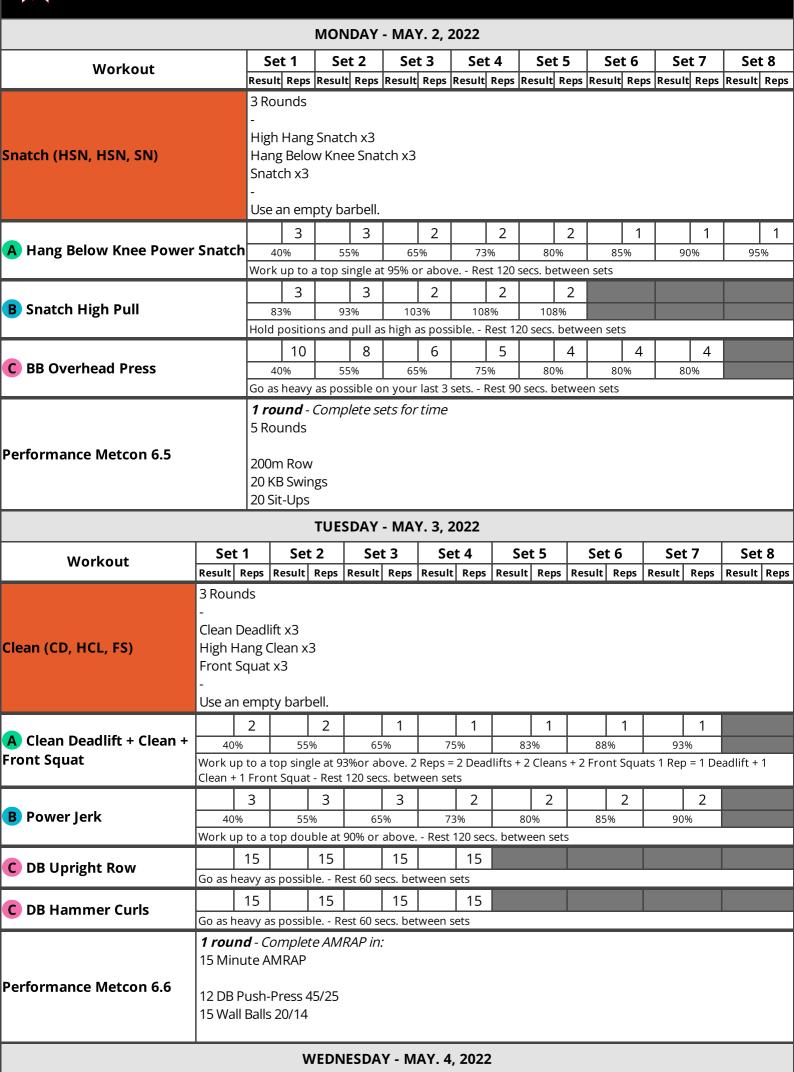


HITW PERFORMANCE



Workout			: 1	w₽ĐN	ÆSDA'	γSe¶γβΑγ sult Reps	4, 50 5	24		t 5		t 6	Set		Se	
				Set 2		Set 3	Set		Se ⁻			t 6	Result Set		Se	
Workout		Set				sult Reps										
				Kesuit K	ceps Ke	suit Reps	Result	Keps	Result	Keps	Result	Keps	Result	керs	Result	Reps
General (RDL, FS, OHP)			3 Rounds - Barbell RDL x3 Front Squat x3 Overhead Press x3 -													
		Use ai	- i	oty barb	1						T					
A Back Squat (Pause)			6 % for 3 s	55% econds. \		65% to a top	759 single at		83 r above			1 0% ecs. bet	95 ween se			
			6		5	4		3		3						
B Stiff Legged Deadlift		40	%	55%		65%	759	%	85	5%						
		Work ι	ıp to a	top tripl	le at 85%	% or abov	e Rest 1	120 se	cs. betw	veen se	ets					
C DR Rongh Brogg (Class Crist)			15		15	15		15								
C DB Bench Press (Close Grip)		Go as h	neavy a	as possib	le Res	st 60 secs.	between	sets								
			20		20	20		20								
C Band Tricep Extensions		Use a h	neavy r	resistance	e band a	and move	slowly	Rest 6	60 secs.	betwe	en sets				_	
Performance Metcon 6.7			1 round - Complete sets for time 6 Rounds 20 Air Squats 15 Push-UPs 5 Pull-Ups													
					1	' - MAY.								_ 1		
Workout	Set			et 2		et 3	Set 4		Set		Set		Set		Set	
					itesuite	keps r	esult R	leps	Result	Kehs	Result	Keps	Result	Reps F	esuit	Reps
Power Snatch (SD, SP, PSN)	3 Rour - Snatch Snatch Power - Use ar	n Dead n High ⁻ Snatc	lift x3 Pull x h x3	3	,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,,	керь г	esuit R	Reps	Result	керѕ	Kesuit	Keps	Result	Keps F	esuit	Reps
	- Snatch Snatch Power -	n Dead n High ⁻ Snatc	lift x3 Pull x h x3	3		3	esuit R	Reps 3	Result	2	Result	2	Result	2	esuit	2
	- Snatch Snatch Power -	n Dead n High Snatc n empt 3	lift x3 Pull x h x3 y barl	bell.			70%		Result	2	85°	2	Result I	2	85 ⁶	2
PSN)	- Snatch Snatch Power - Use ar	n Dead n High Snatc n empt 3	lift x3 Pull x h x3 y barl	bell. 3 50%	6	3	70%	3	78	2		2		2		2
PSN)	- Snatch Snatch Power - Use ar	n Dead n High Snatc n empt 3	lift x3 Pull x h x3 y barl	bell. 3 50%	6	3 0%	70%	3	78	2		2		2		2
A Power Snatch	- Snatch Snatch Power - Use ar	n Dead n High r Snatc n empt 3 1% p to 85	lift x3 Pull x h x3 y barl % for 3	bell. 3 50% 3 sets of 2	6 2 reps	3 0% Rest 120	70%	3 ween:	78	2 %		2 1		2		2 %
PSN)	- Snatch Snatch Power - Use ar 40 Work u	n Dead n High Snatc n empt 3 % p to 85 2	lift x3 Pull x h x3 y barl	bell. 3 50% 3 sets of 2 55%	6 2 reps	3 0% Rest 120 2	70% secs. betv 73%	3 ween:	78 sets	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch B Power Clean + Clean	Snatch Snatch Power - Use ar 40 Work u	n Dead n High Snatc n empt 3 % p to 85 2	lift x3 Pull x h x3 y barl	bell. 3 50% 3 sets of 2 55%	6 2 reps	3 0% Rest 120 2	70% secs. betv 73% Cleans +	3 ween:	78 sets	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch	Snatch Snatch Power - Use ar 40 Work u 40 Work u betwee	n Dead n High Snatc n empt 3 % p to 85 2 % p to 90 n sets	lift x3 Pull x h x3 y barl % for 3	bell. 3 50% 3 sets of 2 2 55% 2 singles.	6 2 reps 6 2 Reps	3 0% Rest 120 2 5% = 2 Power	70% secs. betv 73% Cleans +	3 ween: 1 - 2 Cle	78 sets	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch B Power Clean + Clean C Back Squat (Close Stance)	Snatch Snatch Power - Use ar 40 Work u 40 Work u betwee	n Dead n High Snatc n empt 3 % p to 85 2 % p to 90 n sets 10	lift x3 Pull x h x3 y barl % for 3	bell. 3 50% 3 sets of 2 2 55% 2 singles. 10 ble Res	6 2 reps 6 2 Reps	3 0% Rest 120 2 5% = 2 Power 10 s. between	70% secs. betv 73% Cleans +	3 1 - 2 Cle	78' sets 80' ans 1 R	2 %	85°	2 %	85%	2	859	2 % 1 %
PSN) A Power Snatch B Power Clean + Clean C Back Squat (Close	Snatch Snatch Power - Use ar 40 Work u work u betwee Go as h	n Dead n High Snatc n empt 3 % p to 85 2 % p to 90 n sets 10 leavy as	lift x3 Pull x h x3 y barl % for 3	bell. 3 50% 3 sets of 2 2 55% 2 singles. 10 ble Res	6 2 reps 6 2 Reps st 60 sec	3 0% Rest 120 2 5% = 2 Power 10 s. between	70% secs. betv 73% Cleans +	3 ween: 1 - 2 Cle	78' sets 80' ans 1 R	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch B Power Clean + Clean C Back Squat (Close Stance)	Snatch Snatch Power Use ar 40 Work u 40 Work u betwee Go as h Go as h	n Dead n High Snatc 1 empt 3 exp to 85 2 exp 10 eavy as 12 (ea.) leavy as 11 eavy as 12 eavy as	lift x3 Pull x h x3 y barl % for 3 % for 2	bell. 3 50% 3 sets of 2 2 55% 2 singles. 10 ble Res	62 reps 6 2 Reps tt 60 sec	3 0% Rest 120 2 5% = 2 Power 10 s. between 12 (ea.) s. between 5s. between 5s. between 5s.	70% secs. betv 73% Cleans +	3 1 - 2 Cle	78' sets 80' ans 1 R	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch B Power Clean + Clean C Back Squat (Close Stance) C BB Reverse Lunge	Snatch Snatch Power Use ar 40 Work u 40 Work u betwee Go as h 1 roun 3 Rour	n Dead n High Snatc 1 empt 3 eavy as 10 eavy as 12 (ea.) leavy as nd - Conds	lift x3 Pull x h x3 y barl % for 3 % for 2	bell. 3 50% 3 sets of 2 55% 2 singles. 10 ble Res 12 (ea.) ble Res	6 2 reps 6 2 Reps st 60 sec for time	3 0% Rest 120 2 5% = 2 Power 10 s. between 12 (ea.) s. between 5s. between 5s. between 5s.	70% secs. betw 73% Cleans +	3 1 - 2 Cle	78' sets 80' ans 1 R	2 %	85°	2 %	85%	2	859	2 % 1 %
A Power Snatch B Power Clean + Clean C Back Squat (Close Stance) C BB Reverse Lunge Performance Metcon 6.8	Snatch Snatch Power Use ar 40 Work u 40 Work u betwee Go as h 1 roun 3 Rour	n Dead n High Snatc 1 empt 2 eavy as 10 eavy as 12 (ea.) leavy as nd - Conds	lift x3 Pull x h x3 y barl % for 3 % for 2	bell. 3 50% 3 sets of 2 55% 2 singles. 10 ble Res 12 (ea.) ble Res	6 2 reps 6 2 Reps st 60 sec for time	3 0% Rest 120 2 5% = 2 Power 10 s. betweel	70% secs. betw 73% Cleans +	3 1 - 2 Cle	78' sets 80' ans 1 R	2 %	85 ^c 85 ^c Power	2 % 1 % Clean +	85%	2	859	2 % 1 % ecs.
A Power Snatch B Power Clean + Clean C Back Squat (Close Stance) C BB Reverse Lunge Performance Metcon 6.8	Snatch Snatch Power Use ar 40 Work u 40 Work u betwee Go as h 1 roun 3 Rour 30 Dea 25 Wal	n Dead n High Snatc 1 empt 2 eavy as 10 eavy as 12 (ea.) leavy as nd - Conds	lift x3 Pull x h x3 y barl % for 3 % for 2	bell. 3 50% 3 sets of 2 2 55% 2 singles. 10 ble Res ble Res ete sets i	6 6 2 reps 6 2 Reps st 60 second st 60 se	3 0% Rest 120 2 5% = 2 Power 10 s. between 12 (ea.) s. between	70% secs. betw 73% Cleans + 12 1 sets	3 ween: 1 - 2 Cle 10 2 (ea.)	78' sets 80' ans 1 R	2 % 1 % ep = 1	85 ^c 85 ^c Power	2 % 1 % Clean +	85% 90% + 1 Clear	2 1 n - Rest	85° 90° 120 se	2 % 1 % ecs.

Workout	Set 1		Set 2		Set 3		Т	Set 4		4 Se		S	Set 6		Set 7		Set	8
Workout	Result	Reps	Result	Reps	Resu	t Re	ps Re	esult	Reps	Result	Reps	Resu	lt Re	s Re	esult	Reps	Result	Reps
Rest Day	workou	t.																
SATURDAY - MAY. 7, 2022																		
Workout		Set 1		Set 2		Set 3		Set 4		Set 5		Set 6		Set 7		Set 8		
		Result	Reps	Result	Reps	Result	Reps	Resu	t Reps	Result	Reps	Result	Reps	Result	Reps	Result	Reps	
Snatch (SD, HS, SB, OH)		3 Rour - Snatch High H	n Dead		x3													
		High Hang Snatch x3 Snatch Balance x3 Overhead Squat x3 -																
			Use ar	n emp	ty barb	ell.												
			3		3		2		2		1		1		1		1	
A Snatch	A Snatch		40%		55%		65%			73%		%	85%		90%		95%	
			Work u	p to a	top sing	le at 95	5% or a	bove.	- Rest 1	20 secs.	betweer	sets				_		
				2		2		2		1		1		1		1		1
B Clean and Jerk		400			55%		65%		73%	80%		85%		90%		95%		
		Work up to a top single at 95% or above. 2 Reps = (Clean and Jerk) x2 1 Rep = (Clean and Jerk) x1 - Rest 120 secs. between sets																
C Lat Pulldo Grip	own - W	/ide		15		15		15		15								
			Go as heavy as possible Rest 60 secs. between sets															
C DB Bent C	Over Row			15		15		15		15								
		W	Go as heavy as possible Rest 60 secs. between sets															
Performance	Metco	n 6.9	1 round - Complete AMRAP in: 10 minute AMRAP															
			25KB Swings 53/35 15 Goblet Squats															

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FRIDAY - MAY. 6, 2022