

At CrossFit Modig, we offer two different training options for every CrossFit workout. Athletes may choose Performance (P) or Fitness (F) each day. Our Performance option generally includes more barbell volume, more technical gymnastics movements, and heavier Rx weights. Either option is designed to provide amazing results!

Our SWEAT workouts do not have heavy barbells, or Rx weights, and do not require any CrossFit experience!

Monday CrossFit

Strength

P: Front Squat (Build to a daily 1RM, with perfect form, in 15:00)

Pause each rep for :02 in the hole

4-6 challenging sets. No misses

F: Front Foot Elevated Split Squat (3x10/leg)

Put the front foot on a 45# plate

Conditioning

P: Jackie (Time)

For Time:

1000m Row

50 Thrusters, 45#

30 Pull-ups

Women use 35#

F: Metcon (Time)

For time

1.5mi Bike

50 Goblet Squats 75/55

30 Ring Rows

PUMP

Banded Hip Thrust (150 for time)

Tuesday CrossFit

Strength

P: Push Jerk (15x1)

One set EMOM. Use 70-80% of Jerk 1RM

F: Half-rack Single Arm DB Press (3x10/arm)

Holding onto 2 DB in the front rack, press 1 for the number of reps while keeping the other in the Front rack

Conditioning

P: Metcon (AMRAP - Rounds and Reps)

AMRAP 10

50 Double Unders
7 DB Bent Over Row
7 DB Hang Power Cleans
7 DB Push Press

Use 50/35# DBs

F: Metcon (AMRAP - Rounds and Reps)

AMRAP 10

75 Single Unders
7 DB Bent Over Row
7 DB Hang Power Cleans
7 DB Push Press

Wednesday CrossFit

Conditioning

P: Metcon (3 Rounds for reps)

AMRAP 5:00

400m run Buy-In,
in remaining time:
21 Overhead Squats
21 Lateral Burpees Over Bar

Rest 5:00

AMRAP 5:00

400m run Buy-In,
in remaining time:
15 Overhead Squats
15 Lateral Burpees Over Bar

Rest 5:00

AMRAP 5:00

400m run Buy-In,
in remaining time:
9 Overhead Squats
9 Lateral Burpees Over Bar
Rx: 75/55, 95/65, 115,85
Rx+: 115/85, 135/95, 155/105

F: Metcon (3 Rounds for reps)

AMRAP 5:00

400m run Buy-In,
in remaining time:
21 Front Squats
21 Lateral Burpees Over Bar

Rest 5:00

AMRAP 5:00

400m run Buy-In,

in remaining time:
15 Front Squats
15 Lateral Burpees Over Bar

Rest 5:00

AMRAP 5:00
400m run Buy-In,
in remaining time:
9 Front Squats
9 Lateral Burpees Over Bar
Rx: 75/55, 95/65, 115,85
Rx+: 115/85, 135/95, 155/105

Thursday CrossFit

Strength

P: Sumo Deadlift (15x1)

Use 75-85% of 1RM. One set every :45
These should feel fast. Speed is more important than weight

F: Staggered-Stance Single Leg RDL (3x10/leg)

One set every 5:00

Conditioning

P: Metcon (AMRAP - Rounds and Reps)

AMRAP 12

15 Wallballs 20/14
12 Hang Power Snatch 95/65
9 Box Jumps 24/20"

F: Metcon (AMRAP - Rounds and Reps)

AMRAP 12

15 Wallballs 16/10
12 Hang Power DB Snatch 35/25
9 Box Step-Ups 24/20"

PUMP

Banded Good Mornings (150 for time)

Friday CrossFit

Strength

P&F: Close Grip Bench (Build to a daily 1RM, with perfect form, in 15:00)

Pause for :02 at the chest on each rep

Conditioning

P: Metcon (AMRAP - Rounds and Reps)

AMRAP 7

6 TTB
9 Pushups
12/9 Cal Bike

F: Metcon (AMRAP - Rounds and Reps)

AMRAP 7

12 AMSU
9 Pushups
12/9 Cal Row

PUMP

Banded Tricep Extensions (150 for time)

Not overhead

Complete as quickly and in as few sets as possible

Saturday CrossFit

Conditioning

Metcon (AMRAP - Rounds and Reps)

Teams of 3

AMRAP 30:

12/9 Calorie Bike
10 Medicine Ball Squat Jumps (20/14)
5 Power Clean and Jerks

1st 6 Rounds: 75/55
2nd 6 Rounds: 95/65
3rd 6 Rounds: 115/85
4th 6 Rounds: 135/95

Partners cycle through full rounds, one at a time. Weights climb after each partner has gone through twice (6 rounds).

Rx+:

30/20# Ball

R1: 115/85

R2: 135/95

R3: 155/105

R4: 185/125

Sunday CrossFit Unloaded

Metcon (3 Rounds for reps)

AMRAP 34

at 0:00

Run 1 mile

in remaining time,

3 RKS 55/35, 3 Burpees

6 RKBS, 6 Burpees

9 RKBS, 9 Burpees, etc.

at 10:00, rest 2:00

at 12:00

Row 2K

in remaining time

3 Wallballs 20/14, 3 Box Jumps 24/20

6 WB, 6 BJ

9 WB, 9BJ, etc.

At 22:00, rest 2:00

At 24:00
Bike 3mile
in remaining time,
3 Pullups, 3 AMSU
6 Pullups, 6 AMSU
9 Pullups, 9 AMSU, etc.
at 34:00, time.