

## JUMP SHIP TRAINING AFFILIATE PROGRAMMING SAMPLE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<p>Whiteboard/Warm Up 0-10</p> <p>Get Strong Min 16-26 Deadlift EMOM 10 3 Reps building across</p> <p>Get Fit Min 38-54 3 x AMRAP 4/ Rest 2:00 12 Deadlifts 225/155 12 HSPU 12 Toes to Bar Start each round where you left off</p> <p>Competitor's Finisher For Time 20-40-60-80-100 Unbroken Double Unders Before each set complete 10 DBL KB Snatch 35/26s If you fail to complete a set of DU unbroken, start the set over 10 Min Cap</p>	<p>Whiteboard/Warm Up 0-10</p> <p>Get Strong Min 14-30 Front Squat 4x10 building</p> <p>Get Fit Min 40-55 3 Rounds 400m Run (or 20/15 cal bike) 20 Push Ups 15 Shoulder to OH 135/95 15 Min Cap</p> <p>Competitor's Finisher For Time 50' DBL DB Front Rack Lunge 50/35s 15 Strict CTB Pull Ups 50' DB Lunge 10 Strict CTB Pull Ups 50' DB Lunge 5 Strict CTB Pull Ups 8 Min Cap</p>	<p>Whiteboard/Warm Up 0-10</p> <p>Get Powerful Min 15-30 Power Clean 8:00 to establish a 2RM (Drop and reset) Rest 3:00 For Time 15 Reps at 85% 2RM 4 Min Cap</p> <p>Get Fit Min 44-56 AMRAP 12 4 Muscle Ups 8 Bar Facing Burpees 12 Hang Power Cleans 115/75</p> <p>Competitor's Finisher For Time Run 400m 20 Back Squat 225/155 Run 400m 8 Min Cap</p>	<p>Recharge</p> <p>Whiteboard/Warm Up 0-10</p> <p>Move Steady Min 15-45 AMRAP 30 20/15 Calorie Row (or 15/12 cal bike) 5 Strict Pull Ups 10 Push Ups 15 Air Squats 1:00 Rest</p> <p>For Completion Min 50-60 Couch Stretch 2:00/side Foam Roll (quads/t-spine) 5:00</p> <p>No Finisher</p>	<p>Whiteboard/Warm Up 0-10</p> <p>Get Powerful Min 15-27 Thruster EMOM 12 3 Reps building across</p> <p>Get Fast Min 41-55 For Time 12-1 Thruster 95/65 Box Jump Over 24/20" 14 Min Cap</p> <p>Competitor's Finisher Every 2:00 for 8:00 10 DBL DB Box Step Overs 50/35s 24/20" 1 Max Set of Bar Muscle Ups</p>	<p>Whiteboard/Warm Up 0-10</p> <p>Get Powerful Min 15-25 Snatch In 10:00 establish a 3RM T&amp;G</p> <p>Get Fit Min 40-55 3 Rounds 30 Alternating DB Snatch 50/35 20 T2B 100 Double Unders 15 Min Cap</p> <p>Competitor's Finisher For Time 24/20 Calorie Row 12 Squat Snatch 115/75 18/16 Calorie Row 9 Squat Snatch 12 Calorie Row 6 Squat Snatch 8 Min Cap</p>

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