

# **GALLOWGLASS ATHLETICS**

**SAMPLE WEEK OF  
PROGRAMMING**



# Day 1

## Warm Up

### **AMRAP 6**

**Monostructural Cardio, 30 secs**

**8 Kettlebell Goblet Squats, pick load**

**Inchworm, 25 ft**

**Crab Walk, 25 ft**

**Plank Hold, 20 secs**

## Strength

**Back Squat 1x3 at 70% 1RM**

**Back Squat 1x3 at 75% 1RM**

**Back Squat 1x3 at 80% 1RM**

**Back Squat 1x1 at 85% 1RM**

**Back Squat 1x1 at 87% 1RM**

**Back Squat 1x1 at 90% 1RM**

**These sets are building in weight.  
Your first working set should be  
around 70-75% of your 1RM. Take 5-6  
sets to warm up and build to your  
working weight. Set aside 20 minutes  
to complete**

## Conditioning

**4 rounds, 3 mins each,  
for max reps of:**

**10 Toes-to-bars**

**15/12 Row Calories**

**max reps in remaining time:**

**Hang Squat Cleans, 135/95 lbs**

**Rest 1 min**

**Pick a weight on the barbell that is going to  
allow you to cycle at least 5 reps out of the  
gate each round. You should have at least 1  
minute to accumulate hang squat cleans  
each round. Scale the hang squat cleans to  
[1 Hang Power Clean + 1 Front Squat] The  
goal is to have consistent number of reps  
across all 4 rounds. Scale the toes to bar to  
hanging knee raises or laying toes to rig.**

**RX+ 185/125 lbs Barbell**

## Competitor Accessory

**Bike :45 Seconds On / :15  
Seconds Off x15**

**Score is total calories**



# Day 2

## Warm Up

### **AMRAP 6**

**Jump Rope, 20 secs**

**9 Wall Balls, pick load**

**Bear Crawl, 50 ft**

**Med Ball Overhead Walking Lunge, 50 ft**

## Strength

### **EMOM 12**

**1 Jerk, 75% 1RM**

All reps should be taken from the rack. These can be done as a split or power jerk depending on your preference. Take 5-6 sets to warm up and build to your working weight before starting the clock.

## Conditioning

### **16 Minute Cap**

**4 rounds for time of:**

**12 Push Press, 95/65 lbs**

**12 Lateral Burpee Over Bars**

**50 Double Unders**

**RX+ 115/85 lbs Barbell**

A lot of shoulders and a lot of cardio in this one. Push press each round is ideally unbroken, and if there is a break, there is only 1. Burpees are where you make or break your time. Stay close to the ground and that will save you energy and time - these are lateral so no need to stand all the way up in between each rep. Double unders scale to 75 Singles Goal = 3 minute rounds =- 12-13 minutes in total.

## Shoulder Finisher

**Wall Walk 5x3**

## Competitor Accessory

**[1 Snatch Pull + 1 Hang Snatch]  
8 Sets building in weight**





# Day 3

## Warm Up

### **AMRAP 6**

**Monostructural Cardio, 30 secs**

**8 Plate Ground-to-Overheads, pick load**

**16 Mountain Climbers**

**8 Plate Good Mornings, pick load**

**Pull-up Bar Hang, 15 secs**

## Strength

### **Deadlift**

**5x5 70% 1RM**

Sets of 5 should be very doable at this %. Reps do not need to be touch and go. With the lighter weight make sure you are nailing all of the cues and form. Shoulders back and tight. Lats engaged. Triceps pulling back. Pushing from mid sole of the foot, etc. Take 4-5 sets to warm up and build to your working weight. Set aside 20 minutes to complete

## Conditioning

**Every 2 mins for 16 mins do:**

**Bike, 1 min**

**5 Devil Press, 50/35 lbs**

**RX+**

**15/12 Bike Calorie**

Don't be fooled by how this looks written down - those devils press are going to get old real quick. Everyone's goal on the bike should be to have a consistent output each of the rounds. That doesn't mean you should be going real "easy" each round to save your breath. It should still be a ~ 12/10 calorie effort from everyone.

Scale the DB weight to 35/25 lbs

## Back Finisher

**Pull Up Negatives**

**5x2**

## Competitor Accessory

**EMOM 15, alternating between:**

**5 Ring Muscle-ups**

**15 GHD Sit-ups**

**L-Sit, 20 secs**



# Day 4

## Warm Up

### AMRAP 6

Jump Rope, 20 secs

12 Alternating Plank Shoulder Taps

9 Air Squats

6 Push-ups

Bear Crawl, 25 ft

## Strength

Glamour muscle day!

### Bench Press

5x8 70% 1RM

Bench press can be done as barbell bench, DB Bench, Floor Press or Incline Bench depending on your preference. Take 4-5 sets to warm up and build to your working weight. Set aside 15 - 20 minutes to complete

## Conditioning

### AMRAP 15

7 Ring Dips

9 Kettlebell Swings, 70/53 lbs

12/10 Ski Erg Calories

Don't be fooled by how this looks written down - those devils press are going to get old real quick. Everyone's goal on the bike should be to have a consistent output each of the rounds. That doesn't mean you should be going real "easy" each round to save your breath. It should still be a ~ 12/10 calorie effort from everyone.

RX+ 5 Ring Muscle Up

In place of ring dips

Scale the KB weight to 35/25 lbs

## Arm Finisher

Barbell Bicep Curl 3x10

Banded Tricep  
Extension 3x10

## Competitor Accessory

Each for time:

Row: 5x 500 m

Rest 1 Minute between efforts





# Day 5

## Warm Up

### **AMRAP 6**

**Monostructural Cardio, 30 secs**

**5 Hang Muscle Cleans, 45/35 lbs**

**5 Front Squats, 45/35 lbs**

**5 Strict Press, 45/35 lbs**

## Strength

**Clean & Jerk 1x1 at 75% 1RM**

**Clean & Jerk 1x1 at 75% 1RM**

**Clean & Jerk 1x1 at 75% 1RM**

**Clean & Jerk 1x1 at 80% 1RM**

**Clean & Jerk 1x1 at 80% 1RM**

**Clean & Jerk 1x1 at 80% 1RM**

**Clean & Jerk 1x1 at 85% 1RM**

**Clean & Jerk 1x1 at 85% 1RM**

Haven't seen the full movement in a hot minute! Time to brush off the dust and nail some sets in our strength building percentages. Take 4-5 sets to warm up and build to your working weight. If you miss a set as the weight increases more than 1 time, that should be your top weight for the day and the focus should shift to your mobility and your technique.

## Conditioning

### **10 Minute Cap**

### **Grace**

**For time:**

**30 Clean & Jerks, 135/95 lbs**

Grace repeat! If you have never done this one before you are in for a treat! A true sprint stimulus! Pick a weight that you can constantly keep moving. Your legs will be on fire by the end but this can be done in under 4 minutes!!

**Goal = Under 6 Minutes to complete**

## Competitor Accessory

**5 rounds for time of:**

**12 Pull-ups**

**10 Burpee Box Jump Overs, 24/20 in**



# Day 6

## Warm Up

### AMRAP 6

Monostructural Cardio, 30 secs

6 Kip Swings

5 Ring Rows

4 Ring Push-ups

Hollow Hold, 20 secs

## Strength

EMOM 15 Alternating Between:

5 Toes-to-bars

5 Pull-ups

5 Handstand Push-ups

Ending the week with some gymnastics work! 5 reps is a suggestion for all of these movements. The goal with this piece is to work on your current skill progression in relation to each movement.

Scale up to: Toes to Ring / Chest to Bar Pull Ups / Strict HSPU

## Conditioning

18 Minute Cap

For time:

Row, 1000/800 m

40 Dumbbell Snatches, 50/35 lbs

20 Single Arm Dumbbell

Overhead Lunges, 50/35 lbs

10 Bar Muscle-ups

Row, 500/400 m

Chipper to close out the week! DB Snatches do not have to be alternating for this piece. You are looking at ~6-7 minutes of work on the rower which leaves plenty of time for the remaining 70 reps. BMU should scale to 10 Chest to Bar Pull Ups + 10 Ring Dip / Box Dip

Goal =12-14 Minutes

## Competitor Accessory

Overhead Squat 6x3 80% 1RM

