

Workout Summary

SUC Functional Fitness

2023.1	HIIT 20' AMRAP	100 DU or 200 SU Rower (30cal/20cal) 10 Burpee Box Jump Over (24"/20") Spinning Bike (30cal/20cal)
2023.2	Bodyweight & KB 20' AMRAP	40 KB Swings (20/16) 20 KB Goblet Squats (20/16) 10 Push-Ups 5 Pull-Ups
2023.3	Run in the Park	Run 5k for Time
2023.4	Skills & Coordination	Various Tasks
2023.5	Barbell 4 Rounds for Time / TC 12'	15 Deadlifts (40/30) 10 Hang Power Cleans (40/30) 5 Pus Jerks (40/30)
2024.1	A: Running Farmer For Time / TC: 10'	400m Run 200m Farmer Carries (24/16) 400m Run 200m Farmer Carries (24/16) 400m Run
	B: Thrusters For Time / TC: 5'+ Leftover	Lift as many kg as possible Choose weight on barbell
2024.2	Burpee Beep Test TC: 15'	Between two beeps: 1 Burpee 3 Airsquats
2024.3	Rowing Cindy 3 Rounds for Time / TC: 14'	Row (500m/400m) 30/20/10 Goblet Squats (24/16) 20/15/10 Push-Ups 10/8/6 Pull-Ups

2025.1	Citius, Altius, Fortius	Sprint 5x50m Medball Throw (4kg & 6kg) Standing Broad Jump
2025.2	Jumping Lifter AMRAP, TC: 10'	Ground to Overhead Choose your own weight Buy in for each try: 50DU / 120 SU
2025.3	Battle at the Beach For Time, TC: 20'	50m KB Rope Pull (24/16) 700m Run 50m Burpee Broad Jump 700m Run 75m KB Walking Lunges (24/16)
2025.4	Intervall GOAT 6 Rds (A-B-A-B-A-B), 17'	A: Row (12/10cal) 12 Backsquats (40/25) X Burpees B: Reverse Order and count Cals
2025.5	Death by Pull-Ups EMOM	Start with 3/1 Pull-Ups Add 1 Pull-Up each minute (Substitute 1 Pull-Up for 4 KB-Swings (24/26))
2026.1	TBA	
2026.2	TBA	
2026.3	TBA	
2026.4	TBA	