



WEEKLY BREAKDOWN: 6/25 - 7/1

The final week of June we'll include some new pieces like the Goodmorning + Box Squat and the metcon "Man Maker". The GM + BS should be done with light loads in order to maximize positions and train the hips and hamstrings, which will be weak on many of your athletes. Use a higher box (15+ inches) if needed.

Overall, this week blends well with last weeks microcycle as we'll hit some conditioning work that is short and duration and high in intensity. "Karen" will be done with a partner and judged just like we did last time and similar to how we would do in the open. This is to create some accountability with rep counts and movement standards.

MAX EFFORT VARIATIONS

Wide Stance Goodmorning + Box Squat
Close Grip Bench Press: 1RM. Last performed a bench press 1RM on 5/1

DYNAMIC EFFORT VARIATIONS

Sumo Deadlift against a band. Week 1 of 3.
Hang Power Snatch EMOM. Week 2 of 3.

CONDITIONING BENCHMARKS

Double Jump. Last done 3/5
Man Maker (first time)
Karen. Last done 2/9

MUST-WATCH VIDEOS

[Goodmorning + Box Squat](#)
[Man Makers](#)
[Sumo Deadlift against a band](#)
[Asymmetrical Carry](#)

*Check the rest of the accessory movements and make sure you familiarize yourself with anything of which you're not comfortable

RELEVANT ARTICLES

[Avoid Cycles with Group Programming](#)
[Strength and Conditioning in One Session?](#)