

Fitness Pain Free Performance Training Sample Program

Transitional Pre-Season Open Training

*****Welcome to the Fitness Pain Free Performance Program! This sample is taken from a transition period between the off-season and pre-season. Our programming adapts throughout the course of the year. The plan is to peak for the open in February/March each year. I've provided text in red to serve as a tutorial to help guide you through the programming. I'm sure it may seem complex at first but everything placed into the programming is done with a lot of thought and I've tried to explain the why's to give you an appreciation for the in depth nature of the programming. If at any time you wish to subscribe you can click on the large blue hyperlinks located throughout the sample program and at the very end of the document.**

- The programming is designed to be completed 6 days per week (off on Sunday), perfect for your box/affiliate. There are 8 different days (microcycle) that will loop continuously throughout the course of the training macrocycle (4 cycles which is approximately 6 weeks).

1) Important Notes + Mobility Assessments

- When you sign up you'll receive the guidelines for the programming with some common important points and explanations. Here you'll find my training philosophy and keys to follow for success.
- Here you'll also find our mobility assessments. After you've assessed yourself for mobility restrictions I recommend spending 5-10 minutes every day working your specific mobility limitations. There is also plenty of mobility work baked right into the program as well. With a subscription you get access to all of the assessments for success in your sport. Having difficulty during muscle-ups, overhead squat, snatch bar path, front rack or other common lifts? Better check your mobility, I show you how and give you the tools to address it. You'll find all assessments and correctives by following the links (after subscribing).

2) [Transitional Pre-season Open Training Guide Video](#) - [Transitional Pre-season Open Training Written Guide](#)

- As described above, we're currently transitioning from off-season training into pre-season training. I created a lengthy video with written guide to give you all of my explanations as to why the programming looks as it does and how it will progress over the course of the year moving into the open. You'll get this type of explanation when we

move into each new training portion of the year. This isn't just a done for you program, but an educational piece to improve your programming capability.

- If you're curious, [HERE](#)'s the video explaining the off-season programming we just finished as well as the [written guide](#).

[Dan, I've read enough. If you'd like to go directly to our subscription then click this link, otherwise read on!](#)

Warm-ups, Weightlifting, Gymnastics and Accessory Work:

(This is the 8 day cycle we spoke about above)

****Each day has a done for you warm-up specific to the day's training. Days usually consist of both a given lift or skill followed up by metabolic conditioning. Some days have more or less met-con and some days are all skill / lifting. This varies throughout the year as our goals change. As you can see there are a lot of hyperlinks with video demonstrations of all of the exercises that aren't common knowledge. You can always email with questions about the exercises as well. All workouts are designed to fit into a 1 hour block. This will be challenging at first but as you get better at coaching and your athletes start learning the process it definitely improves.**

Day 1: Squat

Warm-up - 10-15 minutes

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hip Mobility Drills](#) 3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Lateral squat + Prayer twist](#) + [Single Leg Deadlift](#)
- 45 seconds single Unders / Light Jog / [Pogo Jump Variation](#)
- [Forward, Lateral, Diagonal lunge](#) x 5 each/side

1) [Continuous Skater Jump](#) (Modify the jump variation if your popular is not practiced with single leg jumping)

- 6 x 3-5 reps per leg
- Sets start at minute 0, 1, 2, 3, 4, 5

2) Max Effort Front Squat - Work up to a max set within 15 minutes - Start using a belt for the last sets if not already

- Cycle 1 (Work up to a 5 Rep Max Squat) Last set: _____
- Cycle 2 (Work up to a 2 Rep Max Squat) Last set: _____
- *****The last set should be the most difficult set

3a) DB reverse lunge with deficit (20X0 Tempo) Start Sets @ the start of every 4:00 (If performing 3 total sets then you'll start the 1st set on 0:00, second set on 4:00, third on 8:00 etc.) 12 minute

- Cycle 1 - 3 x 10/side Last set: _____
- Cycle 2 - 3 x 8/side Last set: _____

3b) Single Leg Calf Raise off step (Slow lower, full stretch of the calf at the bottom) x 5-10 / side
4) Met-con: See Met-con section

5a) *Comp Track: Alternating Leg Pistol Practice (Squat to a height that you're able to maintain your technique, add weight as needed) (No Tempo - just good technique) Start Sets @ the start of every 2:30 (If performing 3 total sets then you'll start the 1st set on 0:00, second set on 2:30, third on 5:00 etc.) 10 minutes*

- Cycle 1 - 2 x 8/side Last set: _____
- Cycle 2 - 2 x 6/side Last set: _____

5b) *Hip Flexed Rocking* x 5 rocks/side + 3 *Sidelying Hip IR*/side immediately after
6) *Optional: Foam roll quads, glutes, calves - 5 min*

***Above you'll see comp track work as well as optional work. Comp Track work is designed for the competitive athlete who wishes to be as competitive as possible during the open. For the average Joe, there are easier / safer variations as shown above. Comp track work is designed as either extra work or a modification of the current work. This way competitive track work flows easily into program design for the rest of the general population. Optional work is generally for joint and muscle health as can be skipped if time doesn't allow (although I certainly recommend it to keep your members safe and progressing).

Day 2: Met-Con (85-90% Intensity Anaerobic Lactic Endurance)

- [Thoracic Spine Mobility/Scapular Stability](#) 1-2 exercises x 5-10 reps
- [Hamstring](#) and [Neural Tension Drills](#) 1 exercise
- [Wrist Mobility](#) 1 exercises x 5-10 reps
- [Snatch Barbell / PVC Warm-up](#) - 2 exercises (work on bar path and power variations - squat variations if thrusters are on the menu for the day)
- [Clean Barbell / PVC Warm-up](#) - 2 exercises (work on bar path and power variations - squat variations if thrusters are on the menu for the day)
- **For this month you can warm-up for the clean and snatch separately. Warm-ups must be fast and efficient to complete the workout in 1 hour time frame. You may have to shorten your warm-up for these workouts. Check the workload in the met-con section below and modify the warm-up and workout based on your population

1) Met-con - See Below (Met-con Section)

**2 days per 8 week microcycle are devoted completely to conditioning. The demands change largely over the course of the year as our goals change but largely there is one day more

devoted to anaerobic work and one day devoted more towards aerobic work. I give specific goals for workout intensity using percentages as well as heart rate calculations.

Day 3: Bench Press

Warm-up - 5 minutes general warm-up - 5 minutes warm-up to workout weights (:10 total)

- [Thoracic Spine Mobility and Scapular Stability](#) 1-2 exercises x 5-10
- [Kettlebell \(Bottoms Up\) Arm Bar, Turkish Sit-up, Floor Press, Scaption Press, Propped Press](#) x 5-10 each
- [Pull-up Prep](#) 2 exercises x 5-10 reps
- 5 minutes to set-up and work up to starting weights

1a) Max Effort Close Grip (From fingertips to elbow width) Bench Press

- Cycle 1 (Work up to a 5 Rep Max Bench Press) Last set: _____
- Cycle 2 (Work up to a 2 Rep Max Bench Press) Last set: _____
- Sets start at minute 0, 4, 8, 12 (Should be somewhere between 3 and 4 heavy sets)

1b) Chest to Bar Pull-up (20X0 Tempo)

- Cycle 1 - 3 x 8 Last set: _____
- Cycle 2 - 3 x 6 Last set: _____
- Sets start at minute 2, 6, 10
- Should be finished all sets and cleaned up by minute 25 into workout

2) Met-con - See Met-con Section Below

3) *Optional Shoulder Health*

1. *Ring Support in Hollow Position 2 x 5-12 seconds (Sub P-bars or Parallettes as needed)*
 2. [Arm-Bar to Turkish Sit-up](#) (alternating) 2 x 5-10/arm
 3. [Band No-Money](#) (Slow eccentric) 2 x 10
 4. *Foam Roll Pecs, Triceps, Lats and Biceps*
- 30 seconds rest between sets

**Depending on the time of the year you'll see a combination of either max effort or tempo work. Tempo work is usually reserved for the off-season where we are building technique, a strong base and changing the stimulus on your body to stay healthy. Currently we're building maximal strength. In the upcoming several months we'll also be adapting our strength work as the open approaches.

**Above you'll also see some joint health work for the shoulder. As a therapist I see where most injuries come from and firmly believe a big dose of shoulder health work (As well as other joint health work) can make the difference between a year of steady progress and a year of bouncing back and forth due to injury and pain.

Day 4: Snatch

Warm-up - 10 minutes General + 5 minutes to work up to workout weights

- Grab Barbells and or PVC pipes prior to starting
- [Thoracic Spine Mobility/Scapular Stability](#) 1 exercises x 5-10 reps
- [Hip Mobility Drills](#) 1-2 exercises x 5-10 reps

- [Hamstring](#) and [Neural Tension Drills](#) 1 exercise
- [Ankle Mobility](#) x 15-25 reps per side
- [Wrist Mobility](#) 1 exercises x 5-10 reps
- Sott's Press 1 x 5 with PVC or unloaded barbell
- [Snatch Barbell / PVC Warm-up](#) - Review Exercises to be used today
- 5 minutes to work up to workout weights

1) 4-Position Squat Snatch (Start from a hang. Positions are: High Hang, Mid Thigh, at the Knee, Tap the Floor). Don't drop the bar for the entire set. Our goal is building strength in different positions of the lift as well as getting the bar into your hip adequately from each position, not necessarily weights used.

- 4 sets - start sets every 3:00
- [Ankle Mobility](#) between sets

2) Touch and Go - Squat Snatch from floor (If you are weak in the bottom part of the snatch then pause for 1-2 seconds there)

- Cycle 1 - 4 x 8 Last set: _____
- Cycle 2 - 4 x 6 Last set: _____
- 4 sets - start sets every 3:00 @>60-70% of 1 rep max
- [Foam Roll Adductors](#) x 5 passes per sides between sets

3) Overhead Squat 20X0 Tempo - Get Stronger

- Cycle 1 - 4 x 8 Last set: _____
- Cycle 2 - 4 x 6 Last set: _____
- [Peanut Overhead Reaching](#) x 5/side between sets

***No Additional Met-con Today

**As you can see, our snatch day consists solely of snatch work and snatch accessory work. This varies throughout the course of the year. Currently we're starting to develop the ability to string together a lot of touch and go reps. Earlier in the year we focused more on position and maximal strength. As the open approaches we shift gears some to prepare for the higher repetition of olympic lifts that will show up in the open. In order to prevent injury we always want our athletes prepared maximally for what they will be facing in competition. We've been building a base for olympic lifting competence since the end of the last open and are slowly progressing toward competence during multi-rep lifts.

Day 5: Met-con (Aerobic Power Day)

Warm-up (Not much time for a warm-up to fit into a 1 hour session)

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hamstring](#) and [Neural Tension Drills](#) 2-3 exercises
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hip Mobility Drills](#) 1-2 exercises x 5-10 reps
- Warm-up with exercise demos and a few reps of each exercise that will appear in the workout. Eliminate above exercises as needed to fit training session into 1 hour block

1) Met-con: See met-con section below

****As mentioned earlier, 2 days are devoted completely to metabolic conditioning and today is our aerobic day. Early in the off-season aerobic conditioning consists more of single modality work for longer duration. As described by 2 of my favorite coaches James Fitzgerald and Jason Leydon, we're looking to build a strong aerobic base at this point. As the year progresses we start adding in more complexity by slowly adding in more barbell work, olympic lifts, chippers and finally more dynamic gymnastics work (muscle-ups and handstand pushups). This is done for both performance and safety reasons. Who would have think that the two would be related?**

Day 6: Skill *As these skills get more challenging over the next several months you'll need to be extra diligent about modifying exercises for your population as needed.**

Warm-up - 15 minutes

- [Thoracic Spine Mobility/Scapular Stability](#) 1-2 exercises x 5-10 reps
- [Muscle-up Mobility](#) 1-2 exercises x 5-10 reps
- Wrist mobility x 10
- Hollow Body Rock x 10
- Superman x 10
- [Phase 2: Scap Stability](#) 2 exercises x 5-10 reps
- [Hollow Rest + Active Shoulder](#) x 5
- [Kipping x 5 + Kip + Knee up x 5](#)
- Any additional kipping pull-up progression you'd like to add (Must be efficient - you may need to shorten the rest of the warm-up or cut some sets during the workout to accomplish this)

1a) Hand Stand Push Up (Face away from wall)

- 4 x 3-10 reps
- *Comp Track - Perform another 5-10 reps of kipping HSPU immediately following your strict reps (Stop just short of failure - Don't hurt your neck)*
- ***On Cycle 4 perform your first set to failure to determine your rep max for strict HSPU (facing away from wall)

1b) [Ring Swing x 3-5 + 3-5 Ring Swings with Pull](#)

- Reps will vary widely depending on athlete competency/strength. Start with learning how to swing / kip and then add the pull as able. Sub kipping on a bar for those that need it.
- Sets start every 90 seconds ie: 1a starts at minute 0 and 1b at 1:30 and 1a again at 3:00 etc.

2a) [Hollow Body Rock](#)

- 4 x 10-30 seconds of work

2b) [False Grip Muscle-Up Transition](#) - Use less help from your lower body as able

- 4 x 5-10 reps
- *Comp Track - Instead Perform 1-5 strict Muscle-ups + 3-5 Strict Ring Dips if able*
- Same rest times as 1a) and 1b)

3a) Ring Row (false grip - 1 second pause at the top and bottom of exercise) Emphasize pulling as high as possible, hands towards armpits. We want solid control at the top part of the lift.

- 4 x 5-10 (Add weighted vest as needed)
- **Decrease difficulty of exercise by walking backwards from the rings

3b) [Wall Facing Handstand Weight Shifting](#) - Use the hardest variation you can with good form

- 4 x 10-20 - We're working on building walking technique but also endurance. Challenge the duration of the set but maintain good posture
- Same rest times as 1a) and 1b)

***Choose rep ranges that can be maintained throughout the 4 sets. If your first set is 6 reps and the next 3 are 5 then you're on the right track. If you do 8 reps on the first and then 3-4 on the rest then you started with too many reps.

***No Additional Met-con Today

**This is potentially my favorite day of the week. Having attended the past 4 power monkey camps as a coach I've learned an enormous amount of information from the best coaches in the industry (especially with gymnastics). Olympic lifts are typically strongly emphasized in most programs. Gymnastics is just as complex and requires devoted time and effort to build mastery. This day is devoted totally to this. A common trend with my programming is starting with strict movement to help build a base and then progressing toward more complex dynamic movement as the year progresses.

**Throughout the course of the program you'll see small coaches notes that help to point out key parts and describe how to modify workouts as needed. I personally do all of these workouts and coach some of the programming at Crossfit Verve. Troubles that I run into while coaching are taken into account and addressed to help you coach and train through the hour smoothly.

Day 7: Deadlift

Warm-up: 15 minutes total with jumping

- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- [Hamstring](#) and [Neural Tension Drills](#) 2-3 exercises
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)
- Bodyweight Good Morning x 10
- Single Leg Deadlift (No weight) x 10
- 45 seconds Single Unders / Light Jog / [Pogo Jump Variation](#)

1) [Kettlebell Continuous Resisted Jump](#) or other [Double Leg Jump + Stick](#) variation. Feel free to change the jump variation weekly (Feel free to use a tougher variation but only if your population is proficient and practiced with jumping)

- 6 x 4-6 reps
- Sets start at minute 0, 1, 2, 3, 4, 5

2) Max Effort Barbell Deadlift - Work up to a max set within 15 minutes - Start using a belt for the last sets if not already

- Cycle 1 (Work up to a 5 Rep Max) Last set: _____
- Cycle 2 (Work up to a 2 Rep Max) Last set: _____
- *****The last set should be the most difficult set

3) Met-con: See Met-con section below

4) *Optional: Foam roll hamstrings, glutes, calves - 5 min*

****You'll see a good deal of regular jump training in the programming. Just like any other skill, jumping should be practiced on a regular basis. Typically jumping activity is reserved as a conditioning tool (box jumps, double unders, burpee variations) at most gyms. I believe a lot of the injuries (achilles and plantar fascia ruptures) and chronic pain (achilles tendinopathy and plantar fasciitis mainly) that people acquire can be minimized if we practice jumping regularly and moderate that amount of jumping volume we expose our athletes to over the course of the year.**

Day 8: Clean and Jerk

1) Warm-up - 10 minutes general + 5 minutes to work up to workout weights

- [Thoracic Spine Mobility/Scapular Stability](#) 2-3 exercises x 5-10 reps
- [Hip Mobility Drills](#) 2-3 exercises x 5-10 reps
- [Ankle Mobility](#) x 15-25 reps per side
- [Wrist Mobility](#) 1-2 exercises x 5-10 reps
- [Shoulder Mobility for Front Rack](#) 1 exercises x 5-10 reps
- [Clean Barbell / PVC Warm-up](#) x 5-10 minutes (practice the movements that will be used in the workout)
- 5 minutes to warm-up to workout weights

2) 4-Position Squat Clean + Split Jerk (Every rep) (Start from a hang. Positions are: High Hang, Mid Thigh, at the Knee, Tap the Floor). Don't drop the bar for the entire set. Our goal is building strength in different positions of the lift as well as getting the bar into your hip adequately from each position, not necessarily weights used.

- 4 sets - start sets every 3:00
- [Ankle Mobility](#) between sets

3) Squat Clean + Power Jerk (Touch and Go Reps - Don't drop bar)

- Cycle 1 - 4 x 8 Last set: _____
- Cycle 2 - 4 x 6 Last set: _____
- 4 sets - start sets every 3:00 @>60-70% of 1 rep max
- [Groin Rocking](#) x 5-10/side between sets

4) Barbell Push Press 20X0 Tempo (Practice Stringing Reps Together Efficiently)

- Cycle 1 - 4 x 8 Last set: _____
- Cycle 2 - 4 x 6 Last set: _____
- start sets every 3:00
- [3 Rib Pulls + 3 breaths in Bretzel/side](#) between sets

***No Additional Met-con Today

5) *Optional: Neck Health and Range of Motion*

- 3-5 minutes worth of [neck stretching](#)

- [Kneeling Cervical rotation + Scap Stabilization](#) x 3-5 reps / side

**You'll also see mobility work programmed between sets. This is an extremely effective way to improve movement efficiency and save time. It also takes the guess work out of programming mobility. Trust me I've spent way too much time trying to figure out the optimal blend of mobility and where we need to focus. Let me do that work for you.

[Dan, I've read enough. If you'd like to go directly to our subscription then click this link, otherwise read on!](#)

Metabolic Conditioning

**As described previously, metabolic conditioning typically follows the strength / skill work of the day. 2 days during the microcycle consist exclusively of metabolic conditioning and 3 days during the microcycle are exclusively olympic lifting or gymnastics (which only changes as we enter the pre-season). I provide dates to make it easy to figure out what you should be doing on each day.

Week 1 Met-con - 8/31/15 - 9/5/15

Monday: Day 1 (Cycle 1):

Maximal Aerobic Power 5 - 85% effort during work

- 3 minutes Rower @ Lactate Threshold
- 2 minutes Fast Walk @ Aerobic Threshold (Attempt to get your heart rate back down to aerobic threshold during this time)
- 3 total rounds

**Notice the specific heart rate guidelines for your workout. Each conditioning session will have heart rate goals. A good way to get injured is to push at 100% all of the time. I'll show you when to push and when to hold back.

Tuesday: Day 2 (Cycle 1):

Anaerobic Training - 85-90% effort

1. Every Minute on the Minute (6 total minutes)
 - 2 Hang Power Cleans @80%+ of 1 rep max power clean
 - Workout should begin by 10 minutes into 1 hour session

2. 3, 6, 9, 12 etc.. Ascending Ladder of:
 - Barbell Thruster @40% of weight used in cleans above
 - Strict Pull-up
 - Cap workout at 2 minutes
 - **Workout should begin by 20 minutes into 1 hour session
3. Active Rest 5-10 minutes (walk a 400 meter / several laps around the gym)
4. Warm-up and begin loading for the first set of the snatch (5 minutes)
 - **To be started at 30 minutes into the workout
5. Every Minute on the Minute (6 total minutes) **To be started by 40 minutes into the session
 - 2 Hang Power Snatches @80%+ of 1 rep max power snatch
6. 3 minute AMRAP of:
 - 5 Power Snatches @65% of max weight used in EMOM above
 - 20 Double Unders (Sub 20 single unders if not proficient in double unders)
 - 5 Burpee over Bar
 - **Should be started by 50 minutes into the 1 hour session

**Here is the anaerobic work we spoke of earlier in action. As the year progresses anaerobic work becomes more aerobic and aerobic work becomes more anaerobic to meet in the middle. The goal is to eventually have the met-con be as specific to what we typically see in the open as possible. This also goes for the style of the workout (AMRAP, singlet vs doublet, ascending reps, chipper etc.), time domain (the typical length of open workouts) and exercise selection (if I see another chest to bar pull-up and thruster workout I'm going to throw up.

Wednesday: Day 3 (Cycle 1):

Maximal Aerobic Power 5 - 85% effort during work

- 3 minute AMRAP of:
 - 12 Alternating Arm Dumbbell Snatch
 - 10 Box Jumps
 - 8 Pushups
- 2 minute slow jog @ Aerobic Threshold (Attempt to get your heart rate back down to aerobic threshold during this time)
- 4 total rounds

Thursday: Day 4 (Cycle 1):

- No additional Met-con today

Friday: Day 5 (Cycle 1):

TESTER - 100% effort during work (repeat of previous tester)

- 3, 6, 9, 12, 15 etc.. Ascending Ladder of:
 - Wall Ball
 - Burpee
 - Row for Calories

- 7 minute total time
- 5 minutes rest
- 3, 6, 9, 12, 15 etc.. Ascending Ladder of:
 - Double Unders (triple the reps)
 - Overhead Squat @ 40% of 1 rep max Clean and Jerk (*Comp Track use 95/65lbs*)
 - Row for Calories
 - 7 minute total time
- Record your reps and total rounds and compare to the last time this was tested

****Throughout the course of the year you'll see TESTER workout. These are exactly what they sound like. We will be focusing on specific training attributes throughout the course of the year and want to make sure our programming is actually making us better. These TESTERS allow us to make sure we're on the right track and allow us to see our improvements.**

Saturday: Day 6 (Cycle 1):

- No additional Met-con today

Week 2 Met-con - 9/7/15 - 9/12/15

Monday: Day 7 (Cycle 1):

Maximal Aerobic Power 5 - Easy day today, keep heart rate @aerobic threshold or below

- 3 minutes of work:
 - 60 seconds row for calories
 - 60 seconds airdyne for calories
 - 60 seconds jog
- 2 minutes fast walk
- 4 total rounds

Tuesday: Day 8 (Cycle 1):

- No additional Met-con today

****Notice we're now entering our 2nd microcycle. Day 1 means we'll be squatting and performing a lunge variation before we start our met-con.**

Wednesday: Day 1 (Cycle 2):

Maximal Aerobic Power 6 - 85% effort during work

- 5 minutes Rower @ Lactate Threshold
- 3 minutes Fast Walk @ Aerobic Threshold (Attempt to get your heart rate back down to aerobic threshold during this time)
- 2 total rounds

Thursday: Day 2 (Cycle 2):

Anaerobic Training - 85-90% effort

1) "Chest to Bar Fran" 21-15-9 reps of:

- Chest to Bar Pull-up (Kipping is allowed)
- Barbell Thruster @40% of 1 rep max Clean and Jerk
 - *Comp Track - Use 95/65*

*** Start Fran by 15-20 minutes into session, Cap workout @7 minutes

2) Warm-up and begin loading for the first set of the snatch (5 minutes)

- **To be started at 30 minutes into the workout

3) Every Minute on the Minute (6 total minutes) **To be started by 40 minutes into the session

- 6 Power Snatches @65%+ of 1 rep max power snatch

4) Active Rest 5-10 minutes (walk a 400 meter / several laps around the gym)

5) Every Minute on the Minute (6 total minutes)

- 6 Power Cleans @65%+ of 1 rep max power clean

****Unfortunately no you aren't safe from the workout "Fran" in the fitness pain free programming.**

Friday: Day 3 (Cycle 2):

Maximal Aerobic Power 6 - 85% effort during work

- 5 minute AMRAP of:
 - 30 Double Unders
 - 10 Deadlifts @40% of 1 rep max Deadlift
 - 10 Pushups
- 3 minute slow jog @ Aerobic Threshold (Attempt to get your heart rate back down to aerobic threshold during this time)
- 2-3 total rounds (as time allows)

Saturday: Day 4 (Cycle 2):

- No additional Met-con today

Week 3 Met-con - 9/14/15 - 9/19/15

Monday: Day 5 (Cycle 2):

Maximal Aerobic Power 6 - 80% effort during work

- 5 minute AMRAP of:
 - 12 Box Jumps (24/20")
 - 10 Barbell Push Press @40-50% of 1 rep max Push Press
 - 8 Toes to Bar (Sub hanging knee raises as needed)
- 2 minutes rest
- 3 total rounds
- 5 minutes Rest
- 5 minute AMRAP of:

- 12 Kettlebell Swings (*Comp Track sub 12 Power Cleans @40% of 1 rep max Power Clean*)
- 10 Burpees
- 8 Pushups (*Comp Track sub 8 Handstand Pushups*)
- 2 minutes rest
- 3 total rounds

Tuesday: Day 6 (Cycle 2):

- No additional Met-con today

Wednesday: Day 7 (Cycle 2):

Maximal Aerobic Power 6 - 80% effort during work

- 5 minutes of work:
 - 15 Wall Balls (20/14lbs)
 - 15 Calorie Row
- 3 minutes Airdyne / Slow Row @ Aerobic Threshold (Attempt to get your heart rate back down to aerobic threshold during this time)
- 3-4 total rounds (4 if time allows)

Thursday: Day 8 (Cycle 2):

- No additional Met-con today

****Thanks for following along with the programming! That's it for now. I hope you enjoy your next 3 weeks. Please let me know if you have any questions by emailing me at dpopetraining@gmail.com. Please click the link below if you're interested in learning more about the programming or to subscribe now! Hope to hear from you soon.**

[Let me do the work for you! If you'd like to learn more about the programming or learn more about beginning a subscription then click this link](#)