



1 WEEK SAMPLE CLASS PLAN



Planned Across the Entire Year



Specifically Designed for Group Classes



Workouts Created & Refined by Mayhem



Six Daily Workout Variations



All Workouts Tested In Advance At Mayhem



Daily Development for Coaches



Daily Detailed Class Plans



Coaching Highlight Videos

WEEKLY OVERVIEW VIDEO



WEEKLY WARM-UPS

In the warm ups, you will see Crossover Symmetry, Banded 7s, and Hip Halo options thrown in. We highly recommend investing in these in the future for your gym members. We're also working on adding more variety to our warm-ups, to keep things fun.

WEEKLY STRENGTH

Kick the tires and light the fires...MAYHEM OVERDRIVE! You can view full cycle details here: bit.ly/49dC06E This cycle starts on October 27th and will end the week of December 20th, which will provide us with an off week during the holiday season.

THIS WEEK'S WORKOUTS

MONDAY - Clark Griswold: Push through three sets combining strict and kipping handstand push-ups with bike sprints, testing both your shoulder stamina and engine.

TUESDAY - 25,000 Twinkle Lights!: Two-part workout featuring short, quick rounds of rowing, toes to bar, and box jump overs, then a longer set for time. Pace the first segment, then attack the finale; legs and core will be fried!

WEDNESDAY - Cousin Eddie's RV: Four timed AMRAPs: crank out double unders, then slam squat cleans until time runs out. Get your heart racing and grip burning; race to finish 40 squat cleans before the clock catches you!

THURSDAY - Hap-Hap-Happiest Christmas: Seven rounds of running, GHDs (or V-Ups), and walking lunges. It's a pure engine and core day, so stay smooth on transitions and steady on the pace!

FRIDAY - Squirrel's Gone: Classic 21-15-9 of power snatches and burpees over the bar. Fast, technical, and sweaty; move well and hang on for an all-out finish.

SATURDAY - 12 Days of Christmas: Mayhem's holiday tradition! Work your way up and down 12 movements, tackling each just like the song. It's long, varied, and festive tag every station with your best effort!

GYMNASTICS

This cycle focuses on developing core control, grip endurance, and handstand strength - the foundation of powerful and efficient gymnastics movement. You can view full cycle details here: bit.ly/4hwenbJ

PDF DOWNLOAD

Hey, Mayhem Affiliate Family! We are providing a PDF of programming for you each week. An email will be sent out weekly, and check it out here! Below we have the previous two weeks for reference.

12/8/2025: bit.ly/4pW9ETx

12/1/2025: bit.ly/49NE6us

QUESTIONS? BOOK A CALL WITH CHRISTI NOVAK

You can book a support call with Christi Novak, our Mayhem Affiliate Business Coordinator. Chat about your affiliate, ask questions, and receive feedback and advice. To book a call, visit here: calendly.com/christinovak/15min

MONTHLY AFFILIATE CALLS NOW IN GOOGLE MEET

Our monthly Affiliate calls are now in Google Meet! This way, you can chat live with Darren and Christi during the call, making it more interactive and engaging! Calls take place on the last Tuesday of each month from 12:00 - 1:00pm EST

Video call link: meet.google.com/ijt-wbue-gfd

Or dial: (US) +1 505-738-1618 PIN: 675 731 725#

We'd love to hear any feedback or questions you have. Just email christi@mayhemnation.com.

Have a great week!

COACHES GUIDE TO THE CLASS PLAN

WEEKLY WORKOUT OVERVIEW // 12.15-12.21



EXTRA WEEKLY FITNESS

Coming the week of January 5th.

MONDAY // 12.15

STRENGTH

BENCH PRESS

4 sets
8 Bench Press
-build across sets by feel-
-rest 1:00-2:00 between sets-

WORKOUT

FREEDOM (RX'D)

3 sets
10 Strict Handstand Push Ups
30/24 Calorie Air Bike
15 Kipping Handstand Push Ups
-rest 3:00 between sets-
(Scored by time each set)

TUESDAY // 12.16

WORKOUT

FREEDOM (RX'D)

3 rounds
12/10 Calorie Row
10 Toes to Bar
8 Box Jump Overs (30/24)
-rest until 8:00-
For Time:
36/30 Calorie Row
30 Toes to Bar
24 Box Jump Overs (30/24)
(Scored by Time, each set)

GYMNASTICS / ACCESSORY

4 MINUTE AMRAP + 1 MINUTE REST + 3 MINUTE AMRAP - START WHERE YOU LEFT OFF

Level 1:
8 Hanging Knee Raises
100-foot farmers carry
[35/25]
8 Plank Shoulder Taps
[right/left = 2 reps]
(KG: 15/10)

WEDNESDAY // 12.17

WORKOUT

FREEDOM (RX'D)

2-2-2-3 min AMRAP
75 Double Unders
Max Squat Cleans in the time remaining (135/95)
-rest 1:00 between AMRAPs-

* Go until you get 40 squat cleans or hit the cap
(Score is total time, including rest)
(KG conv: 60/42.5)

MINI PUMP - ARMS

5 SETS

12 Dumbbell Alternating Skull Crushers (each side) @ RPE 7/10
-rest 30 secs-
12 Dumbbell Alternating Curls (each side) @ RPE 7/10
-rest 1 minute between sets-

* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

THURSDAY // 12.18

WORKOUT

FREEDOM (RX'D)

7 Rounds
200m Run
15 GHDs (or V-Ups)
50ft Walking Lunge
(Scored by Time)

FRIDAY // 12.19

STRENGTH

SNATCH

5 sets
1 Snatch (@70-75%)
-rest 1:00-2:00 between sets-

WORKOUT

FREEDOM (RX'D)

21-15-9
Power Snatch (115/85)
Burpee Over Bar
(Scored by Time)

SATURDAY // 12.20

WORKOUT

FREEDOM (RX'D)

"12 Days of Christmas"
1 Rope Climbs (Or 3 Strict Pull Ups)
2 Squat Clean (155/105)
3 Muscle Ups (Bar or Ring)
4 Burpees
5 Deadlifts (155/105)
6 Pull Ups
7 V-Ups
8 Wall Balls (30/20)
9 Box Jumps (24/20)
10 Back Rack Lunges (155/105)
11 Handstand Push Ups
12 Thrusters (155/105)
(KG conv: 70/47.5 barbell, 14/9 WB)

MINI PUMP - ARMS & CORE

4 SETS

10 Banded Pushups @ moderate weight
RPE 7
-rest 30 seconds-
10 Ring Row - Feet Elevated @ moderate weight RPE 7
-rest 30 seconds-
10 Standing Tricep DB French Press @ moderate weight RPE 7

* Rest 2 minutes between rounds
* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

SUNDAY // 12.21

WORKOUT // OPTION 1

FREEDOM (RX'D)

5 sets
1:00 Max Burpees (or Sand Ball Slams (50/30))
1:00 Max Double Unders
1:00 Max Stick Sit Ups
1:00 Rest
(KG conv 25/15)

WORKOUT // OPTION 2

ACTIVE RECOVERY

45 minutes at a steady pace:
800m Run (or 1000m Row)
:30 Side Plank Rotations (each side)
1,600m Bike Erg (or 50/40 calorie Air Bike)
15 GHD Hip Extensions (or Supermans)

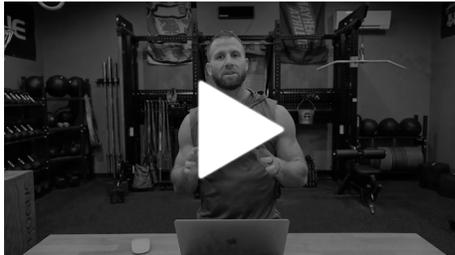
WORKOUT // OPTION 3

Teams of 2
5 sets (each/1:1)
250m Row
25m Sled Push
(Score is time)

* Sled weight: 60-70% of weight found in part 1



DAILY WHITEBOARD VIDEO WITH DARREN



STRENGTH

FRONT SQUAT

4x8, build across sets by feel
- rest 1:00-2:00 between sets -

WORKOUT - VIDEO BREAKDOWN HERE

FREEDOM (RX'D)

3 sets
10 Strict Handstand Push Ups
30/24 Calorie Air Bike
15 Kipping Handstand Push Ups
-rest 3:00 between sets-
(Scored by time each set)

COOL-DOWN

3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)

- 1 Minute [Posterior Shoulder Smash](#)
- 1 Minute [Foot Smash](#)
- 1 Minute [Seated Biceps Stretch](#)

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE

3 sets
15 Strict Handstand Push Ups
30/24 Calorie Air Bike
15 Strict Handstand Push Ups
-rest 3:00 between sets-
(Scored by time each set)

INDEPENDENCE

3 sets
6 Strict Handstand Push Ups
24/20 Calorie Air Bike
12 Kipping Handstand Push Ups
-rest 3:00 between sets-
(Scored by time each set)

LIBERTY

3 sets
15 Dumbbell Strict Press (light)
15/12 Calorie Air Bike
10 Dumbbell Push Press (light)
-rest 3:00 between sets-
(Scored by time each set)

LIMITED EQUIPMENT OPTION

3 sets
10 Strict Handstand Push Ups
300m Run
15 Kipping Handstand Push Ups
-rest 3:00 between sets-
(Scored by time each set)

LARGE CLASS OPTION

Have athletes partner up and go 1:1 on sets
Or
Teams of 2
3 sets
Partner 1:
10 Strict Handstand Push Ups
15 Kipping Handstand Push Ups
Partner 2:
30/24 Calorie Air Bike
-switch when both are completed
-rest 3:00 between sets-
(Scored by time each set)

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

Adjust bench press loading based on R/L/V. Most should build steadily across sets, while newer athletes can decrease load, use dumbbells, or add tempo to reinforce pressing mechanics without strain.

WORKOUT

Scale strict HSPU volume, modify to pike HSPU or dumbbell Z-press, or adjust kipping HSPU reps to maintain quality. Reduce bike calories for Independence/Liberty to preserve the intended CHALLENGE stimulus and keep set times consistent.

LARGE CLASSES

Stagger benches and wall space. Run the workout in waves or partner athletes so one works while the other rests.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

Today blends strict pressing strength with a higher-skill kipping variation under fatigue. The goal is to maintain integrity in strict reps, push the bike with control, and finish each set with efficient, repeatable kipping HSPU. Intensity should be challenging, but manageable across all three sets.

TEACHING PRIORITY

Focus on strict HSPU mechanics first; stacking, bracing, and controlled negatives, then transition to proper kipping technique emphasizing timing and tension. Reinforce steady, sustainable bike pacing to protect pressing capacity.

DETAILED STIMULUS

WORKOUT TYPE: CHALLENGE

Athletes must manage fatigue across strict and kipping pressing while holding a strong effort on the bike. Precision and pacing matter more than raw speed.

RPE GUIDE

- RPE: 8-9

TARGET TIMES

TOP-PERFORMERS

- 3:00-4:00 per set

MOST ATHLETES

- 4:00-5:00 per set (5:00 time cap per set)

BEST MAYHEM SCORE

- Sub-2:30 per set



FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom performs full strict and kipping HSPU volume with full bike calories. Independence reduces strict HSPU volume, lowers bike calories, and may use pike or DB pressing to maintain quality. The goal is to keep the stimulus consistent: strict strength into aerobic push into high-skill gymnastics under fatigue.

DETAILED TIMELINE

- 0:00–3:00 Intro (3:00)
- 3:00–13:00 Warm-Up (10:00)
- 13:00–20:00 Teaching (7:00) (HSPU Progressions)
- 20:00–22:00 Quick Break (2:00)
- 22:00–35:00 Strength (13:00)
- 35:00–37:00 Quick Break (2:00)
- 37:00–57:00 Workout (20:00)
- 57:00–60:00 Cool Down & Clean Up (3:00)

AT THE WHITEBOARD

- Emphasize the difference between strict and kipping mechanics; strict builds stability; kipping tests timing and tension.
- Pacing on the bike determines success on the final HSPU segment. Encourage athletes to push but stay composed.
- Cue athletes to avoid going to failure on strict reps; break intentionally so they can preserve quality and finish strong.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 8:00 AMRAP
- 30-second Bike
- 10 Empty Bar [Strict Press](#)
- 10 [Handstand Shoulder Taps](#) or 8 Box Pike Shoulder Taps
- 5 Controlled [Bench Press](#) (empty bar - build in weight)
- 10 [Band Pull Aparts](#)

LOW TOUCH WARM UP

- 3 Rounds
- 20-second Bike (moderate)
- 6 Push Ups
- 8 PVC Presses
- 5 Pike HSPU or 5 Wall Walk Steps

WORKOUT PREP

- 2 sets
- 5 Strict HSPU (or scaled variation)
- 20-second Bike (hard)
- 5 Kipping HSPU
- rest :60 b/t sets-

TEACHING & DEMO

BENCH PRESS

- Approach: Build gradually across sets while maintaining tension through the upper back, stable foot drive, and controlled lowering. Avoid chasing load at the expense of position.
- Cue Focus: Keep elbows stacked under the wrists, drive through the feet, and stay tight through the midline.
- Scaling Options: Use dumbbells, lighter loads, or tempo reps to reinforce control and mechanics.

EXAMPLE SETS

- Set 1:
8 Bench Press @95# (43 kg)
-rest 2:00-
- Set 2:
8 Bench Press @105# (47 kg)
-rest 2:00-
- Set 3:
8 Bench Press @115# (52 kg)
-rest 2:00-
- Set 4:
8 Bench Press @125# (57 kg)
8 Front Squats @125# (57 kg)

STRICT HANDSTAND PUSH UP

- Approach: Maintain a stacked position with controlled, smooth reps. Protect the shoulders by avoiding crash reps or loss of midline.
- Recommended Sets: Break early; sets of 5 is ideal or quick doubles or triples work well to preserve quality.
- Notes: Scale to pike HSPU, dumbbell Z-press, or elevated push ups based on ability.

AIR BIKE

- Approach: Strong but sustainable pace—athletes should push but avoid redlining before kipping HSPU.
- Recommended Sets: Smooth, consistent cadence with a 10–15% push in the final calories.
- Notes: Keep shoulders relaxed to save pressing endurance.

KIPPING HANDSTAND PUSH UP

- Approach: Focus on rhythm—tight tuck, aggressive kick, and strong lockout. Athletes should use the kip to move efficiently without losing control.
- Recommended Sets: Break into manageable chunks (e.g., 5–5, 4–4–3–3) to avoid burnout.
- Notes: Maintain tension through the midline; don't allow the back to hyperextend or elbows to flare.

COACHING CUE OF THE DAY

“Press with purpose—every rep should look the same, fresh or fatigued.”

Athletes must own their positions and maintain control from first rep to last. Integrity in pressing mechanics ensures better performance and long-term shoulder health.

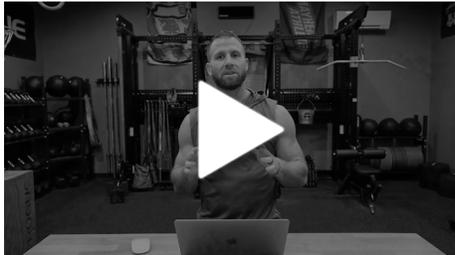
COMMON FAULT

Strict HSPU Fault - Losing Midline:

Many athletes allow their ribs to flare or lose tension on the descent, leading to crashing or excessive strain on the shoulders. Remind athletes to stay braced, stay stacked, and control the negative every time.



DAILY WHITEBOARD VIDEO WITH DARREN



WORKOUT - VIDEO BREAKDOWN HERE

FREEDOM (RX'd)

- 3 rounds
- 12/10 Calorie Row
- 10 Toes to Bar
- 8 Box Jump Overs (30/24)
- rest until 8:00-
- For Time:
- 36/30 Calorie Row
- 30 Toes to Bar
- 24 Box Jump Overs (30/24)
- (Scored by Time, each set)

GYMNASTICS / ACCESSORY

HANDSTAND/GRIP (WEEK 8)

- This cycle focuses on developing core control, grip endurance, and handstand strength - the foundation of powerful and efficient gymnastics movement. Weeks will alternate between a Handstand/Grip focus and a Core/Grip focus.
- Coach Intro and Cues: [VIDEO](#)

4 minute AMRAP + 1 minute rest + 3 minute AMRAP - start where you left off

- Level 1:
 - 8 [Hanging Knee Raises](#)
 - 100-foot [farmers carry](#) [35/25]
 - 8 [Plank Shoulder Taps](#) [right/left = 2 reps]
 - (KG: 15/10)
- Level 2:
 - 8 [Alternating Leg Toes to Bar](#)
 - 100-foot [farmers carry](#) [50/35]
 - 1 [wall walk INTO 6 Wall Facing Handstand Shoulder Taps](#) [right/left = 2 reps]
 - (KG: 22.5/15)
- Level 3:
 - 10 [Alternating Leg Toes to Bar](#)
 - 100-foot [farmers carry](#) [70/50]
 - 1 [wall walk INTO 10 Wall Facing Handstand Shoulder Taps](#) [right/left = 2 reps]
 - (KG: 32.5/22.5)
 - Scoring: Checkbox

COOL-DOWN

- 3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)
- 15x [Bootstrappers](#)
- 1 Minute [Barbell Forearm Stretch](#)
- 2x 30 Second [Pigeon Stretch Drops](#)

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:

- 3 rounds
- 15/12 Calorie Row
- 12 Toes to Bar
- 9 Box Jump Overs (30/24)
- rest until 8:00-
- For Time:
- 45/36 Calorie Row
- 36 Toes to Bar
- 27 Box Jump Overs (30/24)
- (Scored by Time, each set)

INDEPENDENCE:

- 3 rounds
- 10/8 Calorie Row
- 8 Toes to Bar
- 8 Box Jump Overs (24/20)
- rest until 8:00-
- For Time:
- 30/24 Calorie Row
- 34 Toes to Bar
- 24 Box Jump Overs (24/20)
- (Scored by Time, each set)

LIBERTY:

- 3 rounds
- 8/6 Calorie Row
- 8 Hanging Knee Raises
- 8 Box Step Ups (20/16)
- rest until 8:00-
- For Time:
- 24/20 Calorie Row
- 24 Hanging Knee Raises
- 24 Box Step Ups (20/16)
- (Scored by Time, each set)

LIMITED EQUIPMENT OPTION:

- 3 rounds
- 5x50ft Shuttle Run
- 10 Toes to Bar
- 8 Box Jump Overs (30/24)
- rest until 8:00-
- For Time:
- 15x50ft Shuttle Run
- 30 Toes to Bar
- 24 Box Jump Overs (30/24)
- (Scored by Time, each set)

LARGE CLASS OPTION:

Have athletes partner up and go 1:1 on workouts. They will have a lot of rest, but this means they can push harder on the second time through.
(Scored by Time, each set)

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

No strength today. If needed for R/L/V, add optional 5-8 minutes of light skill prep such as beat swings or box jump progressions to reinforce quality movement before the workout.

WORKOUT

Adjust row calories, reduce toes-to-bar volume, or sub movements (hanging knee raises, V-ups, or low box jump overs) to maintain consistent pacing and protect midline integrity.

LARGE CLASSES

Stagger athletes with opposite starting stations, or split the room into two waves starting 4 minutes apart. No equipment-heavy modifications required; easy class flow.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.



DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

Today's goal is to build sustainable power and repeatable gymnastics efficiency before attacking a longer finishing piece. Athletes should move fast but controlled in the opening three rounds, then reset and push hard for the final for-time section. This is a gut check day; athletes work just below redline until the final row.

TEACHING PRIORITY

Highlight gymnastics rhythm and midline control on toes-to-bar while reinforcing efficient jump-over mechanics to save energy. We want athletes maintaining a solid kip swing and avoid the "double-clutch kip" to complete one rep. Rowing technique should emphasize strong leg drive and smooth transitions to keep intensity high without burning out early (Legs-->Hips-->Arms, then reverse order back in).

DETAILED STIMULUS

WORKOUT TYPE: CHALLENGE

Hard, repeatable intervals early followed by one aggressive finishing effort. Athletes should push near their threshold without losing movement quality, especially on toes-to-bar.

RPE GUIDE

- REP: 8

TARGET TIMES

TOP-PERFORMERS

- 3 rounds: 4:00-5:00
- Final piece: 4:30-5:30

MOST ATHLETES

- 3 rounds: 4:30-6:00 (Time Cap: 7:00)
- Final piece: 6:00-7:00 (Time Cap: 8:00)

BEST MAYHEM SCORE

- 3 rounds: 3:32
- Final piece: 3:48

FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom performs full row calories and toes-to-bar reps, emphasizing high-skill gymnastics under fatigue. Independence should adjust row volume and use knee raises or V-ups to maintain consistent output and minimize grip/midline breakdown. The stimulus should remain fast, repeatable intervals into a final sustained push, regardless of version.

DETAILED TIMELINE

- 0:00-3:00 Intro (3:00)
- 3:00-13:00 Warm-Up (10:00)
- 13:00-20:00 Teaching (7:00) (Toes to Bar + Box Jump Overs)
- 20:00-22:00 Quick Break (2:00)
- 22:00-42:00 Workout (20:00)
- 42:00-56:00 Gymnastics(14:00)
- 56:00-60:00 Cool Down & Clean Up (3:00)

AT THE WHITEBOARD

- Reinforce managing grip and midline; athletes should break toes-to-bar before failure to stay efficient. Keep the hands loose on the box.
- Push athletes to stay aggressive but smooth on box jump overs; no wasted steps or slow transitions.
- Encourage intentional pacing on the first three rounds to leave bandwidth for a real attack on the final for-time row/T2B/BJO.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 8:00 AMRAP
- 30-second Row (moderate)
- 10 [Beat Swings](#)
- 6 [Hanging Knee Raises](#)
- 6 [Low Box Step-Overs](#)
- 8 [Samson Lunges](#)

LOW TOUCH WARM UP

- 3 Rounds
- 20-second Row
- 6 Leg Swings (front/back)
- 6 Beat Swings
- 4 Box Step Overs

WORKOUT PREP

- 2 Sets
- 6 Toes to Bar (or scaled)
- 4 Box Jump Overs
- 10-second Row (hard)
- rest :45 b/t sets-

WORKOUT MOVEMENTS

ROW

- Approach: Use strong leg drive with relaxed grip and smooth recovery. Athletes should build early momentum without sprinting. First workout should be sub-50 seconds per row, and the second workout around 2:00.
- Recommended Sets: Maintain consistent stroke rate across all rounds to protect grip for toes-to-bar.
- Notes: Quick transitions matter; finish tall, stand up, and go right to the bar.

TOES TO BAR

- Approach: Maintain rhythm; drive through lats, keep hollow/arch tight, and avoid pulling with arms.
- Recommended Sets: Short, controlled sets (5+ at a time) prevent grip blow-up.
- Notes: Prioritize your gym's standard: Both feet must touch the bar at the same time, and feet must pass behind the bar.

BOX JUMP OVERS

- Approach: Stay low, stay moving. Land softly, pivot, and move efficiently without fully standing.
- Recommended Sets: Fast singles; smooth cadence over speed spikes.
- Notes: Protect Achilles; soft landings, strong hip hinge, no lazy jumps and no rebounding (never recommended)

COACHING CUE OF THE DAY

"Fast transitions make fast workouts."

Athletes lose more time walking between stations than they realize. Quick, deliberate movement from rower -> bar -> box keeps intensity high without increasing effort. Efficiency comes from urgency and organization.

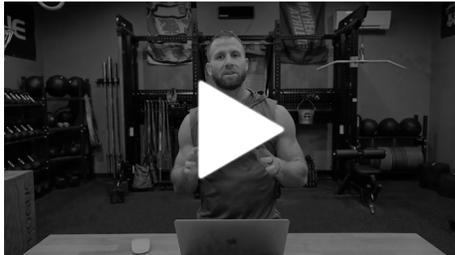
COMMON FAULT

Toes to Bar Fault – Arm Pulling:

Athletes pull early with their arms instead of using lat engagement and kip mechanics, causing premature fatigue and broken rhythm. Cue athletes to "push down on the bar" and let the kip do the work.



DAILY WHITEBOARD VIDEO WITH DARREN



WORKOUT - VIDEO BREAKDOWN HERE

FREEDOM (RX'd)

2-2-2-3 min AMRAP
 75 Double Unders
 Max Squat Cleans in the time remaining (135/95)
 -rest 1:00 between AMRAPs-
 * Go until you get 40 squat cleans or hit the cap
 (Score is total time, including rest)
 (KG conv: 60/42.5)

MINI PUMP - ARMS

5 SETS

12 Dumbbell Alternating Skull Crushers (each side) @ RPE 7/10
 -rest 30 secs-
 12 Dumbbell Alternating Curls (each side) @ RPE 7/10
 -rest 1 minute between sets-

** Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.*

[Double DB Skull Crushers](#) (alternate arms)
[Dumbbell Bicep Curls](#) (alternate arms)

COOL-DOWN

3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)

1 Minute [Calf & Big Toe Stretch](#)
 1 Minute [Couch Stretch](#)

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:

2-2-2-3 min AMRAP
 75 Double Unders
 Max Squat Cleans in the time remaining (155/105)
 -rest 1:00 between AMRAPs-
 Go until you get 40 squat cleans or hit the cap
 (Score is total time, including rest)
 (KG conv: 70/47.5)

INDEPENDENCE:

2-2-2-3 min AMRAP
 60 Double Unders
 Max Squat Cleans in the time remaining (115/85)
 -rest 1:00 between AMRAPs-
 Go until you get 40 squat cleans or hit the cap
 (Score is total time, including rest)
 (KG conv: 52.5/37.5)

LIBERTY:

2-2-2-3 min AMRAP
 50 Single Unders
 Max Dumbbell Power Cleans in the time remaining (light)
 -rest 1:00 between AMRAPs-
 Go until you get 50 power cleans or hit the cap
 (Score is total time, including rest)

LIMITED EQUIPMENT OPTION:

2-2-2-3 min AMRAP
 75 Line Hops
 Max Burpee Pull Ups in the time remaining
 -rest 1:00 between AMRAPs-
 Go until you get 40 Burpee Pull Ups or hit the cap
 (Score is total time, including rest)

LARGE CLASS OPTION:

Teams of 2:
 Complete 4 sets of AMRAP2 (each, 1:1)
 75 Double Unders
 Max Squat Cleans in the time remaining (135/95)
 Go until each partner gets 40 Squat Cleans, or hits the cap
 (Score is total time, including rest)
 (KG conv: 60/42.5)
 Partner One completes a full AMRAP2 while Partner Two rests. Then they switch. Continue in this way for 4 rounds each.

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

No strength piece today. Take extra time with the warm up and getting athletes comfortable with the bar. Maybe add in the Burgener Clean Warm Up for added technique work.

WORKOUT

Adjust double-under volume (reduce reps or use singles/line hops) and modify squat clean loading to maintain consistent movement quality across all AMRAPs. Ensure athletes can cycle singles smoothly without hitting technical failure. Scale to power cleans for newer athletes who struggle with the mechanics.

LARGE CLASSES

Stagger start times in waves or pair athletes so one jumps rope while the other cleans. Space barbells safely and keep jump ropes clear of each other.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

Today's session tests repeated high-skill engine work under rising fatigue. Double unders set the pace, while squat cleans challenge efficiency, timing, and composure as fatigue builds. Athletes should approach each AMRAP as a aggressive-controlled effort into consistent singles on the bar. Use the first 2:00 to establish a pace that's sustainable and can finish under the time cap.

TEACHING PRIORITY

Emphasize clean technique: strong positions off the floor, patient pull, and smooth turnover. Staying close to the bar between reps with a efficient and consistent reset will be key. Reinforce relaxed, rhythmic double-under mechanics to avoid blowing up grip or shoulders before the lifting.

DETAILED STIMULUS

WORKOUT TYPE: CHALLENGE

High-heart-rate jump rope work directly into moderate barbell cycling demands smart pacing and technical discipline. Athletes must manage breathing and footwork to hit efficient cleans without rushing.

RPE GUIDE

- REP: 8



TARGET TIMES

TOP-PERFORMERS

- 8:30-10:00 total time

MOST ATHLETES

- 10:00-12:00 total time (Time Cap: 12:00)

BEST MAYHEM SCORE

- Sub-8:00 total time

FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom uses full double under volume and the prescribed load, allowing skilled athletes to accumulate cleans quickly. Independence should reduce DU reps, use singles, and adjust barbell loading to preserve quality reps, no grinding or broken positions. Both versions aim for efficient singles with deliberate pacing.

DETAILED TIMELINE

- 0:00-3:00 Intro (3:00)
- 3:00-13:00 Warm Up (10:00)
- 13:00-20:00 Teaching (7:00) (Squat Clean)
- 20:00-22:00 Quick Break (2:00)
- 22:00-42:00 Workout (20:00)
- 42:00-55:00 Accessory (13:00)
- 55:00-60:00 Cool Down & Clean Up (3:00)

AT THE WHITEBOARD

- Reinforce that today is not about cycling the barbell; it's about crisp singles with excellent positions under fatigue.
- Athletes must stay relaxed in the rope; tension in the shoulders will ruin their cleans. We need athletes to finish the double unders under 75 seconds to have enough time for squat cleans.
- Consistency wins: hitting the same number of reps in each AMRAP shows proper pacing and clean mechanics.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 8:00 AMRAP
- 30-second Easy - Moderate Bike
- 20 [Single Unders](#)
- 10 PVC [Good Mornings](#)
- 6 [Front Squats](#) (empty bar)
- 4 [Power Cleans](#) + 2 [Squat Cleans](#) (empty bar)
- Optional: 1-2 barbell build-up sets

LOW TOUCH WARM UP

- 3 Rounds
- 20-second Row
- 10 Single Unders
- 5 Empty Bar Muscle Cleans
- 3 Front Squats

WORKOUT PREP

- 2 Sets
- 10-15 Double Unders (or scaled)
- 2 Squat Cleans (light/moderate)
- rest :45 b/t sets-

WORKOUT MOVEMENTS

DOUBLE UNDERS

- Approach: Encourage relaxed shoulders, consistent wrist speed, and tall posture. Athletes should find a rhythm they can repeat under fatigue.
- Recommended Sets: Aim to complete in 1-3 sets; short breaks prevent spike-and-crash fatigue. Cap athletes at the 75-second mark if they struggle to complete.
- Notes: Sub to single unders, low jumps, or line hops as needed.

SQUAT CLEAN

- Approach: Controlled singles; focus on leg drive, patient pull, and smooth turnover. Avoid rushing reps in pursuit of speed; quality mechanics payoff over the entire workout. Weight should be around 55-60% of 1RM.
- Recommended Sets: Quick singles with consistent pacing. Goal should be 10+ reps per AMRAP.

COACHING CUE OF THE DAY

"Patience pulls power."

Rushing the bar off the floor leads to early arm bend, poor extension, and weak catches. When athletes stay patient through the first pull - legs first, then hips - they generate more power, land stronger, and move more efficiently across the workout.

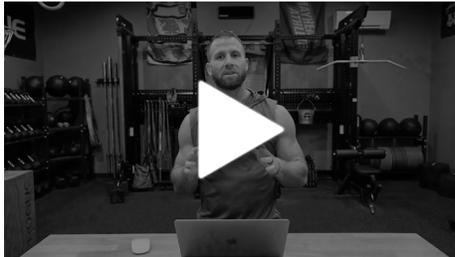
COMMON FAULT

Squat Clean Fault - Early Arm Bend:

Athletes bend the arms too soon, killing power and making the turnover sloppy. Cue athletes to keep arms long and drive through the legs before pulling under.



DAILY WHITEBOARD VIDEO WITH DARREN



WORKOUT - VIDEO BREAKDOWN HERE

FREEDOM (RX'd)

- 7 Rounds
- 200m Run
- 15 GHDs (or V-Ups)
- 50ft Walking Lunge
(Scored by Time)

COOL-DOWN

3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)

- 4x 5 [Quad Foam Rolling](#) (each leg)
- 1 Minute [Quadruped Forearm Stretch](#)
- 20x [Shoo the Cat](#)

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:

- 7 Rounds
- 200m Run
- 20 GHDs
- 50ft Walking Lunge
(Scored by Time)

INDEPENDENCE:

- 7 Rounds
- 200m Run
- 10 GHDs (or V-Ups)
- 50ft Walking Lunge
(Scored by Time)

LIBERTY:

- 7 Rounds
- 100m Run
- 10 Sit Ups
- 25ft Walking Lunge
(Scored by Time)

LIMITED EQUIPMENT OPTION:

- 7 Rounds
- 200m Run
- 15 V-Ups
- 50ft Walking Lunge
(Scored by Time)

LARGE CLASS OPTION:

- Teams of 2
- 7 Rounds
- 200m Run (together)
- Partner 1:
15 GHDs (or V-Ups)
- Partner 2:
50ft Walking Lunge
- switch when completed, then advance back to the run together-
(Scored by Time)

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

No strength today. Spend a little bit of time warming up athletes' legs and possibly add in some running drills.

WORKOUT

Reduce run distance or use shuttle runs if weather doesn't allow outdoor running, adjust GHD volume, or sub V-Ups/sit ups as needed. Shorter

LARGE CLASSES

Stagger athletes in waves or start half the class on lunges while the other half begins on the run. Use floor space efficiently to prevent lunge-lane traffic.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

Today's workout is a sustained, moderate-high conditioning effort built around aerobic pacing and midline capacity. Athletes should aim for steady, repeatable rounds with controlled breathing on the run, strong core engagement on GHD/V-Ups, and consistent, high-quality lunges. Intensity sits at a push-pace effort, but don't redline early.

TEACHING PRIORITY

Emphasize safe and efficient GHD mechanics; full range, controlled speed, and proper hip extension. Reinforce upright, stable lunging with good knee tracking. Teach athletes how to pace the 200m run so they can maintain form across all seven rounds. Always note to check the clock after round for pacing.

DETAILED STIMULUS

WORKOUT TYPE: CHALLENGE

This is a long, rhythm-based workout where athletes must manage pacing early and maintain movement quality as fatigue builds. Control wins.

RPE GUIDE

- REP: 7

TARGET TIMES

TOP-PERFORMERS

- 15:00-17:00 total

MOST ATHLETES

- 16:00-22:00 total (Time Cap: 22:00)

BEST MAYHEM SCORE

- Sub-14:00

FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom performs full GHD volume and full lunge distance, pushing midline durability and movement efficiency. Independence should adjust GHD reps or switch to V-Ups or sit ups and shorten lunge distance to sustain posture and mechanics. Both versions aim for steady, repeatable rounds without breakdown in quality.

DETAILED TIMELINE

- 0:00-3:00 Intro (3:00)
- 3:00-15:00 Warm Up (12:00)
- 15:00-22:00 Teaching (7:00) (GHD + Walking Lunges)
- 22:00-24:00 Quick Break (2:00)
- 24:00-49:00 Workout (25:00)
- 49:00-60:00 Cool Down & Clean Up (3:00)



AT THE WHITEBOARD

- Cue athletes to pace the first 2-3 rounds—the workout gets harder in the back half.
- Reinforce quality midline control on GHDs; no throwing the torso, no excessive speed. It's a total body movement.
- Movement integrity in lunges matters most: full depth and lockout, stable torso, knee tracking over toes.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 8:00 AMRAP
- 100m Easy Run
- 10 [Supermans](#)
- 10 [Alternating V-ups](#)
- 6 [Walking Lunges](#) (each leg)
- 10 [Beat Swings](#)
- Optional: 1-2 practice rounds of 50ft lunges + 5 GHDs

LOW TOUCH WARM UP

- 3 Rounds
- 100m Run
- 8 V-Ups
- 6 Lunges (each leg)

WORKOUT PREP

- 2 Sets
- 5 GHDs (or V-Ups)
- 25ft Walking Lunge
- 100m Run
- rest :45 b/t sets-

WORKOUT MOVEMENTS

200M RUN

- Approach: Find a sustainable pace; smooth turnover, relaxed arms, and controlled breathing.
- Recommended Sets: Stay just under threshold early, then increase pace in the final two rounds. Goal is sub-90 seconds.
- Notes: Avoid overstriding; keep steps light and efficient.
- Substitutions: 8 shuttle run reps where each rep is 25 feet down + 25 feet back

GHD (OR V-UPS)

- Approach: Prioritize controlled range of motion; smooth extension, strong midline tension, and deliberate speed. Throw the arms, snap the hips like your life depends on it.
- Recommended Sets: Unbroken for most Freedom athletes; Independence may break V-Ups into 10+5 if needed.
- Notes: Follow your gym's standard: hands touch the floor at the bottom; both hands touch foot pad at the top.

WALKING LUNGE (SOFT):

- Approach: Tall torso, stable step, knee gently kisses the floor, hips fully extended on each rep.
- Recommended Sets: Unbroken if possible; short resets only at 25ft.
- Notes: Avoid knee collapse, maintain steady breathing, and stay smooth under fatigue.

COACHING CUE OF THE DAY

"Smooth is fast—focus on perfect reps and calm transitions!"

What this means: Instead of sprinting and risking sloppy movement (which zaps energy), settle into a sustainable, clean rhythm. Efficient movements and deliberate transitions will help you go faster for longer by minimizing wasted effort and staying mentally in control of the session.

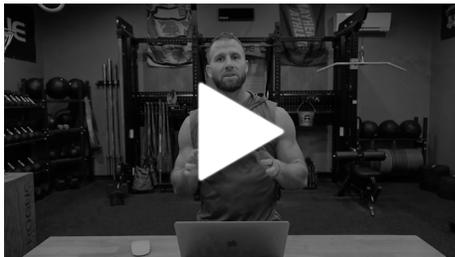
COMMON FAULT

Rowing Fault - Overusing Arms or Hunching Shoulders:

On the rower, people often rely too much on their arms or round their shoulders, which reduces efficiency and can lead to early fatigue. Focus on driving through your legs first, then leaning back slightly with a straight back before finishing with the arms.



DAILY WHITEBOARD VIDEO WITH DARREN



STRENGTH

5 sets
 1 Snatch (@70-75%)
 -rest 1:00-2:00 between sets-

WORKOUT - VIDEO BREAKDOWN HERE

FREEDOM (RX'd)
 21-15-9
 Power Snatch (115/85)
 Burpee Over Bar
 (Scored by Time)

COOL-DOWN

3-5 minutes of easy cardio (this can be walk, a slow row, machine ride, etc.)

- 1 Minute [Barbell Forearm Stretch](#)
- 1 Minute [Cat Cow](#)
- 1 Minute [Pec Stretch](#)

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:
 No change to workout

INDEPENDENCE:
 21-15-9
 Power Snatch (95/65)
 Burpee Over Bar
 (Scored by Time)

LIBERTY:
 21-15-9
 Dumbbell Power Snatch (light)
 Up Downs
 (Scored by Time)

LIMITED EQUIPMENT OPTION:
 12-9-6
 Bar Muscle Ups
 21-15-9
 Burpee to Bar
 (Scored by Time)

LARGE CLASS OPTION:
 Teams of 2
 42-30-18
 Power Snatch (115/85)
 21-15-9
 Synchro Burpee Over Bar
 (Scored by Time)

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

Adjust snatch loading based on R/L/V. Freedom should work at 70-75% of 1RM for crisp singles; Independence and Liberty may reduce load, use power snatch variations, or reinforce technique with lighter percentages to maintain excellent positions.

WORKOUT

Reduce snatch loading or use hang power snatch/dumbbell snatch for Independence/Liberty. Burpee over bar height or speed may be scaled to preserve the stimulus. Consistency in movement quality takes priority over chasing fast times.

LARGE CLASSES

Use wave starts for strength sets or stagger lanes. For the workout, running heats 2-3 minutes apart helps avoid barbell congestion. Or use large class option (team workout).

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

Today pairs technical lifting under fatigue with a fast, grippy conditioning test. Athletes must move efficiently on the snatch while maintaining aggressive but sustainable effort on burpees. This is a clear CHALLENGE workout—push intensity without sacrificing barbell mechanics.

TEACHING PRIORITY

Emphasize snatch fundamentals—smooth pull from the floor, patience in the extension, and strong lockout. The warm up is a great place to touch base on both movements (squat/power). Reinforce consistent burpee rhythm: low, fast steps and efficient bar crossings.

DETAILED STIMULUS

WORKOUT TYPE: CHALLENGE

Fast cycling on the barbell meets hard burpee effort. Athletes should attack but remain sharp on technique, especially in the round of 15.

RPE GUIDE

- 8-9

TARGET TIMES

TOP-PERFORMERS

- 3:30-5:00

MOST ATHLETES

- 6:00-8:00 (Time Cap: 9:00)

BEST MAYHEM SCORE

- Sub-3:30

FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom uses prescribed loading and full burpee height for a fast, aggressive sprint-style test. Independence should drop snatch weight to maintain cycling speed and technique, and may reduce burpee height or step over the bar to preserve pacing. Both versions should maintain the intended fast-and-sharp stimulus without breakdowns.



DETAILED TIMELINE

- 0:00–3:00 Intro (3:00)
- 3:00–13:00 Warm Up (10:00)
- 13:00–20:00 Teaching (7:00) (Snatch Mechanics)
- 20:00–22:00 Quick Break (2:00)
- 22:00–35:00 Strength (13:00)
- 35:00–37:00 Quick Break (2:00)
- 37:00–48:00 Workout (11:00)
- 47:00–60:00 Cool Down & Clean Up (13:00)

AT THE WHITEBOARD

- Remind athletes that barbell cycling efficiency matters more than brute force; smooth reps beat rushed reps every time.
- Burpees should stay mechanical and consistent; no need to sprint early and blow up before the round of 15.
- Athletes should commit to moving immediately after every set; minimize chalk, thinking, or extended transitions.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 8:00 AMRAP
- 30-second Row or Bike
- 3 Muscle Snatch (PVC-empty bar)
- 3 Overhead Squats (PVC-empty bar)
- 3 Hang Power Snatch (PVC-empty bar)
- 3 Squat Snatch (PVC-empty bar)
- 4 Burpees
- into-
- 3 sets
- 2 Squat Snatch (singles, build up to starting weight)

LOW TOUCH WARM UP

- 3 Rounds
- 20-second Machine
- 5 Muscle Snatch
- 3 Overhead Squats
- 3 Hang Power Snatch
- 3 Burpees

WORKOUT PREP

- 2 Sets
- 3 Power Snatch (moderate)
- 4 Burpee Over Bar
- rest :45 b/t sets-

WORKOUT MOVEMENTS

SNATCH — 1 REP @ 70-75%

- Approach: Athletes should focus on patience off the floor, balanced pull, and a strong, stable lockout. The loading should feel crisp; never grinding, allowing consistent reps across all sets. Athletes can build within the percentages or stay the same weight across sets.
- Cue Focus: "Stay patient through the pull" and "finish tall before pulling under."
- Scaling Options: Reduce load, perform power snatch only, or use hang power snatch to reinforce positions.

EXAMPLE SETS

- Set 1:
1 Snatch @140# (64 kg)
-rest 60-90 seconds-
- Set 2:
1 Snatch @140# (64 kg)
-rest 60-90 seconds-
- Set 3:
1 Snatch @140# (64 kg)
-rest 60-90 seconds-
- Set 4:
1 Snatch @150# (68 kg)
-rest 60-90 seconds-
- Set 5:
1 Snatch @150# (68 kg)
Based on a 200# 1RM

POWER SNATCH

- Approach: Use quick singles or small touch-and-go sets, depending on capacity. Maintain consistent bar path and smooth turnover. Weight should be around 55% of athletes 1RM.
- Recommended Sets: Round of 21: fast singles or 5-5-5-3-3. Round of 15: singles or 5-5-5. Round of 9: unbroken or fast singles.
- Notes: Keep the bar close and avoid starfish catches under fatigue.

BURPEE OVER BAR

- Approach: Parallel to the bar, stay low, breathe through the movement, and find a repeatable rhythm. No need to stand tall between reps. Show athletes how to utilize their hips coming off the floor to help save their arms.
- Recommended Sets: Smooth, unbroken pace across all rounds.
- Notes: Step down or jump down based on efficiency, avoid blowing up in the round of 15.

COACHING CUE OF THE DAY

"Finish tall before you fall."

Athletes often rush the snatch and pull early with their arms. Finishing tall—legs and hips fully extended—creates more power and cleaner bar movement, making each rep more efficient and safer under fatigue.

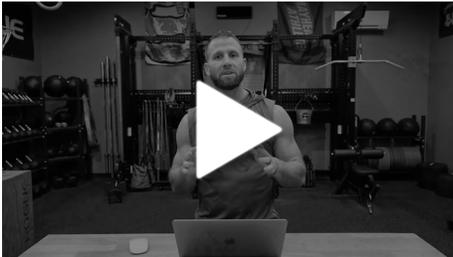
COMMON FAULT

Power Snatch Fault - Crashing the bar:

Athletes rush the extension and let the bar crash onto their hips, causing looping pulls and unstable catches. Cue athletes to stay connected and drive through the legs before pulling under.



DAILY WHITEBOARD VIDEO WITH DARREN



WORKOUT

FREEDOM (RX'd)

- "12 Days of Christmas"
 1 Rope Climbs (Or 3 Strict Pull Ups)
 2 Squat Clean (155/105)
 3 Muscle Ups (Bar or Ring)
 4 Burpees
 5 Deadlifts (155/105)
 6 Pull Ups
 7 V-Ups
 8 Wall Balls (30/20)
 9 Box Jumps (24/20)
 10 Back Rack Lunges (155/105)
 11 Handstand Push Ups
 12 Thrusters (155/105)
 (KG conv: 70/47.5 barbell, 14/9 WB)

MAYHEM MINI-PUMP – ARMS AND CORE

4 ROUNDS

- 10 [Banded Pushups](#) @ moderate weight RPE 7
 -rest 30 seconds-
 10 [Ring Row](#) – Feet Elevated @ moderate weight RPE 7
 -rest 30 seconds-
 10 [Standing Tricep DB French Press](#) @ moderate weight RPE 7

* Rest 2 minutes between rounds

* Instead of resting :30, athletes can partner up and go 1:1 on movements and advance together to the next station when their partner finishes.

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:

- 1 Legless Rope Climb
 2 Squat Clean (185/125)
 3 Muscle Ups
 4 Burpees
 5 Deadlifts (185/125)
 6 Chest to bar Pull Ups
 7 Toes to bar
 8 Wall Balls (30/20)
 9 Box Get Overs (48"/40")
 10 Back Rack Lunges (185/125)
 11 Strict Handstand Push Ups
 12 Thrusters (185/125)
 (KG conv: 85/57.5 barbell, 14/9 WB)

INDEPENDENCE:

- 1 Rope Climb (Or 3 Strict Pull Ups)
 2 Squat Clean (115/85)
 3 Chest to Bar Pull Ups
 4 Burpees
 5 Deadlifts (115/85)
 6 Pull Ups
 7 V-Ups
 8 Wall Balls (20/14)
 9 Box Jumps (24/20)
 10 Back Rack Lunges (115/85)
 11 Handstand Push Ups
 12 Thrusters (115/85)
 (KG conv: 52.5/37.5 barbell, 9/6 WB)

LIBERTY:

- 1 Zombie Rope Climb (or 3 ring rows)
 2 DB Cleans (light)
 3 Goblet Squat (one light DB)
 4 Up Downs
 5 DB Deadlifts
 6 Ring Rows
 7 Sit-ups
 8 Wall Ball Thrusters (light)
 9 Box Step ups (20/16)
 10 Lunges
 11 Push Ups (or elevated push ups)
 12 DB Thrusters (light)

We are providing multiple alternative options. Choose the one that best meets the needs of your gym.

LIMITED EQUIPMENT OPTION:

- 1 Burpee
 2 Box Jump Overs (24")
 3 Sit Ups
 4 Jumping Lunges
 5 Jumping Air Squats
 6 Push Ups
 7 Shuttle Sprints (25 feet down + 25 feet back = 1)
 8 Calorie Air Bike
 9 Calorie Ski
 10 Calorie Bike Erg
 11 Calorie Row
 12 Burpee Broad Jumps
 (If you don't have a machine, repeat one that you have or sub a different movement of your choice)

OWN YOUR PROGRAMMING (REPS, LOADING, & VOLUME)

STRENGTH/SKILL

No strength today. The full session is dedicated to the "12 Days of Christmas," which already contains significant barbell volume and high-skill gymnastics. For R/L/V, athletes may reduce barbell loading across all weighted movements or adjust gymnastics volume to maintain high-quality movement throughout the entire piece.

WORKOUT

Modify rope climbs, muscle-ups, pull-ups, or HSPU to appropriate variations. Adjust barbell load for squat cleans, deadlifts, back rack lunges, and thrusters to preserve safe cycling and technical integrity. Consider breaking reps earlier than expected to manage the long duration.

LARGE CLASSES

Stagger athletes at different starting stations or run two heats. Ensure safe spacing for rope climbs, wall balls, lunges, and thrusters. Use empty lanes for barbell cycles and separate gymnastics clusters.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

DAILY HIGHLIGHTS

PRIMARY WORKOUT GOAL

"12 Days of Christmas" is a long, high-volume conditioning piece requiring athletes to maintain composure, pacing discipline, and movement quality across a variety of skills. The goal is to stay smooth and steady from start to finish while navigating heavy barbell movements, gymnastics skills, and monostructural elements. Expect a long-grueling stimulus; durable effort, consistent breathing, and unbroken focus.

TEACHING PRIORITY

Emphasize safety on the rope and efficiency with barbell cycling. Reinforce consistent mechanics under accumulating fatigue: braced midline, safe pulling positions, and deliberate movement transitions. Athletes must approach each movement with intention rather than rushing.



DETAILED STIMULUS

WORKOUT TYPE: GRIND

Long duration, high variety, and moderate-to-heavy barbell loads demand pacing discipline and repeatable mechanics. Athletes must stay patient early to maintain quality through all 12 rounds.

RPE GUIDE

- REP: 7

TARGET TIMES

TOP-PERFORMERS

- 22:00-28:00

MOST ATHLETES

- 28:00-40:00 (Time Cap: 45:00)

BEST MAYHEM SCORE

- Sub-22:00

FREEDOM VS. INDEPENDENCE CONSIDERATIONS

Freedom performs full volume and loading with advanced gymnastics skills (muscle-ups, rope climbs, HSPU). Independence should scale to sustainable versions such as banded or jumping pull-ups, pike HSPU, or lower barbell loads to maintain safety and intention. The goal remains the same: steady, methodical progression through the 12 movements with no major breakdowns.gh.

DETAILED TIMELINE

- No Time Frame For Saturdays

AT THE WHITEBOARD

- Reinforce pacing; this workout punishes athletes who start too fast. Encourage patience through the early rounds. Make sure athletes understand the flow and know what comes next.
- Barbell movements must remain high-quality: tight midline, clean foot transitions, no soft catches.
- Encourage athletes to move with purpose between stations but avoid sprinting inside the round. Steady is smooth, and smooth is fast.

SUGGESTED WARM-UP

HIGH TOUCH WARM UP

- 10:00 AMRAP
- 1:00 Machine
- 5 Deadlifts (empty bar)
- 5 Hang Squat Cleans (empty Bar)
- 5 Strict Pull Ups or 10 Ring rows
- 5 V-ups (each side)
- 5 Birddogs (each side)
- + 1-2 rope climb progressions

LOW TOUCH WARM UP

- 3 Rounds
- 20-second Bike
- 6 Air Squats
- 4 Burpees
- 4 Thrusters (empty bar)
- 4 Back Rack Lunges (empty bar)
- 4 Deadlifts (empty bar)

WORKOUT PREP

This workout will take a while to review and set up. Warm up with each movement as you prepare.
-into-
1 "mini-round" of 12 Days:
1-2 reps at each station
Reinforce transitions + pacing

WORKOUT MOVEMENTS

ROPE CLIMB (OR 3 STRICT PULL-UPS)

- Approach: Explosive knee drives, high rope bite, and controlled descent. Strict pull-ups should be smooth and fully locked-out.
- Recommended Sets: 2-3 pulls is the goal on the rope.
- Notes: Safety first; reinforce foot lock and no dropping from the top.

SQUAT CLEAN

- Approach: Strong pull through the legs, firm turnover, and stand tall before resetting.
- Recommended Sets: Quick singles.
- Notes: Keep bar close; no looping or early arm bend. Weight should be around 50% of 1RM.

MUSCLE UPS (BAR OR RING)

- Approach: Tight kip, patient turnover, and controlled press-out.
- Recommended Sets: Singles or doubles depending on proficiency.
- Notes: Scale early to preserve stimulus.

BURPEE

- Approach: Smooth and steady, not going over top of anything.
- Recommended Sets: Controlled pace that doesn't blow up the heart rate. Slight pause at the top of each rep.
- Notes: Breathe rhythmically; push the pace on the final set!

DEADLIFT

- Approach: Maintain tight midline and drive through legs.
- Recommended Sets: Unbroken if possible.
- Notes: Avoid yanking the bar; smooth pull. Weight should be under 40% of 1RM

PULL-UPS

- Approach: Maintain rhythm with strong hollow/arch positions.
- Recommended Sets: 1-2 sets, save your grip.
- Notes: Stay tight; avoid excessive swinging.

V-UPS

- Approach: Strong midline engagement, reach for toes with control.
- Recommended Sets: Unbroken.
- Notes: Sub to tuck-ups as needed.

WALL BALLS

- Approach: Steady cadence; no sprinting. Try and use a heavier wall ball than normal.
- Recommended Sets: 5-3 or 8 unbroken.
- Notes: Full depth, full extension.

BOX JUMPS

- Approach: Step down to preserve legs. Be careful after the wall balls.
- Recommended Sets: Smooth singles.
- Notes: No rebounding for safety.

BACK RACK LUNGES

- Approach: Upright torso, stable steps, full extension. Perform in-place, step back or walking.
- Recommended Sets: Unbroken.
- Notes: Scale weight early; this is a demanding position late in the workout. Ensure athletes are comfortably with getting the bar to back rack position.

HANDSTAND PUSH-UPS

- Approach: Controlled negatives, efficient kip.
- Recommended Sets: Break early into small chunks.
- Notes: Prioritize shoulder health; scale to pike or DB press.

THRUSTERS

- Approach: Tight midline, smooth drive from legs, locked-out finish.
- Recommended Sets: 1-3 sets is the goal on these. Squat clean and get right to work.
- Notes: This is the final movement; encourage strong finishes. Weight should be moderately heavy, but not back breaking.

COACHING CUE OF THE DAY

"Slow is smooth, smooth is fast."

Athletes who stay controlled and deliberate through the early rounds finish stronger. Quick, sloppy reps lead to burnout, while smooth movement builds momentum and preserves energy deep into the workout.

COMMON FAULT

Barbell Cycling Fault – Early Pull:

Athletes bend their arms too soon, killing power and creating looping bar paths. Cue: "Legs first, then pull under."



PROGRAMMING NOTE

Sundays have three workout options that you can choose from to help with your gym schedule.

OPTION 1

Monostructural workout can be helpful as a class workout or Open Gym option. Please adjust/scale as volume can be a little excessive for athletes training 5+ days/week. Notes will be added as well with stimulus and scaling options.

OPTION 2

Aerobic Capacity Recovery workout designed for athletes/classes to get a good "Sweat in" or "Active Recovery" type day. This will generally be an Erg/Running workout.

Option 3

Mayhem Racing. Think machines, sleds, carries, lunges, wall balls, running... all combined into a high-powered, race-style workout that blends functional fitness with serious endurance. It's fast, gritty, and built to test your engine. If you have athletes prepping for a fitness-style race or just want to train like it, this option is for them. You can plan to offer it on Sundays, or rearrange and throw it in during the week. It's up to you! Following Mayhem Affiliate Programming will get athletes decently prepared for a fitness race. To really perform well in these events, make sure they're mixing in some extra running during the week too.

OPTION 1 // WORKOUT

FREEDOM (RX'd)

- 5 sets
- 1:00 Max Burpees (or Sand Ball Slams (50/30))
- 1:00 Max Double Unders
- 1:00 Max Stick Sit Ups
- 1:00 Rest
- (KG conv 25/15)
- Scoring: Reps

WORKOUT ADJUSTMENTS / MOVEMENT ADJUSTMENTS

AFFILIATE COMPETE:

No Change to Workout

INDEPENDENCE:

- 5 sets
- 1:00 Max Burpees or Sand Ball Slams (30/20)
- 1:00 Max Double Unders
- 1:00 Max Sit Ups
- 1:00 Rest
- (KG conv 15/10)

LIBERTY:

- 5 sets
- 1:00 Max Burpees or Wall Ball Slams (20/14)
- 1:00 Max Single Unders
- 1:00 Max Crunches
- 1:00 Rest
- (KG conv 9/6)

LIMITED EQUIPMENT OPTION:

- 5 sets
- 1:00 Max Burpees
- 1:00 Max Line Hops
- 1:00 Max Sit Ups
- 1:00 Rest

LARGE CLASS OPTION:

Have athletes start on different stations and all rotate through the 3 movements while resting on the 4th minute together.

TARGET TIMES

TOP-PERFORMERS

- 130+ total reps each set

MOST ATHLETES

- 100+ total reps each set

BEST MAYHEM SCORE

- 140+ total reps each set

FOCUS

The workout consists of several sets with a steady pace throughout. Athletes need to maintain a consistent pace on each movement to avoid burning out and complete the rounds in 50 seconds. The last 10 seconds of each round can be used to transition to the next movement. The workout is scored based on the total number of reps in each round across all movements, with five separate scores. Athletes should aim to set a realistic number in the first set and try to stay within 5-10 reps in the following sets. For the sand ball slams, athletes should select a moderately light weight and focus on using their hips. The double underts should be completed in 1-3 sets or a maximum of 5 breaks before switching to singles or other scaling options. The stick sit-ups may be challenging for some athletes, so proper scaling should be used to ensure they can maintain a consistent effort throughout the minute.

The Scaling aim is for athletes to stay moving for the entire 50-60 seconds on each station.

MOVEMENT SUBSTITUTIONS

Check out our Scaling and Movement Substitutions doc [here](#) for more recommendations.

OPTION 2 // ACTIVE RECOVERY

45 MINUTE AMRAP AT A STEADY PACE:

- 800m Run (or 1000m Row)
- :30 Side Plank Rotations (each side)
- 1,600m Bike Erg (or 50/40 calorie Air Bike)
- 15 GHD Hip Extensions (or Supermans)
- Scoring: Checkbox

COACHES NOTES

- Alternative options for the run: 1,000/800m Row or Ski
- Alternative option for the Bike Erg: 50/40 calorie Air Bike

OPTION 3 // MAYHEM RACING

WARM-UP

- AMRAP6
- 1 minute machine of choice
- 5 inchworm push-ups
- 10 heel toe rocks
- 15m walking lunge

PRE-WORKOUT

- 2 Rounds:
- 200m Row
- 10m Sled Push at workout weight
- 10 Air Squats

* Start slow and build in pace for round 2 *

WORKOUT:

- Teams of 2
- 5 sets (each/1:1)
- 250m Row
- 25m Sled Push
- (Score is time)
- * Sled weight: 60-70% of weight found in part 1



COACHES NOTES

- Explosive legs on the row. Don't over-pull.
- Fast transition to the sled.
- Small fast steps, keep the sled moving.
- Recover with purpose while your partner works.
- Rounds should look nearly identical. Don't blow up early.

WORKOUT MOVEMENTS

SLED PUSH SKILL REVIEW

- Encourage slow, consistent increases in weight, not big jumps.
- Athletes should work to a load where speed slows but never stalls.
- A successful set = unbroken, consistent pace, no grinding stops.
- Focus on driving through mid-foot, slight forward lean, and tight braced core.
- Short, quick steps beat long, slow steps.
- If an athlete fails a push (stops or breaks), advise them to reduce load by -10-15%.
- Push the ground away.
- Hips stay low, body stays long.
- Quick feet, constant tension.

COACHES NOTES

Partner one completes a full round, then rests while partner 2 completes a full round. The workout is 5 rounds each.

TARGET TIMES

TARGET TIME

- sub 1:45 per set

TIME CAP

- 2:30 per set

OVERALL TIME CAP

- 25:00

