



## FITNESS

### 5-Day Sample Program



### Session 1 (Engine)

50-40-30-20-10 for time:

- Wall-Ball (20/14#)
- Calorie row or ski

### Session 2 (Skills)

#### Part A

In 90 seconds...

- Row 250m
- Max handstand push-ups in time remaining

Rest 3:00

Repeat x 4 sets

**Rest 5 minutes, then:**

#### Part B

In 90 seconds...

- Row 250m
- Max toes to bar in time remaining

Rest 3:00

Repeat x 4 sets

*If you know your 2k PR pace, your target should be 2k -1/2 seconds or faster.*

### Session 3 (Engine)

#### TEST THREE

For time:

- Row 1000m
- 25 burpees over the rower
- 50 barbell thrusters (75/55#)
- 25 burpees over the rower
- Row 1000m

Notes – burpees over the rower can be performed laterally (meaning, you do not have to turn and face the slide).



## Session 4 (Skills)

### Part A

Five rounds for time:

- Row 15 calories
- 9 unbroken pull-ups

**Rest 5-10 minutes, then:**

### Part B

Five rounds for time:

- Row 15 calories
- 30 unbroken double-unders

## Session 5 (Engine)

For time:

- 50 calorie row
- 5 rounds of Cindy
- 40 calorie row
- 4 rounds of Cindy
- 30 calorie row
- 3 rounds of Cindy
- 20 calorie row
- 2 rounds of Cindy
- 10 calorie row
- 1 round of Cindy

“Cindy” =

5 pull-ups  
10 push-ups  
15 air squats



## ABOUT THE COACH:



**JUSTIN FARINA**, OCT, B.Ed., B.Sc., CF-L1

**2018 Row'd Royalty Indoor Rowing Champion**

**2018 & 2019 Concept2 Tour De SkiErg Champion**

**Multiple current and former Concept2 SkiErg World Record holder**

Discovering CrossFit in November of 2005 was a life-changing event for the former Division-I athlete. For years, the standard bodybuilding/cardio model of “fitness” was all he knew. Reading Coach Glassman’s breakthrough article, [“What is Fitness”](#), changed everything. Since then, **Variance**, **Functionality**, and **Intensity** have been the cornerstones of his life.

Training privately since 2006, Justin has accumulated countless hours of experience working with hundreds of athletes in parks, in gyms, on tracks, and in his garage.

Learn more about our ONLINE MEMBERSHIP by visiting

[www.garageathletefitness.com/membership](http://www.garageathletefitness.com/membership)

