

<b>Four Barrel CrossFit</b>						
1/6/2013	1/7/2013	1/8/2013	1/9/2013	1/10/2013	1/11/2013	1/12/2013
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
5 Min AMRAP: 10 Squats 10 Box Step-ups (20) 10 Box Jumps (20) 10 Burpees	Medball Rotational Wheel	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	5min AMRAP of: 25 DUs 20 Squats 15 Sit-ups 10 Push-ups	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats -then- 4min, 15 sec ea: Plank Superman Side Plank (L) Side Plank (R)	With a partner, 8 rounds of: A: 100m Row B: Rest -then- 3 Rounds of: 10 Push-ups 10 Squats 10 Sit-ups 10 Mountain Climbers	Athlete's Choice
<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>
<b>WEIGHTLIFTING</b> Back Squat 3x3 (.7, .8, .9)  <b>METCON</b> 4min AMRAP of: 10 Box Jumps (24, 20) 10 Clean & Jerks (135, 95) rest 4min, then, 4min AMRAP of: 10 Deadlifts (135, 95) 10 Lateral Burpees  CASH-OUT 5min Foam Roll	<b>WEIGHTLIFTING</b> Strict Press 3x3 (.7, .8, .9)  <b>METCON</b> 5 Rounds of: 3 Snatches (155, 105) 9 American Swings (70, 53) *15min cap  CASH-OUT LAX Ball Pecs/Shoulders (2min) Lateral Opener (1min/arm)	<b>METCON</b> "Barbara" 5 Rounds: 20 Pull-ups 30 Push-ups 40 Sit-ups 50 Squats *3min rest b/t rounds *35 min cap *Beg' do 10 less of each movement  CASH-OUT Couch Stretch (2min/leg) Banded OHS (1min/arm)	<b>WEIGHTLIFTING</b> Front Squat 3x3 (.7, .8, .9)  For time: 2 Rounds of: 90 Double Unders 30 T2B 15 HSPUs *15min cap  CASH-OUT Foam Roll Calves (2min) LAX Ball Lats (2min)	<b>METCON</b> "Elizabeth" (Games Version) 21-15-9 of Power Cleans (135, 95) Ring Dips *10 Min Cap  CASH-OUT 1000m Row PE = 90%	<b>METCON</b> "Air Force" 20 Thrusters (95, 65) 20 Russian Swings (70, 53) 20 Push Jerks (95, 65) 20 Overhead Squats (95, 65) 20 Front Squats (95, 65) *subbing swings for SDHP *20min cap  CASH-OUT 5 min Foam Roll Pow Wow	<b>METCON</b> 15-12-9-6-3 reps for time of: Chest to bar pull-up 135 pound Clean and jerk Push-up
<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
7 Rounds of: 3 Muscle-Ups 6 Wall Balls (30, 20) *Sub 3 Strict Pull-ups + 3 Strict Ring Dips if you cannot complete MUS	3 Rounds of 50ft Handstand Walk 2 Rope Climbs (15') *not for time *Do 20 Wall Runs if you cannot complete handstand walk	Rest	5 Rounds of: 8 Ring Rows 30 sec rest 3 Box Jumps (max height) 30 sec rest	8 Rounds of: 30sec ME Wall Balls (20, 14) 30sec rest	5x5 Weighted Pull-ups 2min rest	Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
Power Snatch 2@65%, 2x2@75%, 2x2@80%  GHD Sit-ups 6x12 60 sec rest	Squat Clean 3@60%, 2x3@70%, 2x3@80%  Pendlay Row 5x8 (AHAP)	Rest	Squat Snatch 3@60%, 2x3@70%, 2x3@80%  GHD Back Extensions 6x10 60sec Rest	Turkish Get-Ups 5x2 (per arm, AHAP)  Dumbbell/KB Rows on Bench 5x10 (per arm, AHAP)	Deadlift 3x5 (.65, .75, .85)  Bench 3x5 (.65, .75, .85)	Rest
<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>
800m Sled Drag (135, 95)	6x250m Row 90 sec rest	Rest	10x100ft Farmers Carry (AHAP)	8x100m Sprints 90sec rest	800m Log Carry (100, 70)	Rest