Four Barrel CrossFit		Brute Strength Cycle C1W3											
7/28/2014		7/29/2014		7/30/2014		7/31/2014		8/1/2014		8/2/2014		8/3/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**		**Warm**	
5min AMRAP of: 25 DUs 20 Squats 15 Sit-ups 10 Push-ups	5	Run 400m -then- 2 Minutes in Sling Shot Squat 3 MInutes of dynamic upper body mobility	3	30/20/10	3	7 Rounds of: 1 Burpee, 1 Push-up, 1 Jumping Jack, 1 Sit-up, 1 Handstand	4	5 min AMRAP: 3 burpees 6 wallking lunges 9 PVC Presses	5	Coach led down and back drills	5	Athletes Choice	10
GPP		**GPP**		**GPP**						**GPP**		**GPP**	
Skill Work/Setup	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	0	*Skill Work/Setup*	0
Back Squat 3X10	15	Strict Press 3 X 10	15	Deadlift 4 X 8	15	Clean Positioning work and warm-up	8	Front Squat 4 X 8	15	6 minute running cock: 3 minutes: Hollow Rock Holds 2 minutes: plank hold 1 minute V-ups	6	OFF	0
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	2	*Skill Work/Setup*	3	*Skill Work/Setup*	8	*Skill Work/Setup*	5
15 min AMRAP: 10 Thrusters (65/95) 50 Dubs	15	Partner 14 minute alt. EMOM: odd: 3 ring dips & 3 C2B Pull-ups (1-3 muscle ups) even: 100 m run	14	15 rounds for time: 1 wall walk 2 Burpee Box jump overs (24/20) 3 HSPU * 20 minute time cap	20	20 minute running clock: 10 minutes to complete 1 mile run 10 minutes to complete AMRAP of: 10 P. Cleans (115/75) 10 T2B	20	For Time: 400 m run 21 Front Squats (115/75) 400 m run 15 Front Squats (135/95) 400 m run 9 Front Squats (155/115) * 15 minute cap	15	8 Minute AMRAP: 10 KB OHS (5 each arm) (53/35) 15 AKBS 20 Goblet Squats * rest 4 minutes 5 Minute AMRAP: 10 KB OHS (5 each arm) (53/35) 15 AKBS 20 Goblet Squats	17	10 rounds for time of: 15 push-ups 100-meter sprint	10
Cash-Out: Barbell Quad smash	5	Cash-out: 50 AbMat Sit-ups	10	Cash-out: LAX ball on shoulders	5	Cash-out: 3 X 10 Ring Rows	10	Cash-out: Calf Stretch on Rig	5	Cash-out: 3 X 8 each arm: Single arm KB Bent over rows	10	Cash-out: All the Mobility	20
Intro/Transition	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	2	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	
Total	52	*Total*	55	*Total*	56	*Total*	49	*Total*	53	*Total*	51	*Total*	45