Four Barrel CrossFit		Brute Strength Cycle C1W4		* This is a Strength Deload Week- Just keep all the lifts roughly 50-60%									
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**	
2 mintes total in Wall Sit and 2 minutes in Slingshot Squat	5	3x10 of half kneeling chops	3	3 minutes of Jump Rope	3	Coach Led Dynamic ROM	4	4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	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*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	0	*Skill Work/Setup*	0
Back Squat 3X5	15	Strict Press 3 X 5	15	Deadlift 4 X 4	15	HSPU Skill Work	5	Front Squat 4 X 4	15	5X of the complex: 1 Snatch + 2 OHS. AHAP	12		0
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	3	*Skill Work/Setup*	5
10-9-8-7-6-5-4-3-2-1 OH Walking lunges (each leg, 45/25) Plate Burpees * 12 minute cap	12	10 minute Ladder: 3 Push Press (95/65) 3 Pull-ups 6 Push-press 6 Pull-ups etc.....	10	For Time: 100 DUBS Then, 21-15-9 AKBS Wall Balls (20/14) * 15 min cap	15	For Time: Run 1 mile 30 HSPU Run 1 mile * 25 minute cap	25	12 Minute AMRAP: 5 Front Squat (155/115) 8 T2B 11 Lateral jumps over the barbell	12	Tabata Everything Tabata Squats Tabata HR Push-ups Tabats Pull-ups Tabata Sit-ups * 1 right into the next with only 10 seconds between	16	4 rounds for time of: Row 500 meters Rest 3 minutes	10
Cash-Out: 2 min per side in Couch Stretch	5	Cash-out: 3 X 10-12 Barbell Rows	10	Cash-out: Foam Roll Low back and glutes	5	Cash-out: LAX Ball on Shoulders / Calves	5	Cash-out: 3 X 10 Band Pull Aparts.	8	Cash-out: 800 m run	5	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	49	*Total*	51	*Total*	53	*Total*	49	*Total*	53	*Total*	46	*Total*	45