

Four Barrel CrossFit	Brute Strength Cycle C2W1												
9/1/2014	9/2/2014	9/3/2014	9/4/2014	9/5/2014	9/6/2014	9/7/2014							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Warm	Warm	Warm	Warm	Warm	Warm	Warm							
	5	2 X 10 inchworms 30 second plank	3	3X: Empty Barbell: 10 Good Mornings 10 Stiff Legged DL 20 Air Squats	3	4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	4	2 mintes total in Wall Sit	3	Coach led down and back drills	5	Athletes Choice	10
		<b>GPP</b>		<b>GPP</b>						<b>GPP</b>		<b>GPP</b>	
	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	0
	15	Strict Press 3 X 8	15	Deadlift 4 X 6	15	Muscle-up Skill Work	10	Front Squat 4 X 6	15	AHAP of the complex: Clean, hang clean, Jerk	12		0
	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	1	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
Labor Day WOD!	12	Alt. EMOM X 14 min 8 Push Press (135/95) 5 strict Pull-ups	14	Partner Wod! 2 rounds for time: 40 DL (225/155) 40 HR Push-up 40 Power Cleans (135/95) 400 m run rest 1 minute between rounds * 10 min time cap	10	Cash in / out: 5 rope climbs For Time: 800 m run 50 Burpee Med Ball Clean over shoulder 800 m run * 20 minute cap	20	"Headless Fran" 21-15-9 Front Squats (135/95) Toes 2 Bar * 10 minute cap	10	15 Minute AMRAP: 10 Power Cleans (115/75) 20 Dubs 30 Air Squats	15	In front of a clock set for 12 minutes: 1 minute of power snatches (115/75) 1 minute of GHD sit-ups 2 minutes of power snatches 2 minutes of GHD sit-ups 3 minutes of power snatches 3 minutes of GHD sit-ups	12
	5	Cash-out: 3 X down and back sled Drags	10	Cash-out: Low Back/Hamstring Stretching	5	Cash-out: 50 Sit-ups and 50 Supermans	5	Cash-out: 500m row for time	10	Cash-out: Lax ball on Forearms	5	Cash-out: All the Mobility	20
	2	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	
	49	<i>Total</i>	53	<i>Total</i>	48	<i>Total</i>	45	<i>Total</i>	51	<i>Total</i>	50	<i>Total</i>	47