

Four Barrel CrossFit		Brute Strength Cycle C2W2											
9/8/2014		9/9/2014		9/10/2014		9/11/2014		9/12/2014		9/13/2014		9/14/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
3 lap jog: 30 air squats 20 walking lunges	5	3 X 5 inchworms 8 side plank rotations each side	8	30-20-30 Air Squats Roll Backs PVC deadlifts	3	50 jumping Jacks 50 Sit-ups	4	400m run 15 burpees	5	Coach led down and back drills	5	Athletes Choice	10
GPP		GPP		GPP						GPP		GPP	
<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5	<i>Skill Work/Setup</i>	0	<i>Skill Work/Setup</i>	0
Back Squat 3X8	15	Strict Press 3 X 8	15	Deadlift 4 X 6	15	Snatch Skill Work	10	Front Squat 4 X 6	15	Complex, AHAP: Snatch, OHS	10		0
<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>	7	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
Running Clock: 3 min Amrap: 100 Dubs + Burpees Rest 30 seconds 3 min Amrap: 50 Wall Balls + Burpees (20/14) Rest 30 Seconds 3 min Amrap: 80 Dubs + Burpees Rest 30 Seconds 3 min Amrap: 40 Wall Balls + Burpees * Score is total number of burpees	14	5 Minute Amrap: 3 Strict Push-ups 6 HR Push-ups 30 second plank hold Rest 1 minute 5 Minute Amrap: 3 strict pull-up 6 Kipping Pull-ups 30 second L-hold on Bar	6	10-9-8-----1 For Time: Deadlifts (225/155) Box Jumps (24/20) * 15 minute cap	15	"Conditioning Wod! * Time cap 30 minutes"	30	30-20-10 For Time: Thrusters (95/65) Hang Cleans (95/65) * 6 minute time cap	6	Death By: Power Snatches (75/55) Goblet Squats (53/35) * up to 15 minutes	15	20 min AMRAP: 10 burpees to pull-up bar 30 sit-ups 60 seconds of handstand hold	20
Cash-Out: Couch stretch. 2 min a side.	5	Cash-out: LAX ball on Shoulders	3	Cash-out: Childs Pose / Lower Back Stretches	5	Cash-out: Barbell Calf Smash	5	Cash-out: 3 X 10-12 Barbell Rows	8	Cash-out: Banded OH Distraction	5	Cash-out: All the Mobility	20
<i>Intro/Transition</i>	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>	
<i>Total</i>	51	<i>Total</i>	45	<i>Total</i>	53	<i>Total</i>	59	<i>Total</i>	51	<i>Total</i>	43	<i>Total</i>	55