

Four Barrel CrossFit	Brute Strength Cycle C2W3											
9/15/2014	9/16/2014	9/17/2014	9/18/2014	9/19/2014	9/20/2014	9/21/2014						
Mon	Tue	Wed	Thu	Fri	Sat	Sun						
Warm	Warm	Warm	Warm	Warm	Warm	Warm						
1 X 20 Glute Activation Drills	5 Run 400m -then- 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 walking lunges 9 PVC Presses	5 Coach led down and back drills	5 Rowling! 5 rounds					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>					2	
Back Squat 3X8	15 Strict Press 3 X 8	15 Deadlift 4 X 6	15 Practice Movements / setup for WOD	10 Front Squat 4 X 6	15 Complex: 5 sets of 1 Power Clean, 1 hang power clean, AHAP	12 3 rounds, 10 reps of each: 5-10 diamond push-ups 20 second HS hold against the wall 30 seconds hollow rocks					15	
<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>	3 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>					5	
3 rounds for time: 20 pistols 20 Burpees 20 AKBS (53/35) *12 minute cap	12 For Time: Cash in / out: 5 rope climbs 800 m run 50 burpee med ball cleans over shoulder 800 m run * 20 minute cap	20 5 rounds for time: 20-50 Dubs 15 wall balls *Rest 30 seconds between rounds * Should take no loner than 10 minutes	10 21 minute Running Clock: 3 min AMRAP: 15 RKBS (70/53) 20 T2B 25 OHS (95/65) 30 P.Cleans (same bar) 35 Squat Jumps over Bar 40 V-ups Rest 1 minute 6 min AMRAP Rest 2 minutes 9 minute AMRAP * start over from the beginning each round.	21 Partner WOD! Alt. EMOM X12 1 partner rows 200 m sprint other partner is resting * each partner will complete 6X200m sprints	12 20 min AMRAP: 6 Power Cleans (185/120) 9 Pull-ups 12 Box Jumps	20 For Time: 30-20-10 Thrusters (95/65) Ring Dips * 15 minute cap					15	
Cash-Out: 3 X 10 Ring Rows	5 Cash-out: LAX ball on Shoulders	3 Cash-out: 3 X 10 Diagonal Band Pull Apart	5 Cash-out: 3 X 1 minute Planks	5 Cash-out: Partner Quad Smash	5 Cash-out: Banded OH Distraction.	5 Cash-out: All the Mobility					5	
<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>	49 <i>Total</i>	54 <i>Total</i>	48 <i>Total</i>	50 <i>Total</i>	50 <i>Total</i>	50 <i>Total</i>					52 <i>Total</i>	