

Four Barrel CrossFit	Brute Strength Cycle C2W4		* This is a Strength Deload Week- Just keep all the lifts roughly 60-70%										
9/22/2014	9/23/2014	9/24/2014	9/25/2014	9/26/2014	9/27/2014	9/28/2014							
Mon	Tue	Wed	Thu	Fri	Sat	Sun							
Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm	Warm					
2 mintes total in Wall Sit and 2 minutes in Slingshot Squat	5	3x10 of single arm KB presses	3	4 rounds: 10 PVC Deads 10 Stiff legged DL 10 Good Mornings	3	50 jumping Jacks 50 Sit-ups	4	4 rounds: :15 jumping jacks :15 air squats :15 mtn. climbers :15 jump squats	5	Coach led down and back drills	5	400 m run 20 sit-ups 10 burpees	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 3X5	10	Strict Press 3 X 5	10	Deadlift 4 X 4	10	Clean Skill Work	10	Front Squat 4 X 4	10	Complex: 5 sets of 1 Power Snatch, 1 hang power snatch, AHAP	10	3 rounds: Minute 1: 10 Toes 2 Bar Swings (70/53) Minute 3: 30 second superman hold	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>	10
Rotating Stations 3 rounds: 1 minute Box Jumps 1 minute AKBS (53/35) 1 minute Mtn. Climbers 1 minute single arm KB C&J (35/25) 1 minute rest	15	12 minute Running clock: (starting over every 4 minutes) 400m run 10 pull-ups 14 HR push-ups	12	10 minute Burner AMRAP: 10 burpees 10 Wall Balls	10	Team WOD! (3 people) 10 minutes to establish a heavy clean for all 3 members (1 bar) then immediately: 2 teammates run 200m, while other teammate is completing for time: 80 Ground-to-OH (115/75) *You must break up the reps, every 5 reps * 25 minute cap	25	3 rounds: 15 Unbroken front squats (135/95) 20 HR push-ups 25 Sit-ups * 12 minute cap	12	Decreasing Ladder: 18-15-12-9-6-3 Air Squats Power Snatches (75/55) *15 min cap	15	For Time: 30 calorie row 30 bar facing burpees 30 Hang Power cleans (135/95) * 10 minute time cap	10
Cash-Out: 20 total Tire Flips	5	Cash-out: LAX ball on Shoulders	3	Cash-out: 3 X 10-12 Barbell Bent Over Row	5	Cash-out: Foam Roll Quads / Hams	5	Cash-out: 3 X max effort Chin-up Hold above pull-up bar	5	Cash-out: 2 min/side in table stretch	5	Cash-out: Coaches Choice	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>	
Total	47	Total	41	Total	43	Total	54	Total	45	Total	43	Total	50