

Four Barrel CrossFit		Brute Strength Cycle C3W1											
9/29/2014		9/30/2014		10/1/2014		10/2/2014		10/3/2014		10/4/2014		10/5/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
4 rounds 15 seconds each: Jumping Jacks Air Squats MTN Climbers Jump Squats	5	10 Inchworms 10 Burpees 10 Star Jumps	3	3X: Empty Barbell: 10 Good Mornings 10 Stiff Legged DL 20 Air Squats	3	3 X 10 Ring Rowa 3 X 10 Jumping Ring Dips	4	2 mintes total in Wall Sit	5	Coach Led down and Back Drills	5	400 m run 15 burpees 15 Jump Squats	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>	2	<i>Skill Work/Setup</i>	2
Back Squat 5 X 65% 5 X 75% 5 X 85%	15	Strict Press 5 X 65% 5 X 75% 5 X 85%	15	Deadlift 5 X 65% 5 X 75% 5 X 85%	15	Pull-up / Muscle- Up Skill Work	12	Front Squat 5 X 65% 5 X 75% 5 X 85%	15	AHAP of the complex: Clean, hang clean, Jerk	12	Rotating EMOM X 4 Min 1: 8 ring rows Min 2: 20 second L-Hold Min 3: 30 second HS Hold	12
<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>	5	<i>Skill Work/Setup</i>	1
Part 1: 6 min EMOM- 3 Strict Pullup- Add weight if possible Part 2: 3 rounds for time: 400 m run, 20 Barbell Back Squats * 12 min cap	18	12 minute AMRAP: 3 Push Jerks (135/95) 30 waking lunges 2 Wall Walks	12	7 Rounds, each round is 1 minute on, 1 minute off: 8 Wall Balls 6 AKBS (53/35) Max Reps Box Jump overs (24/20) * Score = total box jumps	14	3 Rounds for time: 15 Hang Cleans (Hang squat cleans if possible) (115/75) 5 Muscle-ups (10 C2B Pull- ups, 10 Ring Dips) *15 min cap	15	For Time: 1 mile run 50 Burpees 30 Thrusters (95/65) * 20 minute cap	20	5 rounds for time: 10 HSPU 15 Straight Leg Sit-ups * 15 min cap	15	For Time: Run 400 m Lunge 200 m Run 400 m Lunge 200 m * 20min cap	20
Cash-Out: 3 X 15 each side, side plank rotations	5	Cash-out: Lateral Opener	3	Cash-out: Table Stretch	5	Cash-out: Foam Roll Lats	5	Cash-out: Foam Roll IT Band	5	Cash-out: 3 X 10 Bent Over Rows	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	55	Total	46	Total	52	Total	46	Total	58	Total	49	Total	50