

Four Barrel CrossFit		Brute Strength Cycle C3W2											
10/6/2014		10/7/2014		10/8/2014		10/9/2014		10/10/2014		10/11/2014		10/12/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
5 min AMRAP: 10 Air Squats 8 HR Push-ups 5 Walking lunges	5	3 X: 30 second HS Hold, 5 inch worms	5	3 X 10 TK Pallof Press	5	4 rounds 15 seconds each: Jumping Jacks Air Squats MTN Climbers Jump Squats	4	2 minutes total in Wall Sit	2	Coach led down and back drills	5	3 X 150 m Row	5
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>	5
Back Squat 3 X 65% 3 X 75% 3 X 85%	12	Strict Press 3 X 65% 3 X 75% 3 X 85%	12	Deadlift 3 X 65% 3 X 75% 3 X 85%	12	Snatch Positioning Skill Work, (7 mins) Then work into heavy singles for metcon (8 mins)	15	Front Squat 3 X 65% 3 X 75% 3 X 85%	12	Complex: Snatch, Hang Snatch, OHS, AHAP	12	5 Rounds: 8 Pistols R leg 8 Pistols L leg 8 Strict T2B	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>	5	<i>Skill Work/Setup</i>	3	<i>Skill Work/Setup</i>	5
4 rounds for time: 10 Burpee Box Jumps 15 AKBS (53/35) 20 Goblet Squats with KB *13 min cap	13	Partner Alt. 16min EMOM: Odd: 8 Ring Dips Even: 10 Barbell Rows	16	Cash in: Tabata Air Squats 3 rounds: 1 minute T2B 1 minute Wall Balls Cash out: Tabata Burpees * Score is total amount of reps completed	14	7 minute AMRAP: 2 Snatches (135/95) 200 m run	7	For Time: 30 Dubs, 21 P.Cleans, 21 F.Squats (135/95) 30 Dubs, 15 P.Cleans, 15 F.Squats 30 Dubs, 9 P.Cleans, 9 F.Squats * 12 min cap	12	5 X 2 minute rounds: 10 Burpees to target Max reps Thrusters (115/75) *1 min rest between rounds * score is total thruster reps	15	Part 1: 50 Wall Bals in as few sets as possible (5 min cap) Part 2: 8X100 m sprints, OTM	15
Cash-Out: 3 X 10 Ring Rows	5	Cash-out: 5 X 50m Sled Drags for time	8	Cash-out: Foam Roll Quads	5	Cash-out: Partner Bear Crawl /Crab Walk / Wheelbarrow Relay Races	15	Cash-out: 2 X 15, Band Pull-aparts	5	Cash-out: Coaches Choice	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>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	2
Total	47	Total	54	Total	51	Total	54	Total	46	Total	45	Total	52