

Four Barrel CrossFit		Brute Strength Cycle C3W3											
10/13/2014		10/14/2014		10/15/2014		10/16/2014		10/17/2014		10/18/2014		10/19/2014	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
1 X 20 Glute Activation Drills	5	Dynamic ROM	3	30-20-30	3	10 Empty Barbell Strict Press 10 Push Press 10 Push Jerk	4	21-15-9 PVC Front Squats HR Push-ups	5	Coach led down and back drills	5	5 X TGU each arm	10
GPP		GPP		GPP						GPP		GPP	
<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>	0	<i>Skill Work/Setup</i>	2
Back Squat 5 X 75% 3 X 85% 1 X 95%	15	Strict Press 5 X 75% 3 X 85% 1 X 95%	15	Deadlift 5 X 75% 3 X 85% 1 X 95%	15	Split Jerk Skill Work	10	Front Squat 5 X 75% 3 X 85% 1 X 95%	15	Complex: 5 sets of 1 Power Snatch, 1 hang power snatch, AHAP	12	4 rounds: 1 minute Max effort L-sit 1 minute Rest 1 minute ME Hs Walk/hold 1 Minute Rest	16
<i>Skill Work/Setup</i>	5	<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>	3	<i>Skill Work/Setup</i>	5
7 rounds for time: 5 thrusters (135/95) 5 strict pull-ups * 15 minute cap	15	8 minute AMRAP: 5 HSPU 8 Jumping lunges (each leg) 10 T2B	8	12 minute Ascending ladder: 1 Deadlift (315/225) 1 Strict Push-up 1 Russian KB Swing (70.53) 1 DL 3 Push-up 3 RKBS 1 DL, 5 Push-up, 5 RKBS * 1 DL, increase other reps by 2 each round. Score if top round completed+reps completed	12	20 minute AMRAP: 10 Plate Burpees (45/25) 15 Tuck Jumps 20 Straight Legged Sit-ups	20	Cash in: 800 m run 3 rounds: 15 Goblet Squats (70/53) 30 Lateral jumps over KB Cash out: 800 m run * 18 minute cap	18	Decreasing Ladder: 18-15-12-9-6-3 Air Squats Power Snatches (75/55) *15 min cap	20	For Time: 2,000 m row 1 mile Run * 20 minute time cap	20
Cash-Out: 3 X 10 Barbell Rows	5	Cash-out: 500 m row for time	3	Cash-out: Foam Roll Lower Back	5	Cash-out: Lax Ball T-Spine	5	Cash-out: Couch Stretch	5	Cash-out: 2 min/side in table stretch	5	Cash-out: All the Mobility	3
<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	10	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	2	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5	<i>Intro/Transition</i>	5
<i>Total</i>	50	<i>Total</i>	49	<i>Total</i>	50	<i>Total</i>	49	<i>Total</i>	56	<i>Total</i>	50	<i>Total</i>	56