

Four Barrel CrossFit							
1/12/2015	1/13/2015	1/14/2015	1/15/2015	1/16/2015	1/17/2015	1/18/2015	
Mon	Tue	Wed	Thu	Fri	Sat	Sun	
Practice	Competition	Practice	Practice	Practice	Competition	Practice	
Warm	Warm	Warm	Warm	Warm	Warm	Warm	
30-20-30 Jumping Jacks OH Squats Roll Backs	5 4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	3 5 min AMRAP: 3 burpees 6 mtn. Climbers 9 Lunges	3 1 minute jumping jacks Dynamic ROM	4 3 minutes of Jump Rope	5 Coach Led Down and back Drills	5 1 minute jumping jacks Dynamic ROM	5
GPP	GPP	GPP	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> 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
Front Squat 5 X 3 ~ keep all sets at 85%	15 Warm-up movements for WOD	15 12 minutes to work into 1 Full Snatch + 2 OHS	12 10 Rope Climbs, or 15 Up/Downs	10 12 minutes to work into mod weight 1 Full Clean + 2 Front Squats	12 Practice the movements for the WOD/	5 3 X 5 Bear Complexes- Moderate-Moderate Heavy weight.	15
<i>Skill Work/Setup</i> 2	<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> 3	<i>Skill Work/Setup</i> 5
12 min EMOM: 1 Power Clean + 1 thruster + 2 burpees over the bar + 3 air squats	10 Open WOD 15 minute AMRAP: 9 DL (155/100) 12 Push-ups 15 Box Jumps (24/20)	15 5 minute Ladder: 3 air squats 3 Pullups *Increase by 3's Rest 2 Minutes 5 minute Ladder: 5 AKBS (53, 35) 5 Goblet Squats *Increase by 5's	12 For Time: Cash-in / Buy-out: 1k Row 50 Wall Balls 50 Sit-ups 40 Lunges w/ Med Ball OH 40 sit-ups 30 wall balls 30 sit-ups * 20 minute cap	20 Tabata: Double Unders Russian KBS (53/35) Lateral jumps over KB Double Unders * Complete a full tabata of each movement before moving on	16 Open WOD: 7 min AMRAP: 3 C&J (135/95) 3 T2B 6 C&J 6 T2B * Increases by 3 each round	7 "Cindy" 20 minute AMRAP: 5 pull-ups 10 Push-ups 15 Air Squats	20
Cash-Out Couch Stretch	5 Cash-Out 100 Sit-ups for time	5 Cash-Out Foam Roll Quads and Lats	5 Cash-Out: 2 min per side in couch stretch	10 Cash-Out LAX ball on Shoulders	5 Cash-Out Foam Roll	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> 5	<i>Intro/Transition</i> 2	<i>Intro/Transition</i> 5	<i>Intro/Transition</i> 2	<i>Intro/Transition</i> 5
<i>Total</i> 44	<i>Total</i> 51	<i>Total</i> 47	<i>Total</i> 54	<i>Total</i> 51	<i>Total</i> 27	<i>Total</i> 52	