

Four Barrel CrossFit													
2/2/2015		2/3/2015		2/4/2015		2/5/2015		2/6/2015		2/7/2015		2/8/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Competition		Practice		Practice		Practice		Competition		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
5 min AMRAP: 5 air squats 5 push-ups 5 sit-ups	5	3 rounds: 30 sec jumping jacks 5 burpees 10 V-ups	3	1 minute of mtn. climbers 1 minute of Air Squats Clean Barbell Work	3	Dodgeball	4	1 minute of mtn. climbers 1 minute of Air Squats Clean Snatch Work	5	Coach led down and back drills	5	1 minute jumping jacks Dynamic ROM	10
GPP		GPP		GPP		GPP		GPP		GPP		GPP	
Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	0	Skill Work/Setup	2
Front Squat 5X4 at 85%	15	Practice movements for WOD	15	EMOM for 12 mins: 1 Snatch + 1 Hang Snatch	12	Handstand Holds / HS walking	10	EMOM for 12 mins: 1 clean + 1 Hang Clean	12	Practice Movements for WOD	5	5 X 10 Strict Ring Dips 5 X 5 Strict Pull-ups * superset these mvts	15
Skill Work/Setup	2	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	5
"Death By" Goblet Squats and Burpees * 15 minute max - rest 1 minute then- AMRAP DUBS in 3 minutes	19	Open WOD 11.5 20 min AMRAP: 5 Power Cleans(145/100) 10 T2B 15 Wall Balls (20/14, 10/9ft)	20	12 minute running clock: 1 minute hang cleans (115/75) 2 minutes air squats 1 minute hang cleans 2 minutes jump squats 1 minute hang cleans 2 minutes back squats (same bar) 1 minute hang cleans 2 minutes OH squats (same bar) *score is total reps completed	12	Partner WOD: Complete as a team for time: 50 box jump overs 50 HR Push-ups 50 Pullups 50 HR Push-ups 50 Box Jump Overs * 15 minute cap	15	14 minute EMOM of: Odd Minutes: 3 Power Cleans (185, 125) Even Minutes: 10 Elevated Ring Rows	8	Open WOD 14.4 8 min AMRAP: 10 DL (135/95) 15 BJ 15 DL (185/135) 15 BJ 20 DL (225/155) 15 BJ 25 DL (275/185) 15 BJ 30 DL (315/210)	8	10-9-8-7-6-5-4-3-2-1 Front Squats (95/65) Shoulder to Overhead * 12 minute cap	12
Cash-Out LAX ball on shoulders	5	Cash-Out Foam Roll Hip Flexors and Quads	3	Cash-Out 3 X 10 Band Face Pulls	7	Cash-Out: 3X 1 minute plank holds	5	Cash-Out LAX ball on Shoulders	5	Cash-Out Foam Roll Lower Back	5	Cash-Out Coaches Choice	5
Intro/Transition	2	Intro/Transition	5	Intro/Transition	5	Intro/Transition	2	Intro/Transition	5	Intro/Transition	2	Intro/Transition	
Total	53	Total	54	Total	49	Total	44	Total	43	Total	28	Total	49