| Four Barrel CrossFit | | | | | | | | | | | | | |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 5/25/2015 | | 5/26/2015 | | 5/27/2015 | | 5/28/2015 | | 5/29/2015 | | 5/30/2015 | | 5/31/2015 | |
| **Mon** | | **Tue** | | **Wed** | | **Thu** | | **Fri** | | **Sat** | | **Sun** | |
| Competition | | Practice | | Practice | | Practice | | Competition | | Practice | | Practice | |
| **Warm** | | **Warm** | | **Warm** | | **Warm** | | **Warm** | | **Warm** | | **Warm** | |
| | 6 | 4 rounds<br>:15 sec jump jacks<br>:15 air squats<br>:15 mtn. climbers<br>:15 jump squats | 4 | 400 m run<br>10 inchworms<br>10 Good Mornings<br>10 Barbell Deadlifts | 5 | 3 X<br>5 inchworms<br>8 side plank rotations each side | 6 | 5 min Amrap:<br>10 squats<br>8 sit-ups<br>6 push-ups | 5 | 800 m run | 5 | 1 minute jumping jacks<br>Dynamic ROM | 3 |
| **GPP** | | **GPP** | | **GPP** | | **GPP** | | **GPP** | | **GPP** | | **GPP** | |
| *Skill Work/Setup* | 5 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 5 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 5 | *Skill Work/Setup* | 0 | *Skill Work/Setup* | 2 |
| | 15 | Strict Press<br>3x12 | 12 | Deadlift<br>3x12 | 12 | Tabata Hollow Body Holds<br>1 min Rest<br>Tabata Calorie Row | 9 | Back Squat<br>3x12 | 12 | Warm-up for WOD | 12 | 2 X 1 minute Knee Plank<br>2 X 20 Supermans<br>2 X 20 Push-up planks | 6 |
| *Skill Work/Setup* | 2 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 5 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 3 | *Skill Work/Setup* | 2 |
| Memorial Day Murph!<br>For Time:<br>1 mile run<br>100 pull-ups<br>200 push-ups<br>300 squats<br>1 mile run | 20 | 5x:<br>1 minute Air Squats<br>1 minute AKBS (53/35) | 10 | For time:<br>Cash-in: 50 Pistols<br>4 rounds:<br>10 Burpees<br>10 Power Cleans (96/65)<br>*15 minute cap | 15 | 3 rounds for time:<br>400m run<br>10 DB Snatches L Arm<br>10 DB Snatches R Arm<br>* 15 min cap | 15 | 15 minutes to complete:<br>3 X 12 Barbell Bent over Rows<br>3 X 300 m rows for time<br>3X12 DB Seated Press | 15 | 8 minute AMRAP of:<br>STOH (75/115)<br>Each time you break, perform 50 double-unders<br><br>Rest 4 minutes<br><br>Then, 8 min AMRAP::<br>hang power snatches (same bar)<br>Each time you break, perform 30 squats | 20 | For Time:<br>21 OHS (95/65)<br>42 Pull-ups<br>15 OHS<br>30 Pull-ups<br>9 OHS<br>18 Pull-ups<br>* 20 minute cap | 20 |
| Cash-Out<br>Coach Led Stretches | 5 | Cash-Out<br>3 X 10 ring rows | 7 | Cash-Out<br>Coach Led Stretches | 5 | Cash-Out:<br>5 min DUBS Practice | 5 | Cash-Out<br>Coach Led Stretches | 5 | Cash-Out<br>Coach Led Stretches | 5 | Cash-Out<br>Coach Led Stretches | 5 |
| *Intro/Transition* | 5 | *Intro/Transition* | 5 | *Intro/Transition* | 5 | *Intro/Transition* | 5 | *Intro/Transition* | 5 | *Intro/Transition* | 5 | *Intro/Transition* | 5 |
| *Total* | 58 | *Total* | 44 | *Total* | 52 | *Total* | 46 | *Total* | 50 | *Total* | 50 | *Total* | 43 |
| | | | | | | | | | | | | | |