

Four Barrel CrossFit													
6/8/2015		6/9/2015		6/10/2015		6/11/2015		6/12/2015		6/13/2015		6/14/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Competition		Practice		Practice		Practice		Competition		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
800 m run	6	4 rounds :15 sec jump jacks :15 air squats :15 mtn. climbers :15 jump squats	4	400 m run 10 inchworms 10 Good Mornings 10 Barbell Deadlifts	5	3 X 5 inchworms 8 side plank rotations each side	6	5 min Amrap: 10 squats 8 sit-ups 6 push-ups	5	800 m run	5	1 minute jumping jacks 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
Front Squat 4x12	15	Strict Press 4x12	15	Deadlift 4x12	15	10 minutes to complete: 3 X 12 Barbell Bent Over Row 3 X 10 each leg KB Single Leg RDL	10	Back Squat 4x12	15	12 minutes to complete: 3 X 10 Bench Press 3 X 5-8 Strict Pull-ups 3 x 1 minute plank holds	12	2 X 1 minute Knee Plank 2 X 20 Supermans 2 X 20 Push-up planks	12
Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	3	Skill Work/Setup	3	Skill Work/Setup	6	Skill Work/Setup	2
"Fran" 21-15-9 Thrusters (95/65) Pull-ups * 10 mintue cap	10	8 minute AMRAP: 10 DB Snatches 8 HR Push-ups 6 Tuck Jumps	10	Every 2:30 for 4 rounds 2 Snatches (75/115) 4 Power cleans 6 burpees over the bar 8 Toes 2 Bar	9	50 box jumps (24/20) 25 handstand push-ups 40 box jumps 20 handstand push-ups 30 box jumps 15 handstand push-ups 20 box jumps 10 handstand push-ups 10 box jumps 5 handstand push-ups * 20 minute cap	20	Partner WOD For time: Each partner completes: 30 cal row and 30 Wall Balls 20 cal Row and 20 Wall Balls 10 Cal row and 10 Wall Balls Catch out: Partners complete an 800 m run carrying log.	16	3 rounds for time: 200 m Farmers Carry (DB or KB) 20 Goblet Squats 2 wall walks * 15 min cap	15	"DT" Five rounds of: 12 Deadlift (155/105) 9 Hang Power Clean 6 Push Jerks * 18 min cap	18
Cash-Out 10 tire flips	5	Cash-Out Coach Led Stretches	7	Cash-Out Coach Led Stretches	5	Cash-Out: Coach Led Stretches	5	Cash-Out Coach Led Stretches	10	Cash-Out Coach Led Stretches	5	Cash-Out 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	51	Total	47	Total	49	Total	52	Total	59	Total	48	Total	47