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**	
400m Run 1 Min/side Side Plank w/ Row 15 Pause Goblet Squat	5	400m Run 2 Rds: 10 Foam Roller Wall Slides 10 Inchworm 10 Mt. Climber	5	2 Rds: 30s Jumping Jack 30s Hollow Body Hold 30s Inch Worm 30s Jump Squat	5	Coach Led Down n Back 1 min/side T Spine Rotation w/ Reach 1 min/side Shoulder Sweep 2 Min Plank	6	400m Run 30 Glute Bridge 1 Min Plank 15 Goblet Squat	7	Coach Led Down n Backs	5	Coach Led Down n Backs 1 min/side Shoulder Sweeps 1 min/side Quadruped Ext./Rot.	5
GPP		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**		**GPP**	
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	5
Front Squat 3x10	12	Strict Press 3x10	12	Deadlift 3x10	12	12 Min to Complete: 3x10 Half Kneeling KB Press 3x30s Batwing 3x5 Turkish Get Up	12	Back Squat 3x10	12	Practice WOD Movements	5	12 Min to Complete 3x10 DB Bench Press 3x5 Strict Pull Up 3x10 RDL	12
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5
18 Min AMRAP 2 Power Snatch (115/75) 100m 1 Arm Farmer's Carry (R) (53/35) 2 Power Snatch (115/75) 100m 1 Arm Farmer's Carry (L) (53/35)	18	4 Rds: 1 Min RKBS (53/35) 1 Min Potato Sack Squat 1 Min Plate GTOH (45/25) 1 Min Box Step Up (24/20)	16	12 Min EMOM 1 Power Clean 3 Front Squat 6 Lateral Jumps	12	10 Rds: 100m Row Sprint *1:1 Work:Rest Ratio	15	"Karen" For Time: 150 Wall Ball (20/14) *10 Min Cap	10	PARTNER WOD 300 DU 200 Sit Up 100 Burpee over Partner 1 Mile Run	30	10 Min AMRAP: 10 Ring Row 20 Jumping Lunge 30 V Up	10
Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out 400m KB Farmer's Carry	10	Cash Out Coach Led Stretches	5	Cash Out 1000m Row	10	Cash Out Coach Led Stretches	5	Cash Out 800m Farmer's Carry	15
Intro/Transition	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5
Total	55	*Total*	49	*Total*	54	*Total*	53	*Total*	52	*Total*	60	*Total*	57