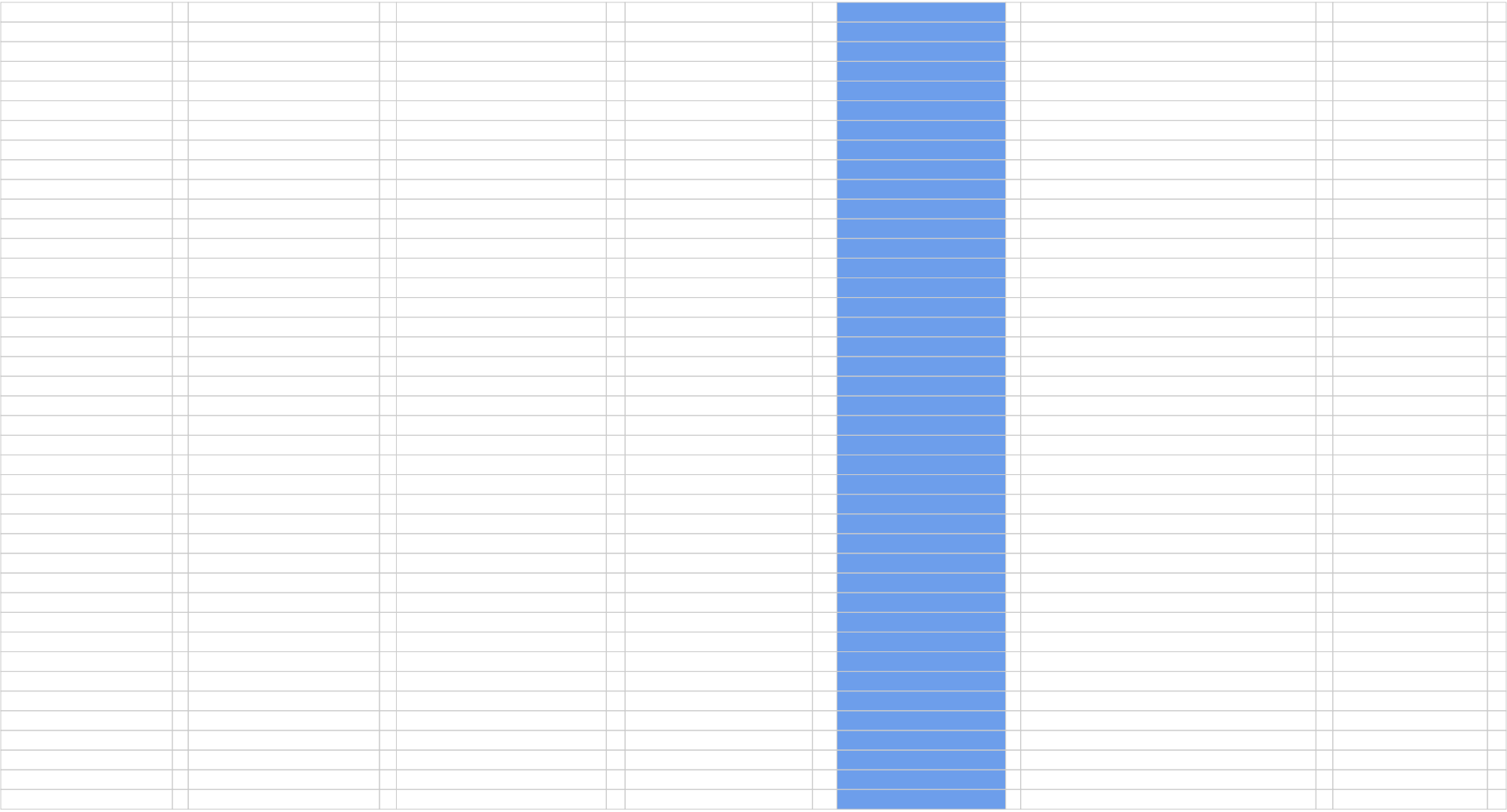Four Barrel CrossFit								Open to the Public WOD		4th of july!!			
6/29/2015		6/30/2015		7/1/2015		7/2/2015		7/3/2015		7/4/2015		7/5/2015	
Mon		**Tue**		**Wed**		**Thu**		**Fri**		**Sat**		**Sun**	
Practice		Practice		Practice		Practice		Practice		Competition		Practice	
Warm		**Warm**		**Warm**		**Warm**		**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 push-up with reach	5	4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	5	Coach Led Down n Back 2 min Knee Plank 1 min/side wall slides with foam roller 15 Air Squats	6	4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	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**	
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	5	*Skill Work/Setup*	5		5	*Skill Work/Setup*	5	*Skill Work/Setup*	5
Front Squat 3x8	12	Strict Press 3x8	12	Deadlift 3x8	12	12 Min to Complete: 3x10 KB Screwdrivers 3x ME Strict Pull-ups 3x5 Half Kneeling Windmills	12		12	Warm-up for WOD / Practice Movements	5	3 X 15 Medball Hamstring Curls 3 X 10 DB Lunges	12
Skill Work/Setup	5	*Skill Work/Setup*	3	*Skill Work/Setup*	10	*Skill Work/Setup*	0		3	*Skill Work/Setup*	5	*Skill Work/Setup*	5
3 rounds for time: 400 m run 5 Power Cleans (175/115) 10 Front Rack Lunges *15 min cap	15	Partner WOD: As a unit you must complete: 200 DUBS 150 RKBS (53/35) 100 V-ups 50 Burpee Tuck-Jumps * 1 partner must be rowing the whole time * Score is time+ calories rowed * 18 min cap	18	Every 2 minutes for 5 rounds: 1 Snatch (135/95) 5 Box Jumps (24/20) 10 wall balls (20/14)	10	15 minutes to practice movement of your choice with coach: then- 21-15-9 HRPU Goblet Squats (53/35) * 5 min cap	20	5 rounds: 1 minute Push-ups 1 minute Air Squats 1 minute Mountain climbers 1 minute wall balls 1 minute Burpees 1 minute rest	12	With a Partner: 4 mins to get as many forward sled drags as possible (90/45#) 4 minutes AMRAP backwards sled drags 4 minutes to run forward down and back AMTAP 4 minutes to run backwards AMTAP	16	8 minute AMRAP: 10 Plate Burpees 10 Plate Sit-ups 10 Jumping lunges	8
Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Coach Led Stretches	5	Cash Out Practice Tire Flips	10		10	Cash Out 200 m Sand Bag Run	5	Cash Out 3 X 10 ring rows	15
Intro/Transition	5	*Intro/Transition*	5	*Intro/Transition*	5	*Intro/Transition*	5		5	*Intro/Transition*	5	*Intro/Transition*	5
Total	52	*Total*	51	*Total*	52	*Total*	58		54	*Total*	46	*Total*	55