

Four Barrel CrossFit										
7/6/2015	7/7/2015	7/8/2015	7/9/2015	7/10/2015	7/11/2015	7/12/2015				
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Practice	Competition	Practice	Practice	Practice	Mental Toughness	Practice				
Warm	Warm	Warm	Warm	Warm	Warm	Warm				
1 minute jumping jacks 2X 5 side plank rotations 10 Russian baby makers	400m Run 2 Rds: 5/side T-spine Rotations 5 inchworms	3 min AMRAP: 10 Jumping jacks 8 air squats 8 Fast Mtn. Climbers	Coach Led Down n Back	4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	Coach Led Down n Backs	Coach Led Down n Backs 1 min/side Shoulder Sweeps 1 min/side Quadruped Ext./Rot.				
<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>				
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup				
Front Squat 4x8	Strict Press 4x8	Deadlift 4x8	12 Min to Complete: 3x10 Half-kneeling KB Press 3x5 Pull-up Negatives 3x5 each side Plank with reach	Back Squat 4x8	Warm-up for WOD / Practice Movements	3 X 8 Bench Press 3 X 10 SL KB RDL				
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup				
For Time: Cash-in: 400 m run 10-9-8-7-6-5-4-3-2-1 Burpees over the bar -alternate with- 1-2-3-4-5-6-7-8-9-10 Cleans (135/95) Cash-out: 400 m run * 15 min cap	For time: 3 rounds: ( 4 min cap) 10 HR Push-ups 10 Box Jump Overs (24/20) -1 min rest- 3 rounds for time:(5 min cap) 15 RKBS (53, 35) 15 Step-ups with KB	Partner WOD: 15 min AMRAP: 0- 5 min: AMRAP: DB Thrusters 5-10 min: AMRAP: ManMakers 10-15 min: AMRAP: Single Arm DB Snatches *1 partner will be running a 100 m while other partner works on DB's	For Time: 1K Row 800 m run 500 m row 400 m run * 20 min cap	12 min AMRAP: 10 DL (75/55) 10 Push Jerk 10 straight leg sit-ups	"Hot Shots 19 " 6 rounds for time: 30 Air Squats 19 Power Cleans 135#/95# 7 Strict Pullups 400m Run * 30 minute cap	70 Wall Balls for time * At the top of each minute you must stop and complete 3 T2B * 12 min cap				
Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Practice Tire Flips	Cash Out Practice Handstands/ HS walking	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches				
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition				
Total	Total	Total	Total	Total	Total	Total				