

Four Barrel CrossFit										
7/20/2015	7/21/2015	7/22/2015	7/23/2015	7/24/2015	7/25/2015	7/26/2015				
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Practice	Practice	Mental Toughness Day	Practice	Competition	Practice	Practice				
Warm	Warm	Warm	Warm	Warm	Warm	Warm				
400m Run 1 Min/side Side Plank w/ Row 15 Pause Goblet Squat	400m Run 2 Rds: 5 Foam Roller Wall Slides 5 Inchworm	2 Rds: 30s Jumping Jack 30s Hollow Body Hold 30s Inch Worm 30s Jump Squat	Coach Led Down n Back 1 min/side T Spine Rotation w/ Reach 1 min/side Shoulder Sweep 2 Min knee Plank	400m Run 30 Glute Bridge 1 Min Plank 15 Goblet Squat	Coach Led Down n Backs	Coach Led Down n Backs 1 min/side Shoulder Sweeps 1 min/side Quadruped Ext./Rot.				
GPP	GPP	GPP	GPP	GPP	GPP	GPP				
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup				
Front Squat 4x6	Strict Press 4x6	Deadlift 4x6	12 Min to Complete: 3x 5 KB SL DL 3x 8 Ring Row Negatives 3x5 KB TKPress	Back Squat 4x6	12 min to complete: 3 X 6 Bench Press 3 X Max Effort Strict Pull-ups 3 X 1 minute Wall Sit	Snatch Skill Work				
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup				
12 Min AMRAP: 10 DB Snatches 30 DUBS	Partner WOD For Time: 400 m Log and plate Carry 50 Power Cleans (115/75) 400 m Log and plate Carry 50 Partner Sit-ups *20 min cap	5 minutes Max effort CAL on rower 1 min Rest 5 minutes max effort burpees	Cash In: 20 Burpee Broad Jumps 21-15-9 Wall Balls Russian Twists with Med Ball Cash out: 20 Burpee Broad Jumps 12 min cap	3 rounds for time: 20 RKBS (53/35) 20 Box Jumps 200 m run * 10 min cap	Alternating Double Tabata: Toes to bar Air Squats	For time: 15 Power Snatches 115#/75# 200m Run 12 Power Snatches 200m Run 9 Power Snatches 200m Run 6 Power Snatches 200m Run 3 Power Snatches * no cap!				
Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	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				
52	60	56	47	52	67	43				