

Four Barrel CrossFit									
8/24/2015	8/25/2015	8/26/2015	8/27/2015	8/28/2015	8/29/2015	8/30/2015			
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
Competition	Practice	Practice	Competition	Practice	Practice	Practice			
Warm	Warm	Warm	Warm	Warm	Warm	Warm			
400 m run 15 Russian Baby Makers 20 Hip Bridges	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.			
7	5	5	6	7	5	5			
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			
5	2	5	5	5	8	5			
4 x 4 @ 80% Front Squat	4 x 4 @ 80% Strict Press	4 x 4 @ 80% Deadlift	3x5 Banded Wall Slides 3 X 5 /side Shoulder Sweeps 3 X 5/side Half Kneeling KB Press	4 x 4 @ 80% Back Squat	5X ME Pull-ups 5 X 10 Push-ups with Reach	5 X 5 Bench Press (ahap) -Superset with- 5X10 DB Bent Over Row (ahap)			
15	12	12	10	12	10	12			
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup			
5	2	6	2	3	5	5			
As a Partner Group: 100 Burpees 100 DB Snatches 100 Wall Balls * 15 min AMRAP	10 min AMRAP: 10 Box Jumps (24/20) 20 Pistols (alt)	50 Snatches for time (115/75) * At the top of each minute you must stop and complete 10 sit-ups * 10 minute cap	Complete in 5 minutes for 3 rounds: Row 500m AMRAP Burpees * rest 1 minute btw rounds	4 rounds for time: 15 Pull-ups 10 P. Cleans (135/95) 15 HR Push-ups * 12 min cap	For time: 400 m run 50 Air Squats 800 m run 50 RKBS (70/53) 400 m run 50 air squats * 20 minute cap	30 Thrusters (95#/65#), 6 rope climbs 20 Thrusters, 4 rope climbs 10 Thrusters, 2 rope climbs			
15	10	10	17	12	20	18			
Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Play with Tire Flips	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches	Cash Out Coach Led Stretches			
5	5	5	5	10	5	8			
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition			
5	2	5	5	5	5	5			
Total	Total	Total	Total	Total	Total	Total			
57	38	48	50	54	58	58			