

| Four Barrel CrossFit | | | | | | | | | | | |
|---|---|--|---|---|---|---|--|----------|--|----------|----|
| 8/31/2015 | | 9/1/2015 | | 9/2/2015 | | 9/3/2015 | | 9/4/2015 | | 9/5/2015 | |
| Mon | Tue | Wed | Thu | Fri | Sat | Sun | | | | | |
| Competition | Practice | Practice | Competition | Practice | Practice | Practice | | | | | |
| Warm | Warm | Warm | Warm | Warm | Warm | Warm | | | | | |
| 400 m Run Glute Activation Drills 10 Jump Squats | 7 400 m run 2 X 10 each side HK KB Press 8 inchworms with Push-up | 5 400 m run 2 rounds: 10 Jump Squats 20 walking lunges | 5 Coach Led Down and Backs | 6 4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats | 7 400 m run ROM | 5 Coach Led Down and Backs | | | | | 5 |
| GPP | GPP | GPP | GPP | GPP | GPP | GPP | | | | | |
| Skill Work/Setup | 5 Skill Work/Setup | 2 Skill Work/Setup | 5 Skill Work/Setup | 5 Skill Work/Setup | 5 Skill Work/Setup | 8 Skill Work/Setup | | | | | 5 |
| 4 x 5 @ 80% Front Squat | 15 4 x 5 @ 80% Strict Press | 12 4 x 5 @ 80% Deadlift | 15 3x 10 Banded Pull Aparts 3 X 1 minute Knee Plank 3 X 5/side Half Kneeling KB Windmill | 10 4 x 5 @ 80% Back Squat | 15 5 x 10 Ring Rows 5 X 10 Floor Press with DB's | 10 5 X 5 Bench Press (ahap) -Superset with- 5X10 DB Bent Over Row (ahap) | | | | | 12 |
| Skill Work/Setup | 5 Skill Work/Setup | 2 Skill Work/Setup | 6 Skill Work/Setup | 2 Skill Work/Setup | 3 Skill Work/Setup | 5 Skill Work/Setup | | | | | 5 |
| 3 rounds for time: 400 m run 15 C2B Pull-ups *12 min cap | 12 5 rounds for time: "Nancy" 15 OHS (95/65) 400 m run *20 min cap | 20 14 min Alternating EMOM: Even: 8 burpee BJO (24/20) Odd: 5 Power Clean / 5 Push Press (115/75) | 14 5 rounds for time: 15 HR push-ups 50 DUBS (150 singles) * 15 min cap | 15 21-15-9 Goblet Squat AKBS * Every time you put the KB down you must do 8 burpees * Score= time and weight used. * 8 min cap | 8 4 rounds for time: 30 Sit-ups 15 Deadlifts (225/135) * rest 5 minutes 800 m run for time | 20 Cash-in: 25 cal row 3 rounds: 10 Hang Power Snatch (75/55) 30 Air Squats * 15 min cap | | | | | 15 |
| Cash Out Coach Led Stretches | 5 Cash Out Coach Led Stretches | 5 Cash Out Coach Led Stretches | 5 Cash Out Coach Led Stretches | 5 Cash Out Play with Tire Flips | 10 Cash Out Coach Led Stretches | 5 Cash Out Coach Led Stretches | | | | | 8 |
| Intro/Transition | 5 Intro/Transition | 2 Intro/Transition | 5 Intro/Transition | 5 Intro/Transition | 5 Intro/Transition | 5 Intro/Transition | | | | | 5 |
| Total | 54 Total | 48 Total | 55 Total | 48 Total | 53 Total | 58 Total | | | | | 55 |