

Four Barrel CrossFit											
9/7/2015	9/8/2015	9/9/2015	9/10/2015	9/11/2015	9/12/2015	9/13/2015					
Mon	Tue	Wed	Thu	Fri	Sat	Sun					
Competition	Practice	Practice	Competition	Practice	Practice	Practice					
Warm	Warm	Warm	Warm	Warm	Warm	Warm					
Labor Day Wod!	7 400 m run 2 X 10 each side HK KB Press 8 inchworms with Push-up	5 400m Run 2 X 10 Single Leg Glute Bridge 2 X 10 Goodmornings	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					
	5 <i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>	8 <i>Skill Work/Setup</i>					5
	15 5 x 3 @ 85% Strict Press	12 5 x 3 @ 85% Deadlift	12 3 X 10 Pushup with reach 3 X 10 DeadBugs 3 X T-spine Rotations	10 5 x 3 @ 85% Back Squat	15 3 X ME HS Hold 5 X 1 minute Plank Hold	10 5 X 5 Bench Press (ahap) -Superset with- 5X10 Single Leg Lunges					12
	5 <i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	6 <i>Skill Work/Setup</i>	2 <i>Skill Work/Setup</i>	3 <i>Skill Work/Setup</i>	5 <i>Skill Work/Setup</i>					3
For time: 400 m walk/run 30 Air Squats 30 G2OH with a plate 400 m walk/run carrying plate 30 G2OH with plate 30 Burpees to plate 400 m walk/run	12 3 rounds for time: 25 Wall Balls 15 Burpee Tuck Jumps 10 Broad Jumps	20 Part 1: 10 minutes to find Heavy single clean Right into Part 2: For reps: 400 m run amrap Lunges * 6 min cap	16 For Time: 1500 m on the rower 100 Box Jumps 50 Toes 2 Bar 25 Strct Pull-ups * 20 min cap * Partition reps however you want	15 "Gwen" Clean and jerk 15-12-9 reps Touch and go at floor only. Even a re-grip off the floor is a no-rep. No dumping. Use same load for each set.	15 15 min AMRAP: 200 m run 10 DB Snatches 20 KB DL (53/35)	15 Tabata Push-ups Rest 60 seconds Tabata Air Squats Rest 60 seconds Tabata V-ups Rest 60 seconds Tabata Burpees					20
	5 Cash Out Coach Led Stretches	5 Cash Out Coach Led Stretches	5 Cash Out Coach Led Stretches	5 Cash Out Coach Led Stretches	10 Cash Out Coach Led Stretches	5 Cash Out Coach Led Stretches					8
	5 <i>Intro/Transition</i>	2 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>	5 <i>Intro/Transition</i>					5
	54 <i>Total</i>	48 <i>Total</i>	54 <i>Total</i>	48 <i>Total</i>	60 <i>Total</i>	53 <i>Total</i>					58