

Four Barrel CrossFit										
9/14/2015	9/15/2015	9/16/2015	9/17/2015	9/18/2015	9/19/2015	9/20/2015				
Mon	Tue	Wed	Thu	Fri	Sat	Sun				
Mental Toughness	Practice	Competition	Practice	Practice	Practice	Practice				
Warm	Warm	Warm	Warm	Warm	Warm	Warm				
400 m run 3X: 10 air squats 8 jumping squats 10x clam shells each side	7 2 X 10 each side HK KB Press 8 inchworms with Push-up	5 400m Run 2 X 10 Single Leg Glute Bridge 20 Roll Backs	5 4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	6 4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	7 Coach Led Down and Backs	5 Coach Led Down and Backs				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	8			5
4 x 4 85% Front Squat	15 4 x 4 @ 85% Strict Press	15 4 x 4 @ 85% Deadlift	12 10 Ropes Up-downs or climbs 3 X 5 each side leg lowering 3 X 15 RKBS	10 4 x 4 @ 85% Back Squat	15 3 X 14 KB Walking Lunges 3 X 4 Wall Walks	10 12 min to find moderate single: 2 Cleans + 1 Jerk				12
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	5			3
10 Min AMRAP: 3 Burpees 3 wall balls (20/14)	10 4 Rounds for time: 60 Seconds total HS Hold 60 seconds total L-Sit 60 seconds Plank Hold *15 min Cap	15 15 min Partner WOD: Each partner completes 1 rounds at a time: 12 Thrusters (95.65) 12 Pull-ups	10 For Time: 100 DUJS 50 Cal Row 25 Step-ups (45/30) * 10 min Cap	10 12-9-6 for time: Power Snatch (115/75) Front Rack Reverse Lunges (115/75) * 12 min cap	12 3 Rounds: 10 HR Push-ups 15 Box Jump Overs * Rest 1 minute 3 rounds: 8 HR Push-ups 12 Box Jump Overs * Rest 1 minute 3 rounds: 6 HR Push-ups 10 Box Jump Overs * 20 min cap	20 3 rounds for time: 400 m run 25 V-ups * 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 Coach Led Stretches	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	49 Total	49 Total	53 Total	43 Total	57 Total	58 Total				53