

Four Barrel CrossFit									
9/21/2015	9/22/2015	9/23/2015	9/24/2015	9/25/2015	9/26/2015	9/27/2015			
Mon	Tue	Wed	Thu	Fri	Sat	Sun			
Competition	Practice	Practice	Practice	Competition	Practice	Practice			
Warm	Warm	Warm	Warm	Warm	Warm	Warm			
400 m run 3X: 10 air squats 10 walking lunges 10x Jane Fondas	7 2 X 5 each side Banded Wall Slides 8 inchworms with Push-up	5 2 X 10 400m Run Single Leg Glute Bridge 2 X 10 Pause DL's	5 3 min AMRAP: 10 Jumping jacks 8 air squats 8 Fast Mtn. Climbers	6 4 rounds: 15 sec jump jacks 15 sec air squats 15 sec mtn climbers 15 sec jump squats	7 KF15	5 KF15			
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 5 85% Front Squat	15 4 x 5 @ 85% Strict Press	15 4 x 5 @ 85% Deadlift	12 3 X 10 Pushup with reach 3 X 10 DeadBugs 3 X T-spine Rotations	10 4 x 5 @ 85% Back Squat	15	10			
Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup	Skill Work/Setup			
2	5	6	2	3	5	3			
For Time: 10 rounds of Cindy: 5 Pull-ups 10 Push-ups 15 Squats * 15 min cap;	15 12 min AMRAP: 100 m run 20 Sit-ups 30 Mtn. Climbers (R+L=1)	12 At 0:00 10 Burpees 10 RKBS (70/53) At 3:00 20 Burpees 20 RKBS (70/53) at 7:00 30 Burpees 30 RKBS at 12:00 40 Burpees 40 RKBS *17 min cap	17 3 rounds: Min 1: 45 seconds Cal Row Min 2: 45 Sec DUs Min 3: 45 sec wall balls Min 4: 45 seconds Alt. DB Snatches Min 5: 45 sec Walking lunges Min 6: Rest	18 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 Program something people can do at home or in the park	20 KF15			
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			
Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition	Intro/Transition			
5	2	5	5	5	5	5			
Total	54	46	55	51	65	58			
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