

Four Barrel CrossFit													
9/28/2015		9/29/2015		9/30/2015		10/1/2015		10/2/2015		10/3/2015		10/4/2015	
Mon		Tue		Wed		Thu		Fri		Sat		Sun	
Practice		Practice		Practice		Practice		Practice		Practice		Practice	
Warm		Warm		Warm		Warm		Warm		Warm		Warm	
400 m run 3X: 10 air squats 10 walking lunges 10x Jane Fondas	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 Pause DL's	5	1 minute plank 21-15-9 Jumping jacks, walking lunges 1 minute plank	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	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
5 x 5 Front Squat	15	5 x 5 Strict Press	15	5 x 5 Deadlift	12	Warm-up for WOD	10	5 x 5 Back Squat	15	5 X 5 strict pull-ups 5 X 10 Floor Press	10	3 X 10 each leg- SL KB RDL 3 X 10 Med Ball Hamstring Curls	12
Skill Work/Setup	2	Skill Work/Setup	5	Skill Work/Setup	6	Skill Work/Setup	2	Skill Work/Setup	3	Skill Work/Setup	5	Skill Work/Setup	3
10 rounds for time: 200 m Row Sprint Rest 90 seconds	20	4 rounds for time: 10 Power Cleans (55/75) 10 Shoulder to OH 10 V-ups * 10 minute cap	10	15 min AMRAP: 10 HR Push-ups 10 Alt. DB Snatches 300 m row	15	For Time: 400 m run 80 Air squats 400 m run 60 Sit-ups 400 m run 40 Pull-ups 400 m run 20 Deadlifts (135/95) 400 m run *35 min cap	35	3 rounds for time: 500 m row 25 wall balls 50 DUBS * 15 min cap	15	For time: 30-20-10 RKBS (53/35) Burpees Toes to bar Lat Jumps over KB * 15 min cap	15	Partner WOD: 5 mins 1 Partner runs a 200 while other: Lunges 2 min rest Sit-ups 2 min rest Seated DB Press	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 5 X sled drags!	8
Intro/Transition	5	Intro/Transition	2	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5	Intro/Transition	5
<b>Total</b>	<b>59</b>	<b>Total</b>	<b>44</b>	<b>Total</b>	<b>53</b>	<b>Total</b>	<b>68</b>	<b>Total</b>	<b>60</b>	<b>Total</b>	<b>53</b>	<b>Total</b>	<b>53</b>