

Four Barrel CrossFit

"Pool Season" Program

*Complete programming as a supplement after class. If you have questions, ask a coach!

	5/4/2015	5/5/2015	5/6/2015	5/8/2015	5/9/2015
	Monday	Tuesday	Wednesday	Friday	Saturday
A	*Superset* Barbell Hip Thrust -3x10 Side Lying Clam -3x15	*Superset* Close Grip Bench Press -3x10 Ring Row -3x12	*Superset* DB Box Step Up -3x10 Glute Ham Raise -3x10	*Superset* DB Bench Press -3x10 Chest Supported DB Row -3x12	*Superset* Banded Hip Thrust -3x10 DB Lunge -2x12/side
	<i>Use weight on the hip thrust. Bar is placed at the top of the quads.</i>	<i>2s Down, 1s Up on both exercises</i>	<i>Box height should allow hip crease to be at/below parallel when stepping.</i>	<i>3s Negative, 1s Positive for both. Use an incline bench for the rows.</i>	<i>Wrap a band over heavy DB for the hip thrusts. Complete all lunges on one side before moving to the other leg. Don't alternate.</i>
B	Barbell Curl 3x10 -superset with- Band Press Down 3x Max Reps	*Superset* Banded Glute Bridge -3x15 Lateral Lunge -3x15/side	*Superset* Seated DB Shoulder Press -3x8 1 Arm DB Row -3x12	*Superset* DB Skullcrusher -3x10 Seated DB Curl -3x10/side	*Superset* Stationary Dip -4x6 Pull Up -4x8
		<i>Band goes around legs, just below the knees. Complete all reps on one leg before switching sides.</i>	<i>Use a band for the pulldowns. Half Kneeling is one knee down, one knee up. (Lunge Position)</i>		
C	Knee Plank -Accumulate 3 Min	Straight Leg Sit Up -Accumulate 30 reps	Core Engaged Dead Bug -3x10	Side Plank -Accumulate 2 min/side	Knee Plank -Accumulate 3 Min
		<i>Must be strict</i>			