

# 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	Stiff Leg Deadlift -3x8 -superset with- Barbell Hip Thrust -3x12	Incline DB Bench Press -3x10 -superset with- Prone KB Row -3x12	Barbell Lunge -3x10 -superset with- Glute Ham Raise -3x10	Seated DB Shoulder Press -3x10 -superset with- Seated Band Pull Down -3x12	Single Leg Hip Thrust -3x10 -superset with- DB Lunge -2x12/side
B	DB Skullcrusher -3x12 -superset with- Seated DB Curl -3x10	GHD Extensions -3x15 -superset with- DB Split Squat -2x15/side	DB Bench Press -3x8 -superset with- Bent Over DB Row -3x12	Barbell Goodmorning -3x10 -superset with- Lateral Lunge -3x10/side	Stationary Dip -4x6 -superset with- Band Face Pulls -3x15
C	Side Plank Rotation -2x15/side	Straight Leg Sit Up -Accumulate 30 reps	Plank -Accumulate 3 Min	Side Plank Rotation -2x15/side	Core Engaged Dead Bug -3x10