

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	Barbell Hip Thrust -3x8 -superset with- Lateral Lunge -3x10	Close Grip Bench Press -3x10 -superset with- 1 Arm DB Row -2x12/side	Front Rack Lunge -3x12/side -superset with- Glute Ham Raise -3xMax	Bent Over Row -3x12 -superset with- Incline DB Bench Press -3x10	Barbell Hip Thrust -3x12 -superset with- DB Reverse Lunge -2x12/side
		<i>1s Up, 3s Down for both lifts</i>	<i>Complete all lunges on one side before switching. Don't alternate.</i>	<i>1s Up, 3s Down for both lifts</i>	<i>Complete all lunges on one side before switching. Don't alternate.</i>
B	Band Pressdown -3xMax -superset with- Barbell Curl -3x12	DB Step Up -3x12/side -superset with- Side Lying Clam Shell -2x15/side	Straight Arm Pull Down -3x12 -superset with- Dummbbell Fly -3x10	Banded Single Leg Hip Thrust -3x10/side -superset with- Goodmorning -3x10	Barbell Floor Press -3x10 -superset with- Prone KB Row ISO -3x20-30s
					<i>Hold the top position in the row.</i>
C	CE Dead Bug -2x15/side	Side Plank -Accumulate 2 min/side	Banded Leg Lowering -3x5	Side Plank -Accumulate 2 min/side	Banded Leg Lowering -3x5