

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	RDL -3x12 -superset with- Side Lying Clam -2x20/side	Incline DB Bench Press -3x10 -superset with- Incine Prone DB Row -3x12	Barbell Lunge -3x8 -superset with- Goodmorning -3x10	Bent Over Row -3x12 -superset with- Incline DB Bench Press -3x10	Barbell Hip Thrust -3x12 -superset with- DB Box Step Up -2x10
B	DB Skullcrusher -3x10 -superset with- Barbell Curl -3x10	GHD Extension -3x15 -superset with- Reverse Lunge -2x12	Barbell Floor Press -3x12 -superset with- Banded Face Pull -3x12	Glute Ham Raise -3xMax Reps -superset with- Lateral Lunge -3x10	DB Fly -3x10 -superset with- Band Pull Apart -3x12
C	Knee Plank -Accumulate 3 Min.	Side Plank w/ Row -2x15/side	Knee Plank -Accumulate 3 Min.	Side Plank w/ Row -2x15/side	Banded Leg Lowering -5x5