

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	Banded Hip Thrust -3x20 -superset with- Lateral Lunge -2x12/side	Close Grip Bench Press -3x12 -superset with- Banded Face Pull -3x15	Front Rack Lunge -2x12/side -superset with- Stiff Leg Deadlift -3x10	DB Bench Press -3x10 -superset with- Barbell Row -3x12	Glute Ham Raise -3x12 -superset with- Barbell Hip Thrust -3x10
B	DB Fly -3x10 -superset with- 1 Arm DB Row -3x12	GHD Extension -3x Max Rep -superset with- Box Step Up -3x10/side	DB Skullcrusher -3x12 -superset with- Barbell Curl -3x12	DB Split Squat -3x10/side -superset with- Goodmorning -3x10	Barbell Floor Press -3x10 -superset with- Prone KB Row -3x12
C	Plank -Accumulate 3 Min	Hollow Body Hold -Accumulate 3 Min	Side Plank -Accumulate 2 Min/side	Hollow Body Hold -Accumulate 3 Min	Plank -Accumulate 3 Min