

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 -4x8 -superset with- Reverse DB Lunge -4x10/side	Bench Press -3x8 -superset with- Ring Row -3x12	RDL -4x5 -superset with- DB Box Step Up -3x8/side	Seated DB Shoulder Press -3x8 -superset with- Strict Pull Up -3x10	Barbell Walking Lunge -4x6 -superset with- Glute Bridge -4x20
		<i>2s Hold at the top of each RR.</i>	<i>Complete all reps on one side before switching.</i>		
B	Incline DB Bench Press -3x10 -superset with- Prone DB Row -3x12	Goodmorning -3x8 -superset with- Front Rack Lunge -3x8/side	Stationary Dips -3x10 -superset with- Seated DB Curl -3x12/side	GHD Extensions -3x12 -superset with- Lateral Lunge -2x10/side	DB Fly -3x10 -superset with- Prone KB Row ISO -4x30s
	<i>3s Negative for both exercises.</i>			<i>3s Negative for Extensions</i>	
C	Hollow Body Hold -Accumulate 3 Min	Side Plank w/ Row -2x15/side	Hollow Body Hold -Accumulate 3 Min	Side Plank Rotation -2x15/side	Hollow Body Hold -Accumulate 3 Min