

Four Barrel CrossFit

"Pool Season" Program

*Complete programming as a supplement after class. If you have questions, ask a coach!

	6/15/2015	6/16/2015	6/17/2015	6/19/2015	6/20/2015
	Monday	Tuesday	Wednesday	Friday	Saturday
A	RDL -4x5 -superset with- Lateral Lunge -4x10/side	Close Grip Bench Press -3x8 -superset with- Prone DB Row -3x12	Barbell Hip Thrust -3x10 -superset with- Goodmoring -3x8	Incline DB Bench Press -3x10 -superset with- 1 Arm DB Row -3x12/side	DB Split Squat -4x10 -superset with- Banded Hip Thrust -3x10
B	Seated Pull Down -3x10 -superset with- Push Up -3x Max	Glute Ham Raise -3x10 -superset with- Front Rack Lunge -3x10/side	Barbell Curl -3x10 -superset with- Stationary Dips -3x10	GHD Extensions -3x Max Reps -superset with- DB Box Step Up -3x10/side	DB Skullcrusher -3x10 -superset with- DB Curl -3x10
C	Side Plank -Accumulate 2 min/side	Straight Leg Sit Up -3x10	Side Plank -Accumulate 2 min/side	Straight Leg Sit Up -3x10	Side Plank -Accumulate 2 min/side
		<i>Must be strict.</i>		<i>Must be strict.</i>	