

Four Barrel CrossFit

"Pool Season" Program

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

	6/22/2015	6/23/2015	6/24/2015	6/26/2015	6/27/2015
	Monday	Tuesday	Wednesday	Friday	Saturday
A	Barbell Hip Thrust -4x8 -superset with- DB Split Squat -4x10/side	DB Bench Press -3x10 -superset with- Prone DB Row -3x12	RDL -4x8 -superset with- GHD Extension -3x12	Seated Shoulder Press -3x10 -superset with- Half Kneeling Pull Down -3x12/side	Barbell Lunge -3x10/side -superset with- Single Leg Glute Bridge -3x12/side
B	Barbell Row -3x12 -superset with- DB Skullcrusher -3x12	Goodmorning -3x8 -superset with- DB Box Step Up -3x10/side	Close Grip Bench Press -3x10 -superset with- Pull Up -3x Max Reps <i>Pull Ups must be strict.</i>	Glute Ham Raise -3x12 -superset with Lateral Lunge -3x10/side	Barbell Curl -3x12 -superset with- Stationary Dip -3x10
C	Knee Plank -Accumulate 3 Min.	Side Plank w/ Row -2x15/side	Knee Plank -Accumulate 3 Min.	Side Plank w/ Row -2x15/side	KB Leg Lowering -5x5