

Four Barrel CrossFit

"Pool Season" Program

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

| | 6/29/2015 | 6/30/2015 | 7/1/2015 | 7/3/2015 | 7/4/2015 |
|----------|--|---|---|---|--|
| | Monday | Tuesday | Wednesday | Friday | Saturday |
| A | Banded Hip Thrust -3x20 -superset with- Lateral Lunge -2x12/side | Incline DB Bench Press -3x8 -superset with- Ring Row -3x12 | RDL -4x8 -superset with- DB Box Step Up -3x8/side | Seated DB Shoulder Press -3x10 -superset with- Incline Prone DB Row -3x12 | Glute Ham Raise -3x10 -superset with- Barbell Hip Thrust -3x10 |
| | | <i>2s Hold at the top of each RR.</i> | | | |
| B | DB Fly -3x10 -superset with- 1 Arm DB Row -3x12 | Goodmorning -3x8 -superset with- Front Rack Lunge -3x8/side | Close Grip Bench Press -3x10 -superset with- Pull Up -3x Max Reps | GHD Extensions -3x12 -superset with- Reverse Lunge -3x10/side | Seated DB Curl -3x12 -superset with- DB Skullcrusher -3x10 |
| | | | <i>Pull Ups must be strict.</i> | | |
| C | Hollow Body Hold -Accumulate 3 Min | Side Plank w/ Row -2x15/side | Hollow Body Hold -Accumulate 3 Min | Side Plank w/ Row -2x15/side | Hollow Body Hold -Accumulate 3 Min |