

# 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	Bench Press -3x8 -superset with- Barbell Row -3x10	RDL -3x5 -superset with- GHD Extension -3x20	Seated DB Shoulder Press -3x8 -superset with- 1 Arm DB Row -3x12/side	Front Rack Lunge -3x10/side -superset with- Banded Hip Thrust -3x20	Incline DB Bench Press -3x8 -superset with- Incline DB Row -3x12
B	Barbell Hip Thrust -2x20 -superset with- Lateral Lunge -2x10/side	Pull Up -3x5 -superset with- Stationary Dip -3x5	Box Step Up -3x8/side -superset with- Banded Glute Bridge -3x15	Half Kneeling Pull Down -3x12/side -superset with- Push Up -3x Max Reps	Goodmorning -3x8 -superset with- Glute Ham Raise -3x10
			<i>3s hold at top of each glute bridge.</i>	<i>3s Up/Down for push ups. Push ups must be strict. Scale if needed.</i>	
C	Side Plank Rotation -2x15/side	Plank w/ Reach -2x5/side	Hollow Body Hold -Accumulate 4 Min.	Plank w/ Reach -2x5/side	Side Plank Rotation -2x15/side