

# Four Barrel CrossFit

## "Pool Season" Program

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

	Monday	Tuesday	Wednesday	Friday	Saturday	
<b>A</b>	Seated DB Shoulder Press -3x8 -superset with- Pull Up -3x Max	RDL -4x5 -superset with- DB Split Squat -3x10	Incline DB Bench Press -3x10 -superset with- 1 Arm DB Row -3x12	Front Rack Lunge -3x10 -superset with- GHD Extension -3x10	Barbell Row -3x12 -superset with- Stationary Dip -3x10	<b>A</b>
	<i>Pull ups must be strict.</i>		<i>3s up/down each rep for both exercises.</i>	<i>Add weight to the extensions if possible.</i>		
<b>B</b>	Barbell Lunge -3x8 -superset with- Banded Hip Thrust -3x20	DB Fly -3x10 -superset with- Prone DB Row -3x12	Goodmorning -3x10 -superset with- DB Box Step Up -3x10	Close Grip Bench Press -3x10 -superset with- Barbell Curl -3x10	Glute Ham Raise -2x20 -superset with- Reverse Lunge -2x12	<b>B</b>
<b>C</b>	Knee Plank -Accumulate 3 min	Side Plank -Accumulate 2 min/side	Hollow Body Hold -Accumulate 3 min	Side Plank -Accumulate 2 min/side	Knee Plank -Accumulate 3 Min	<b>C</b>