

<b>Four Barrel CrossFit</b>						
2/24/2014	2/25/2014	2/26/2014	2/27/2014	2/28/2014	3/1/2014	3/2/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>	<b>Warm</b>
5 minutes of Jump Rope Drills 30/20/30	20 Bow and Bends 20 Hip Circles 20 Knee Circles 20 Squats 20 Shoulder Circles	2 minute in slingshot squat Practice each movement from MetCon	Coach-led Down and Back Drills	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	TBD	Athlete's Choice
<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>	<b>GPP</b>
WEIGHTLIFTING Back Squat 3x5 (.65, .75, .85)  METCON 5 Rounds of: 10 Thrusters (100, 65) 5 Burpees over the bar Rest 30 seconds *12 minute Cap  CASH OUT 2 Minutes per side in Couch Stretch	WEIGHTLIFTING Deadlift 3x5 (.65, .75, .85)  METCON 5 minute Ladder: 5 Box Jumps (24, 20) 5 Pullups *Increase by 5's  Rest 2 Minutes  5 minute Ladder: 5 AKBS (53, 35) 5 Push-ups *Increase by 5's  CASH OUT LAX Ball on Shoulders	METCON 30 Back Squat (135, 95) 20 Power Cleans (135, 95) 10 Toes-to-Bar 30 Front Squat (115, 75) 20 Power Cleans (115, 75) 10 Knees-to-Elbows 30 Overhead Squats (95, 65) 20 Power Cleans (95, 65) 10 Sit-ups *20 minute time cap *1 Bar per person  CASH OUT Foam Roll Legs	WEIGHTLIFTING Split Jerk 3@65%, 3@70%, 2x3@75%  METCON Last Man Standing Format  Minutes 1-5 EMOM: 1 Rope Climb, 2 Rope Climbs, etc...  Minutes 6-10 EMOM: 15 Wall Balls  Minutes 11-15 EMOM: 6 HSPU *Members go as long as they can complete the work in the minute or until they reach the last minute of each movement. If they fail on a minute, they move onto the next movement. This workout could be 3 minutes for an athlete or anywhere up to 15 minutes.  CASH OUT 2 minutes Banded overhead distraction	SKILL Open WOD 14.1 Skill work/strategy *14.1 will be announced on Thu night	METCON "14.1" TBD	"February 09, 2014 Crossfit.com Workout"  Attempt PRs with as much warm-up, ramp-up, and rest between efforts as needed of:  1RM Front squat 1,000 meter Row Ring Dips
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
15 minutes working on Pistols	Chest-to-Bar Pullups 5x5-10 *Fast unbroken sets only.	3 Rounds of: 1 Minute ME Double Unders Rest 1 Minutes	x	Rest	x	Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
Snatch 3@65%, 3@70%, 2x3@75%  Barbell Row 5x5	Clean 3@65%, 3@70%, 2x3@75%  Banded Good Mornings 5x5	1 Snatch Pull + 1 Snatch + 1 OHS *5 sets to work into heavy single  GHD Sit-ups 3x20	x	Rest	x	Rest
<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>
10 minute EMOM of: 1 100' Sled Drag AHAP	12 Rounds of Tabata Rowing for Calories	400M Log Carry at 80%	Run 2 Miles at a slow pace	Rest	x	Rest