

<b>Four Barrel CrossFit</b>						
2/17/2014	2/18/2014	2/19/2014	2/20/2014	2/21/2014	2/22/2014	2/23/2014
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>
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	3 rounds: 30 sec HS hold 20 Jumping Jacks 15 PVC Good mornings	2 rounds: 1 minute squats to ball 10 plate GTOH (45, 25) 1 minute squats to ball 10 plate GTOH (45, 25)	5 min AMRAP: 3 burpees 6 walking lunges 9 PVC Presses	EMOM 8 mins: 5 situps 5 pushups 5 squats	Coached Down and Back Drills	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 OHS *12 minutes to establish 3RM  METCON 3 Rounds of: 15 Thrusters (100, 65) 15 Chest-to-Bar Pull-ups *10 Minute time cap  CASH-OUT Foam Roll Lats/Quads	WEIGHTLIFTING Push Press  METCON "13.2" 10 Minute AMRAP: 5 Shoulder-to-Overhead (115, 75) 10 Deadlifts (115, 75) 15 Box Jumps (24, 20)  CASH-OUT 2 minutes per side of Lateral Opener	METCON "Holleyman" 30 Rounds of: 5 Wall Balls 3 HSPU 1 Power Clean (225, 155) *30 Minute cap  CASH-OUT 2 mintes per side of couch stretch	METCON Partner WOD 20 minutes to: 3 attempts at ME Double Unders 3 attempts at ME Parallel Wall Sit (5sec = 1rep) 3 attempts at ME Front squats (155, 105) 3 attempts at ME Toes-to-bar *both partners get 3 attempts *score is total reps from all movements  CASH-OUT 5x5 Ring Rows	METCON "12.1" 7 Minute AMRAP of: BURPEES  CASH-OUT LAX Ball on Shoulders	WEIGHTLIFTING Deadlift *12 minutes to work into heavy single  METCON "Helen" 3 rounds of: Run 400m 21 American KBS (53, 35) 12 Pull-ups  CASH-OUT Foam Roll Posterior Chain	METCON Set rower for 3 intervals of 2 minutes of rowing and 2 minutes of "rest." During the first rest period, perform max pull-ups; the second rest period, max burpees; and the third rest period, max GHD sit-ups
<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>	<b>COMPETITORS</b>
<b>Gymnastics / Skill Dev</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>	<b>Gymnastics</b>
8 Minute EMOM of: 3 Bar Muscle-ups	3 Sets of ME Kipping HSPU *2min rest between sets	Rest	Box Jump Tabata (24, 20) *8 Rounds	Strict Toes-to-Bar 3x10	200 Double Unders for time	Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
3-position Power Clean 4 sets at (.6, .65, 2x.75) *Hips, above knee, ground  Tempo Back extensions 4x10 *4 second decent *4 second accent for 8 total seconds per rep	3-position Snatch 4 sets at (.6, .65, 2x.75) *Hips, above knee, ground  DB Row 4x12 per arm (AHAP)	Rest	GHD sit-ups with medball (20, 14) 3x15 *tap floor and feet	Pendlay Row 5x5 (AHAP)	Bench Press 15 minutes to find a heavy single *use a spotter	Rest
<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>	<b>Conditioning</b>
800m Sled drag (90, 45)	Row 5x250m *rest 1:1	Rest	2x400 Waiters Walk AHAP	10x100m Sprints *rest 90 Seconds	800M Log Carry *5 Squats EMOM	Rest