

<b>Four Barrel CrossFit</b>						
1/27/2014	1/28/2014	1/29/2014	1/30/2014	1/31/2014	2/1/2014	2/2/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
3 Rounds of: 10 Mountain Climbers 10 Shoulder Circles (Right, Left, Bilateral) 10 Squats 20 Half Kneeling Chops (10 per side)	3 rounds of: 10 Tempo Wall Balls 10 Shoulder Pass Throughs *Spend a two-count descending into the squat then explod up on Wall Balls	Catalyst Warm-up	4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	3 Rounds of: 30 PVC Thrusters 20 Half Kneeling Chops (10 per side) 30 Singles		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 10 Minute AMRAP of: 150m Row 15 Thrusters (100, 65) 15 Box Jumps (24, 20) *Stagger start heats in class  CASH-OUT 2 Minutes per side in Table Stretch Athletes choice quad mobility	WEIGHTLIFTING Push Press 3x5 (.65, .75, .85)  METCON 21-15-9 Back Squat (115, 75) Sit-ups *From the ground *7 Minute time cap  When clock hits 7:00  21-15-9 Power Clean (115, 75) Burpees *7 Minute time cap  CASH-OUT LAX Ball on Shoulders & Hips	METCON "Cindy" 20 Minute AMRAP of: 5 Pull-ups 10 Push-ups 15 Air Squats *Paleo Challenge Wod  CASH-OUT Foam Roll Quads & Lats	WEIGHTLIFTING Squat Clean 3@65%, 3@70%, 2x3@75%  METCON 10-9-8-7-6-5-4-3-2-1 KB Snatch (53/35, alt) Toes-to-Bar Deadlift (135, 95) *15 Minute time cap  CASH-OUT 2 Minutes per side in Lateral Opener	METCON "13.3" 12 Minute AMRAP of: 150 Wall Balls (20, 14) (10', 9') 90 Double Unders 30 Muscle-ups *Split class into two groups. One group WODs as other group judges.  CASH-OUT 2 Minutes per side in Couch Stretch	No Class (Wod Travel Series) Come out and support your fellow athletes!	METCON "Nancy"-Ish 5 Rounds of: Row 400m 15 Overhead Squats (95, 65)
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>
3 Rounds not for time of: 10 Chest-to-Bar Pull-ups 10 Kipping Ring Dips	4 Rounds of: 10 HSPU Rest 2:1 *Focus on achieving a PERFECT kip	Rest	Every 30 seconds for 5 Mlnutes 6 Rebounding Box jump (24,20)	5 Min of: -30 Sec ME T2B -30 Sec Rest		Rest
<b>Strength / Lifting Dev</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>	<b>Strength</b>
Power Clean 3@65%, 3@70%, 2x3@75%  GHD Sit-ups 6x10	Squat Snatch 3@65%, 3@70%, 2x3@75%  KB Row 4x10 AHAP	Rest	3 Rounds of: 10 GHD Sit-ups 10 Back Extensions	Power Snatch 3@65%, 3@70%, 2x3@75%  Barbell Row 6x6		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 (95, 45)	2 Rounds of: Row 1,000m Rest 5 Minutes	Rest	3x400m Sandbag Carry Rest 1:1	10x100m Sprints Rest 30 Seconds		Rest