

Four Barrel CrossFit						
Open Prep: Cycle 1, Week 4						
1/20/2014	1/21/2014	1/22/2014	1/23/2014	1/24/2014	1/25/2014	1/26/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	3 Rounds not for time of: 10 Russian Swings 10 American Swings 10 KB C&J (per side) *Stay Light and focus on loosening up shoulders	Catalyst Warm-up	30/20/30	5 Min AMRAP: 10 Squats 10 Box Step-ups (20) 10 Box Jumps (20) 10 Burpees		Athlete's Choice
GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING Back Squat 5x3 (.4, .5, .6) METCON 8 Minute AMRAP 10 Push Press (115, 75) 10 Toes-to-Bar 10 Front-Rack Lunges (115, 75) *lunge in place CASH-OUT 2 Minutes per side of LAX Ball on Shoulders and Psoas	WEIGHTLIFTING Strict Press 5x3 (.4, .5, .6) METCON 40 Burpees 30 Snatches (75, 45) 30 Burpees 30 Snatches (135, 75) *15 Minute time cap CASH-OUT 2 Minutes per side in Banded Overhead Distraction	SKILL 10 Minutes to Complete: 5x10 Chest-to-Bar Pull-ups *Scale with Box Chest-to-Bar Pullups METCON PARTNER WOD 100 Double Unders 50 Thrusters (45, 35) Row 2K 50 Thrusters (45, 35) 100 Double Unders *One partner working at a time **20 Minute time cap ***Scale with Double Under Attempts, not singles CASH-OUT 2 Minutes per side in Couch Stretch	WEIGHTLIFTING Front Squat 5x3 (.4, .5, .6) METCON 21-15-9 KB swings (70, 53) Wall Balls (20, 14) CASH-OUT 50 alternating DB Snatches *25 Per Arm *Weight that you can continuously move through	METCON "11.2" 15 Minute AMRAP 9 Deadlifts (155, 100) 12 Push-ups 15 Box Jumps (24, 20) CASH-OUT 5 Minute Foam Roll Party	WEIGHTLIFTING Bench Press 5x3 (.4, .5, .6) METCON 3 Rounds of: 10 OHS (95, 65) 20 Kness-to-elbows 10 Clean and Jerks (95, 65) 20 Sit-ups *18 Minute time cap CASH-OUT 2 Minutes per side of Lateral Opener	METCON "Marguerita" 50 reps of the complex: Burpee Push-up Jumping Jack Sit-up Handstand
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
6 Minute EMOM of: 2 Muscle-ups 25 Double Unders	10 rounds of: ME Handstand walk 1 Rope Climb Rest 30 Seconds *Scale HS walk with ME Shoulder taps	Rest	5 Min of: 30 Sec ME Box Jump 30 Sec Rest	Toes-to-Bar 10 EMOM for 6 Minutes	Weighted Pull-ups 5x5	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
Power Snatch 5x3@50% *Focus on form Glute-Ham Raise 6x10	Squat Clean 5x3@50% *Focus on form Barbell Row 3x15	Rest	GHD Sit-ups 6x12	Power Clean + Power Jerk (135, 95) Every 10 seconds for 5 Minutes KB Rows 3x15	Deadlift 5x3 (.4, .5, .6)	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
2x400m Sled Drag (135, 95) Rest 2 Minutes	Row 1K for time	Rest	800m Farmers Carry (AHAP)	Run 1 Mile	2x400m Log Carry Rest 1:1	Rest