

Four Barrel CrossFit						
3/3/2014	3/4/2014	3/5/2014	3/6/2014	3/7/2014	3/8/2014	3/9/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
Bring Sally Up Air Squats	20 PVC Strict Press 20 PVC OHS 20 PVC Good Mornings 20 PVC Pass Throughs	5 minutes of jump rope drills 2 minutes in Slingshot Squat	Catalyst Warm-up	Coach-led Down and Back Drills	TBD	Athlete's Choice
GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING Back Squat 3x3 (.7, .8, .9) METCON 7 minute AMRAP of: 20 Wall Balls (20, 14) 15 Burpees 10 Toes-to-Bar CASH OUT Foam Rollage	WEIGHTLIFTING Deadlift 3x3 (.7, .8, .9) METCON 5 Rounds of: 6 Shoulder-to-Overhead (135, 95) 12 Pullups 24 Air Squats Rest 1 Minute *15 minute time cap CASH OUT Banded Overhead Distraction	METCON Partner WOD 100 Squat Clean and Jerks (115, 75) *4 Burpees for both partners EMOM *1 Partner working at a time on C&J *Partners can do Burpees at the same time *Squat Clean Thrusters are Okay *20 minute time cap CASH OUT LAX Ball on Shoulders	WEIGHTLIFTING 12 Minutes to work into 5RM Strict Press METCON 21-15-9 AKB Swings (53, 35) Goblet Squats (53, 35) *20 Sit-up penalty everytime KB touches the ground *8 minute time cap CASH OUT 4x250m Row	SKILL Open WOD 14.2 Skill work/strategy *14.2 will be announced on Thu night	METCON "14.2" TBD	METCON "Mainsite WOD 140208" 3 rounds for time of: 115 pound Power snatch, 21 reps 27 L Pull-ups 27 GHD Sit-ups
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
5x5 Front Rack Lunges with Axle bar *5 steps per leg *AHAP	5 Min EMOM 5 Muscle-ups -or- 10 minutes working on Muscle-up progressions	8 rounds of Tabata Box Jumps (24, 20)	x	Rest	x	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
Snatch 2@75%, 2@80%, 2x2@85% KB Row 3x10 AHAP	Clean 2@75%, 2@80%, 2x2@85% Reverse Hypers 3x10 AHAP	Hang Power Clean 3RM Strict Toes-to-Bar 3x10	x	Rest	x	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
2x400 Sled Drag (90, 45) Rest at least 5 minutes in between attempts	2x30 cal Row Rest at least 5 minutes in between attempts	800m Run with sandbag. AHAP	Airdyne 20 mins at 60-70% intensity	Rest	x	Rest