

Four Barrel CrossFit						
2/10/2014	2/11/2014	2/12/2014	2/13/2014	2/14/2014	2/15/2014	2/16/2014
Mon	Tue	Wed	Thu	Fri	Sat	Sun
Warm	Warm	Warm	Warm	Warm	Warm	Warm
4min, 15sec ea: Jumping Jacks Squats Mountain Climbers Jumping Squats	7 Rounds of: 1 Burpee, 1 Push-up, 1 Jumping Jack, 1 Sit-up, 1 Handstand	PVC Fran	3 Minutes of Jump Rope Drills 2 Minutes in Slingshot Squat	Dynamic ROM -then- 5 rounds not for time of: 5 Squat Clean and Jerks with the Bar 5 Sit ups	Cataylst Warm-up	Athlete's Choice
GPP	GPP	GPP	GPP	GPP	GPP	GPP
WEIGHTLIFTING Back Squat 5@75%, 3@85%, 1@95%, 1@95% + METCON 21-15-9 Deadlifts (135, 95) Power Cleans (135, 95) Front Squats (135, 95) *10 Minute Time Cap CASH-OUT T-Spine Soft Tissue Work	WEIGHTLIFTING Push Press 5@75%, 3@85%, 1@95%, 1@95%+ METCON 3 Rounds of: 1 Minute of Box Jumps (24, 20) 1 Minute of Wall Balls (20, 14) 1 Minute of Row for Calories 1 Minute of Double Unders 1 Minute of Rest *score is total reps CASH-OUT 2 Mins per side in Couch Stretch	METCON 7 Minute AMRAP of: 5 Thrusters (95, 65) 10 Burpees over the bar Rest 3 Minutes 7 Minute AMRAP of: 5 Snatches (95, 65) 10 Pull-ups CASH-OUT 5 Minute Foam Roll Gathering	WEIGHTLIFTING Front Squat 5@75%, 3@85%, 1@95%, 1@95% + METCON Tabata of: Russian KB Swings (70, 53) Air Squats Sit-ups Broad Jumps (6', 4') CASH-OUT 2 Minutes per side in Table stretch	METCON "13.4" 7 Minute Ladder of: 3 Clean and Jerks (135, 95) 3 Toes-to-Bar CASH-OUT LAX Ball on Shoulders	WEIGHTLIFTING Deadlift 3x5 (.65, .75, .85) METCON "Lynne" 5 Rounds of: Max Effort Bench Press @ Bodyweight Max Effort Pull-ups *Rest as needed after Pull-ups. *No rest between BP and PU CASH-OUT Foam Roll Lats	METCON "Tommy V" 21 Thrusters (115, 85) 12 Rope Climbs 15 Thrusters 9 Rope Climbs 9 Thrusters 6 Rope Climbs *20 Minute Time Cap
COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS	COMPETITORS
Gymnastics / Skill Dev	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
5x10 Chest-to-Bar Pullups *Try for unbroken sets *Rest as needed	Spend 8 Minutes working on Handstand walking -then- 5x1 Legless rope climbs 1min rest between rounds	Rest	3 Rds: 1 Min. ME Box Jump Rest 15 Sec 45 sec ME Box Jump Rest 10 Sec 30 sec ME Box Jump Rest 5 Sec 15 sec ME Box Jump * 2 min rest between rds	4x10 Hollow Rocks	5 Rounds of: 30 Seconds of Double Unders 30 Seconds of rest *Try to speed last two sets up	Rest
Strength / Lifting Dev	Strength	Strength	Strength	Strength	Strength	Strength
Power Clean 1 RM in 10-15 minutes GHD Sit-ups 4x10	Squat Snatch 1 RM in 10-15 minutes Barbell Row 5x5	Rest	Glute-Ham Raise 4x10	Back Rack Walking Lunges 5x5 (5 per leg, AHAP) KB Row 4x10	None	Rest
Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning	Conditioning
4x400m Sled Drag (90, 45) Rest as needed	Row 2K	Rest	5x50' Farmers Carry AHAP	For time: Run 1 Mile	400m Sandbag Carry *As fast as possible	Rest