

~ CFGB May 2014 ~

Mon	Tue	Wed	Thu	Fri
			1 Strength Workout: Press 6x5@70% Weighted Back Extensions 3x10 Workout of the Day: 5RFT 400m Run 4 Bar Muscle Up	2 Strength Workout: Front Squat 8x3@65% Dips 3x Max Effort (add weight if more than 5) Workout of the Day: 10x250m Row 1 Minute rest between efforts
5 Strength Workout: Back Squat 2@65%, 2@72.5%, 4x5@77.5 Bent Over Row 5x3 (add 5 lbs) Workout of the Day: "Nate" AMRAP 20 2 Muscle Ups 4 Handstand Pushups 8 KBS 2/1.5	6 Strength Workout: OHS 3x5@65% Floor Wipers 3x12@115/85 Workout of the Day: With a partner, accumulate 200 pushups. While one person is doing pushups, the other is pushing the prowler @ 135/75.	7 Workout of the Day: Fight Gone Bad	8 Strength Workout: Press 2@65%, 2@72.5%, 4x5@77.5% Plate Situps 50@35/15 Workout of the Day: 3RFT 25m Waiters Carry L 1.5pd/1pd 10 KB C&J 1.5/1 25m Waiters Carry R 1.5/1 10 KB C&J 1.5/1	9 Strength Workout: Weighted Dips 3x5 Strict C2B Pullups 3x Max Reps, adding weight if you can do more than 5 per set. Workout of the Day: ½ Linda 5-4-3-2-1 Deadlift@1.5BW Bench@BW Power Clean@.75BW
12 Strength Workout: Back Squat 5@50%, 3@60%, 2@70%, 1@75%, 1@80%, max reps@85% Ring Dips 3x Max Reps Workout of the Day: "Griff" 2RFT Run 800m Run 400m Backward	13 Strength Workout: Deadlift 6x3@80% Weighted Strict Pullup 5x3 Workout of the Day: AMRAP 10 2 C&J @ BW 20 Double Under	14 Workout of the Day: 3 RFT 800m Run 5 Rope Climbs 10 Power Snatch 95/65 20 GHD Situp	15 Strength Workout: Press 5@50%, 3@60%, 2@70%, 1@75%, 1@80%, max reps@85% Front Squat 2,2,2,2,2 Workout of the Day: AMRAP 15 10 Deadlift 225/155 20m Handstand Walk	16 Strength Workout: Instability Bench 3x5@60% Total Weight Pendlay Row 3x5 (add 5 lbs) Workout of the Day: 5 RFT 20 Pushup 20 Pullup

~ CFGB May 2014 ~

Mon	Tue	Wed	Thu	Fri
<p>19</p> <p>Strength Workout: Power Clean 3@60%, 3@65%, 3x3@70% Hang Power Clean 5x2@65%</p> <p>Workout of the Day: 30 Bear Complex 115/75</p> <p>Barbell Rollout Deadlift Hang Power Clean Front Squat Push Press Back Squat Rack Jerk</p>	<p>20</p> <p>Strength Workout: Push Jerk 3@50%, 3@60%, 3@70% Rack Jerk 2@60%, 2@70%, 2@75% Split Jerk 1@70%, 1@75%, 1@80%</p> <p>Workout of the Day: 10RFT 3 Deadlift 275/185 100m Sprint</p>	<p>21</p> <p>Workout of the Day: "Lumberjack 20" 20 Deadlift 275/185 Run 400m 20 KBS 2/1.5 Run 400m 20 OHS 115/75 Run 400m 20 Burpees Run 400m 20 C2B Pullups Run 400m 20 Box Jump 24/20 Run 400m 20 DB Squat Clean 45/25 400m Run</p>	<p>22</p> <p>Strength Workout: Power Snatch 3@60%, 3@65%, 3x3@70% Hang Power Snatch 5x2@65%</p> <p>Workout of the Day: AMRAP 15 30 Double Under 3 Rope Climb</p>	<p>23</p> <p>Strength Workout: Max Effort Box Jump Max Effort Turkish Get-Up (5 attempts each)</p> <p>Workout of the Day: 50 Pullup 10 Burpee 40 Pullup 20 Burpee 30 Pullup 30 Burpee 20 Pullup 40 Burpee 10 Pullup 50 Burpee</p>
<p>26</p> <p>Workout of the Day: "Murph" 1 Mile Run 100 Pullups 200 Pushups 300 Air Squats 1 Mile Run</p> <p>Divide Calisthenics as necessary. If you have a 20lb vest, wear it.</p>	<p>27</p> <p>Strength Workout: Deadlift 6x3@80% Mobility work</p> <p>Workout of the Day: 2k Row</p>	<p>28</p> <p>Workout of the Day: 5RFT 400m Run 6 Power C&J BW/.75BW 3 HSPU* 1 Bar Muscle Up</p> <p>*Standard for men is 45 plates with abmat, ladies is 25 plates with abmat.</p>	<p>29</p> <p>Strength Workout: Squat 7x3@75% Ring Dips 3x Max Reps GHD Situps 4x20</p> <p>Workout of the Day: EMOM 10 5 Clean 95/65 -Then (no rest)- AMRAP 3 Box Jump 24/20</p>	<p>30</p> <p>Strength Workout: Press 7x3@75% Weighted Strict Pullups 5x3</p> <p>Workout of the Day: AMRAP 20 10 Atlas Stone Cleans 7 Deadlift 4 Tire Flips 50m Farmers Carry 2/1.5</p>