

GENERAL WORKOUT OF THE DAY ~ April 2016 ~

| Sunday, 10 April 2016 | Monday, 11 April 2016 | Tuesday, 12 April 2016 | Wednesday, 13 April 2016 | Thursday, 14 April 2016 | Friday, 15 April 2016 | Saturday, 16 April 2016 |
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| Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: |
| <p>"Powerball 2016"</p> <p>4-Minute AMRAP of Assault Bike (calories)</p> <p>40 Wall balls (20/14)</p> <p>3-minute AMRAP of Box Jumps (24/20)</p> <p>30 Wall balls (20/14)</p> <p>2-minute AMRAP of Sumo Deadlift High Pull (75#/55#)</p> <p>20 Wall balls (20/14)</p> <p>1-minute AMRAP of Push-Press (75#/55#)</p> <p>10 Wall balls (20/14)</p> | <p>1. Strength</p> <p>5x5 Front Squat</p> <p>2. Conditioning</p> <p>1 mile Run</p> <p>21 KBS</p> <p>21 Goblet Squats</p> <p>800m Run</p> <p>15 KBS</p> <p>15 Goblet Squats</p> <p>400m Run</p> <p>9 KBS</p> <p>9 Goblet Squats</p> <p>men use 2 pood</p> <p>women use 1.5 pood</p> | <p>1. Clean</p> <p>EMOMx15: 1 Squat Clean</p> <p>Mins 1-5: 80%</p> <p>Mind 6-10: 85%</p> <p>Mins 10-15: 90%</p> <p>2. Gymnastics Skills</p> <p>EMOMx15</p> <p>Odd: 25' HS Walk</p> <p>Even: 1 legless Rope Climb + 1 Rope Climb</p> <p>3. Conditioning</p> <p>"Heartbreak Kid"</p> <p>3 Rounds:</p> <p>10 Front Squats, 185/135 – no rack</p> <p>20 C2B</p> <p>50 Double Unders</p> | <p>1. Snatch</p> <p>A. 1-rep heavy Hang Power Snatch</p> <p>B. 1-rep heavy Power Snatch from below the knee</p> <p>C. 1-rep heavy Power Snatch</p> <p>2. Conditioning</p> <p>"Mind Eraser"</p> <p>AMRAP 20:</p> <p>7 Power Cleans, 135/95</p> <p>7 Burpees</p> <p>200m Run</p> | <p>3 Rounds of</p> <p>Run 100 m + 6 pullups</p> <p>Rest 1:1</p> <p>Run 200 m + 9 pullups</p> <p>Rest 1:1</p> <p>Run 400 m + 12 pullups</p> <p>Rest 1:1</p> <p>* Rest the exact time it takes you to complete the Run + pullups. For example, if it takes you 37 seconds to complete the 100 M + 6 pullups, then you would rest exactly 37 seconds before starting the 200 M run.</p> | <p>1. "Isabel"</p> <p>30 Snatches for time, 135/95</p> <p>2. Strength</p> <p>2x10 OHS</p> | <p>1. Strength</p> <p>3 sets of max reps OHS at 185/135</p> <p>2. Conditioning</p> <p>5 RFT:</p> <p>10 Handstand Push ups</p> <p>10 Ring Dips</p> <p>10 Push ups</p> <p>300m Row</p> |

GENERAL WORKOUT OF THE DAY ~ April 2016 ~

| Sunday, 17 April 2016 | Monday, 18 April 2016 | Tuesday, 19 April 2016 | Wednesday, 20 April 2016 | Thursday, 21 April 2016 | Friday, 22 April 2016 | Saturday, 23 April 2016 |
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| Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: |
| Hero WOD "Jorge" For time: 30 GHD sit-ups 155 pound Squat clean, 15 reps 24 GHD sit-ups 155 pound Squat clean, 12 reps 18 GHD sit-ups 155 pound Squat clean, 9 reps 12 GHD sit-ups 155 pound Squat clean, 6 reps 6 GHD sit-ups 155 pound Squat clean, 3 reps | 2 RFT: 400m Run 26 Hand Release PU 400m Run 26 KBS (53/35) 400m Run 26 Sit-Ups 400m Run 26 Hip Extensions 400m Run 26 Double-Unders 400m Run 26 Box Jumps, 24/20 | 1. Conditioning 3 RFT: 30 Cal Row 20 Power Cleans, 95/65 10 OHS, 95/65 5 Strict HSPU 2. Strength Clean Complex A. EMOMx5: 3 Power Cleans + 3 Front Squats + 3 Jerks Rest 5 minutes B. EMOMx5: 2 Power Cleans + 2 Front Squats + 2 Jerks Rest 5 minutes C. EMOMx5: 1 Power Clean + 1 Front Squat + Jerk | 1. Strength 1 Rep Max Clean 2. Strength 1 Rep Max Weighted Pull-Up -- If you do not yet have a pullup, instead test Max time Chin-over-the-bar 3. Conditioning 500 Meter Row Time Trial | 20-minute AMRAP of: 2x25 M Prowler Push (140/80) Rest exactly 1-minute Sprint 2x50 M Rest exactly 1-minute 25 Kettlebell Swings (24 kg/16 kg) Rest exactly 1-minute | MASTERS QUALIFIER EVENTS 1 & 2 : WOD DETAILS TBD | MASTERS QUALIFIER EVENT 4 : WOD DETAILS TBD |

GENERAL WORKOUT OF THE DAY ~ April 2016 ~

| Sunday, 24 April 2016 | Monday, 25 April 2016 | Tuesday, 26 April 2016 | Wednesday, 27 April 2016 | Thursday, 28 April 2016 | Friday, 29 April 2016 | Saturday, 30 April 2016 |
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| Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: |
| MASTERS QUALIFIER EVENT 1 : WOD DETAILS TBD | MASTERS QUALIFIER EVENTS 2 & 3 : WOD DETAILS TBD | <p>1. Clean</p> <p>3 quick singles at 70%</p> <p>3 quick singles at 75%</p> <p>3 quick singles at 80%</p> <p>2 quick singles at 75%</p> <p>2 quick singles at 80%</p> <p>2 quick singles at 85%</p> <p>1 quick singles at 80%</p> <p>1 quick singles at 85%</p> <p>1 quick singles at 90%</p> <p>Rest as needed between all sets</p> <p>2. Conditioning</p> <p>"Annie"</p> <p>50-40-30-20-10 of:</p> <p>Double unders</p> <p>Abmat Sit ups</p> | <p>With a 30 min running clock</p> <p>Teams of 3 complete 5 mins of:</p> <p>A. Max reps of 15' Rope Climbs</p> <p>B. Prowler Push for total meters, average bodyweight of team members</p> <p>C. Tire Flip, you choose the weight</p> <p>D. Assault Bike for max cal</p> <p>E. Handstand Walk for total meters</p> <p>F. Row, for max cal</p> <p>1 athlete works at a time. Switch athletes at anytime.</p> | <p>"Talks like a sailor"</p> <p>21-15-9: Back Squat (BW/.75 BW)</p> <p>100m-50m-25m: Farmers Carry (32 Kg/24 Kg), each hand</p> <p>Rest exactly 3 minutes, then</p> <p>9-15-21 of:</p> <p>Row (calories)</p> <p>Pullups</p> | <p>1. Snatch</p> <p>A. 5x2 Power Snatch</p> <p>B. 5x2 Low Hang Snatch Pull</p> <p>C. 5x2 Snatch Grip Push Press from behind neck</p> <p>2. Gymnastics</p> <p>3 sets of the following Bar Complex:</p> <p>6 TTB + 5 C2B + 4 TTB + 3 C2B – all without coming off the bar</p> <p>3. Conditioning</p> <p>For time:</p> <p>5 Rounds of Cindy</p> <p>20 Squat Snatches, 115/80</p> <p>5 Rounds of Cindy</p> <p>1 round of "Cindy" = 5 pull ups + 10 Push up + 15 Squats</p> | <p>1. Conditioning</p> <p>5 RFT:</p> <p>50-40-30-20-10 KBS, 1.5-pood/1-pood</p> <p>50-40-30-20-10 Box Jumps, 24/20"</p> <p>1,000-800-600-400-200m Run</p> <p>2. Power Cleans</p> <p>EMOMx7:</p> <p>Min 1: 7 Power Cleans</p> <p>Min 2: 6 Power Cleans</p> <p>Min 3: 5 Power Cleans</p> <p>Min 4: 4 Power Cleans</p> <p>Min 5: 3 Power Cleans</p> <p>Min 6: 2 Power Cleans</p> <p>Min 7: 1 Power Clean</p> <p>Increase weight every minute.</p> |

GENERAL WORKOUT OF THE DAY ~ April 2016 ~

| Sunday, 01 May 2016 | Monday, 02 May 2016 | Tuesday, 03 May 2016 | Wednesday, 04 May 2016 | Thursday, 05 May 2016 | Friday, 06 May 2016 | Saturday, 07 May 2016 |
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| <p>Workout of the Day:</p> <p>1. Conditioning 12-9-6 Body Row Push Ups Medball Cleans (20/14)</p> <p>2. Conditioning 100 Single unders 40 Presses (75/55#) 30 Hanging Knee Raises 20 Push-Press (75/55#) 20m Overhead walking lunge (45/25# plate)</p> | <p>Workout of the Day:</p> <p>1. Snatch EMOMx15 1 Power Snatch + Squat Snatch + OHS</p> <p>2. Strength 2x10 Front Squats</p> <p>3. Conditioning " Diane" 21-15-9 Dead Lift 225/155 HSPU</p> | <p>Workout of the Day:</p> <p>1. Clean work up to a heavy Power Clean + Squat Clean</p> <p>2. Conditioning 5 RFT: 5 Burpee Box Jumps, 20" 15 OHS, 75/55 200m Run</p> | <p>Workout of the Day:</p> <p>1. Snatch 5x3 quick single squat snatches at 75% 4x2 quick single squat snatches at 80% 3x1 squat snatches at 85%</p> <p>2. Back Squat 2x3, across 3x2, across</p> <p>3. Conditioning AMRAP 20: 50 Meter Prowler Push 100 Meter Sandbag Carry (40/20) 200 Meter Sprint Rest 1 minute between rounds.</p> | <p>Workout of the Day:</p> <p>"Cinco de Mayo"</p> <p>AMRAP 5 of 20 Pullups 30 Push-Ups 40 Situps 50 Squats</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of 30 Double Unders 15 Thrusters (95/65) 15 Pullups</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of 9 Clean (135/95) 9 Ring Dips</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of Wallballs (20/14)</p> <p>*Score is the total number of reps across all 20 minutes of WODs.</p> | <p>Workout of the Day:</p> <p>1. Clean 5x3 Squat Cleans</p> <p>2. Strength 3x3 Back Squat</p> <p>3. Conditioning 4 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict handstand push-ups</p> | <p>Workout of the Day:</p> <p>1. Barbell Conditioning Teams of 4 same-sex athletes complete the following, in order, for time: 200 Deads 150 Back Squats 125 Bench Press – use a rack 100 Cleans Men use 185 lbs. Women use 125 lbs.</p> |

GENERAL WORKOUT OF THE DAY ~ April 2016 ~

| Sunday, 08 May 2016 | Monday, 09 May 2016 | Tuesday, 10 May 2016 | Wednesday, 11 May 2016 | Thursday, 12 May 2016 | Friday, 13 May 2016 | Saturday, 14 May 2016 |
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| Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: | Workout of the Day: |
| <p>1. Conditioning</p> <p>A. 2 Rounds of: 800m Run 20 Goblet Squat (24/16 Kg) KB 20 Abmat Situps</p> <p>Rest 1 minute</p> <p>B. 2 Rounds of: 15 Abmat Situps 50 Single Unders 10 SDHP (24/16 kg) KB</p> <p>Rest 1 minute</p> <p>C. 2 RFT: 30 Single Unders 10 SDHP (24/16 kg) KB 20 Box Jump, 24/20"</p> | <p>1. Snatch 2x3 at 75% 3x2 at 80% 1x1 at 85%</p> <p>2. Strength 3x3 Back Squat</p> <p>3. Conditioning "Bode" 5 RFT: 11 Power Snatches, 95/65 12 HSPU</p> | <p>1. Clean A. 2x2 Squat Clean at 85% B. 2x1 Halting Dead Clean at 85%, pause for 2 seconds above the knee</p> <p>2. "Helen" 3 RFT: 400m Run 21 KBS, 1.5-pood/1-pood 12 Pull ups</p> <p>3. Strength 3x3 Front Squat</p> | <p>1. Clean and Jerk Complex work up to a heavy set of: 1 Power Clean + 1 Squat Clean + 1 Push Jerk + 1 Split Jerk</p> <p>2. Strength Work up to a heavy Pause Front Squat – hold the bottom for 3 seconds on each rep.</p> <p>3. Conditioning A. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>B. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>C. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> | <p>Run/Ruck: 8 rounds of 30sec ON, 20sec</p> <p>1. Endurance A. Assault Bike: 8 Rounds of 30 sec MAX WATTS, 20 Seconds idle @ WATTS = body weight.</p> <p>Then,</p> <p>B. Run/Row 2x1200m at 70-80% effort, rest 3 minutes between intervals</p> <p>2. Mobility 10-minutes Hips/Legs/Ankles 10-minutes Shoulders/Arms/Wrists</p> <p>* Pick one or two focus areas and work on mobility for 20 minutes. Remember to test and retest throughout session.</p> | <p>1. Snatch 3x3 at 75% 2x2 at 80% 1x1 at 85% 2x2 at 80% 3x3 at 75% unlimited rest between sets</p> <p>2. Strength 5x10 Back Squat, climbing</p> <p>3. Conditioning "Filthy 50" 50 Box Jumps, 24/20 KBS, 1-pood Jumping Pull-Up, bar at mid forearm when standing Walking Lunge Toes to Bar (this is not a typo) Push Press, 45/35 Hip Ext Burpee Wall Ball20/14 Double unders</p> | <p>1. Strength 10 RM TnG Squat Clean</p> <p>2. Conditioning Teams of 3: With a 25 min clock... 3K Row Buy-In, split up as desired In the remaining time complete AMRAP of: 50 Hang Power Snatch (75/55) 50 Thrusters (75/55) 50 Sumo DL High Pulls (75/55) 1 athlete works at a time, split up reps as desired.</p> |