

GENERAL WORKOUT OF THE DAY ~ April 2017 ~

Sunday, 02 April 2017	Monday, 03 April 2017	Tuesday, 04 April 2017	Wednesday, 05 April 2017	Thursday, 06 April 2017	Friday, 07 April 2017	Saturday, 08 April 2017
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:
20 Strict Pull-Ups 40 Strict Presses (95/65) 20 Strict Pull-Ups *On the 2:00, Run 100 m	"Dirty 30" 30 Box Jumps (24"/20") 30 Chest to Bar Pull-Ups 30 Kettlebell Swings (53/35) 30 Front Squats (135/95) 30 Toes to Bar 30 Push Presses (115/80) 30 Deadlifts (115/80) 30 Wallballs (20/14) 30 Burpees 30 Double-Unders	"JT's on the Road" 21 Handstand Pushups, 21 Ring Dips, 21 Pushups 30/20 Calorie Bike 15 Handstand Pushups, 15 Ring Dips, 15 Pushups 30/20 Calorie Bike 9 Handstand Pushups, 9 Ring Dips, 9 Pushups 30/20 Calorie Bike	Weightlifting Wednesday Squat Clean Heavy Set of 5 Reps Heavy Set of 3 Reps 1 Rep Max	Today is Bring a Friend Day! All classes are free to try! "Three Amigos" Teams of 3 AMRAP 20: 7 Kettlebell Swings (70/53) 7 Box Jumps (24"/20") Sprint 7 Burpees Sprint  Teammates cycle through, one athlete at a time completing full rounds. Score is total number of rounds the team completes in 20 minutes.	"Amanda" 9 – 7 – 5: Ring Muscle-Up Squat Snatch (135/95)  Compare with 1/9/2017	Teams of 3: 100 Calorie Row, 100 Deadlifts 80 Calorie Row, 80 Hang Power Cleans 60 Calorie Row, 60 Front Squats 40 Calorie Row, 40 Push Jerks 20 Calorie Row, 20 Clusters Rx Loading – 135/95 One athlete works at a time. Post Times to Comments.

GENERAL WORKOUT OF THE DAY ~ April 2017 ~

Sunday, 09 April 2017	Monday, 10 April 2017	Tuesday, 11 April 2017	Wednesday, 12 April 2017	Thursday, 13 April 2017	Friday, 14 April 2017	Saturday, 15 April 2017
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>"Sunday Sweatfest"</p> <p>On the Minute x 20:</p> <p>Minute 1 – 15/12 Calorie Bike</p> <p>Minute 2 – 15/12 Calorie Row</p> <p>Minute 3 – 5 Pull-Ups + 10 Pushups + 15 Squats</p> <p>Minute 4 – 15 Kettlebell Swings (53/35)</p> <p>Minute 5 – 30 Double-Unders</p>	<p>"Nancy"</p> <p>5 Rounds:</p> <p>400 Meter Run</p> <p>15 Overhead Squats (95/65)</p>	<p>"Meat Grinder"</p> <p>50 Clean and Jerks (135/95)</p> <p>*Every Minute on the Minute –</p> <p>Complete 5 Chest-to-Bar Pull-Ups</p>	<p>"Work It Wednesday"</p> <p>"Skipper"</p> <p>5 Rounds:</p> <p>60 Double-Unders</p> <p>40 Air Squats</p> <p>20 Calorie Row</p> <p>Strength:</p> <p>Front Squat</p> <p>3-3-3</p>	<p>"Gun Show"</p> <p>AMRAP 15:</p> <p>15/12 Calorie Bike</p> <p>12 Kettlebell Swings (53/35)</p> <p>1 Rope Climb</p>	<p>"Big League Chew"</p> <p>21 – 15 – 9</p> <p>Deadlifts (225/155)</p> <p>Handstand Pushups</p> <p>Dumbbell Box Step Overs (24"/20" with 45's/35's)</p>	<p>"Gobstopper"</p> <p>30 Lateral Barbell Burpees</p> <p>400 Meter Run</p> <p>15 Power Snatches (115/80)</p> <p>800 Meter Run</p> <p>15 Power Snatches (115/80)</p> <p>400 Meter Run</p> <p>30 Lateral Barbell Burpees</p>

GENERAL WORKOUT OF THE DAY ~ April 2017 ~

Sunday, 16 April 2017	Monday, 17 April 2017	Tuesday, 18 April 2017	Wednesday, 19 April 2017	Thursday, 20 April 2017	Friday, 21 April 2017	Saturday, 22 April 2017
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>Run 1 Mile</p> <p>Back Squat On The Minute x 15: Minutes 1-5 – 7 Reps Minutes 6-10 – 5 Reps Minutes 11-15 – 3 Reps Start with about 50% of your best 1-Rep Back Squat and attempt to climb every set with small jumps.</p> <p>Run 1 Mile</p>	<p>“Marathon Monday” 2 Rounds for Time 400 Meter Run, 26 Hand Release Push Ups 400 Meter Run, 26 Kettlebell Swings (53/35) 400 Meter Run, 26 Sit Ups 400 Meter Run, 26 Hip Extensions 400 Meter Run, 26 Double Unders 400 Meter Run, 26 Box Jumps (24/20)</p>	<p>“Big Baseline” 50 Calorie Row 40 Front Squats (135/95) 30 Toes to Bar 20 Push Jerks (135/95) 10 Muscle-Ups</p>	<p>“The Other Total” 1 Rep Max Clean 1 Rep Max Bench 1 Rep Max Overhead Squat</p>	<p>“El Fuego” On the Minute x 20: Minute 1 – 10 Burpee Box Jumps (24”/20”) Minute 2 – 15/12 Calorie Row Minute 3 – 20/15 Calorie Bike Minute 4 – 20 Abmat Sit-Ups</p>	<p>“Slingshot” 55 Barbell Burpees 34 Overhead Squats (95/65) 21 Ring Muscle-Ups</p>	<p>“Woof” Run 1 Mile 21 Kettlebell Swings, 21 Kettlebell Front Squats Run 800 Meters 15 Kettlebell Swings, 15 Kettlebell Front Squats Run 400 Meters 9 Kettlebell Swings, 9 Kettlebell Front Squats Rx – 70# / 53#</p>

GENERAL WORKOUT OF THE DAY ~ April 2017 ~

Sunday, 23 April 2017	Monday, 24 April 2017	Tuesday, 25 April 2017	Wednesday, 26 April 2017	Thursday, 27 April 2017	Friday, 28 April 2017	Saturday, 29 April 2017
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>On the Minute x 30</p> <p>Minutes 1-10 – odd: 7 Deadlifts even: shuttle sprints</p> <p>Minutes 11-20 – odd: 5 Deadlifts even: shuttle sprints</p> <p>Minutes 21-30 odd: 3 Deadlifts even: shuttle sprints</p> <p>*Aim to build deadlift weight steadily throughout all 15 rounds.</p> <p>* shuttle sprint is a set of cones placed 10m, 12m, and 15m from the starting line. Run to the 10 m cone and back, then to the 12 m cone and back, and finally to the 15 m cone and back. Touch the ground with both hands each time you pivot.</p>	<p>Strength: Front Squat 5-5-5</p> <p>“Tomahawk” 21 – 15 – 9: Calorie Row Thrusters (95/65)</p>	<p>“Wheels Up” 40 Calorie Bike 30 Box Jumps (24/20) 20 Toes to Bar 10 Power Cleans (185/135) 20 Toes to Bar 30 Box Jumps (24/20) 40 Calorie Bike</p>	<p>Weightliftin’ Wednesday Split Jerk Strict Press 3 Sets of 3 Split Jerk Balance 3 Sets of 3 Split Jerk Build to a Heavy Single</p>	<p>St Jude Event</p> <p>On the Minute x 20: Minute 1 – 15 Hand-Release Pushups Minute 2 – 15/12 Calorie Row Minute 3 – 15 Medball Squat Cleans (20/14) Minute 4 – 50 Double-Unders</p>	<p>“Helen” 3 Rounds: 400 Meter Run 21 Kettlebell Swings (53/35) 12 Pull-Ups</p> <p>Strength: Back Squat 3-3-3-3</p>	<p>“Night Train” Teams of 3: 100 Calorie Row 100 Lateral Barbell Burpees 100 Power Cleans (135/95) 100 Toes to Bar 100 Push Jerks (135/95) 100 Lateral Barbell Burpees 100 Calorie Row</p>

GENERAL WORKOUT OF THE DAY ~ April 2017 ~

Sunday, 30 April 2017	Monday, 01 May 2017	Tuesday, 02 May 2017	Wednesday, 03 May 2017	Thursday, 04 May 2017	Friday, 05 May 2017	Saturday, 06 May 2017
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>"Pushin' Weight"</p> <p>1 Round, resting 1:00 between efforts:                      25 Meter Prowler Push (Guys 4x45's, Girls 3x45's)                      50 Meter Prowler Push (3x45's/2x45's)                      100 Meter Prowler Push (2x45's, 1x45)                      100 Meter Prowler Push (1x45, Empty)                      Cashout                      100 Abmat Sit-Ups for Time</p>	<p>"Macho Monday"</p> <p>On the Minute x 10:                      1 Snatch                      Back Squat                      5 Sets of 5</p>	<p>Cyclone</p> <p>21 Deadlifts, 42 Calorie Bike, 84 Double-Unders                      15 Deadlifts, 30 Calorie Bike, 60 Double-Unders                      9 Deadlifts, 18 Calorie Bike, 36 Double-Unders</p>	<p>"Epinephrine"</p> <p>1,000 Meter Row                      -Directly Into-                      21 – 15 – 9:                      Kettlebell Swings (70/53)                      Overhead Squats (115/80)</p>	<p>Today is Bring a Friend Day!                      All classes are free to try!                      "Rock Em Sock Em"                      On the Minute x 20:                      Minute 1 – 20 Abmat Sit-Ups                      Minute 2 – 20/15 Calorie Bike                      Minute 3 – 50' Dumbbell Lunge (50's/35's)                      Minute 4 – 100 Meter Prowler Push (Empty)                      Minute 5 – 200 Meter Run</p>	<p>"Open Test"</p> <p>AMRAP 20:                      50 Wallballs (20/14)                      50 Double-Unders                      40 Box Jumps (24/20)                      40 Toes-to-Bar                      30 Chest-to-Bar Pull-Ups                      30 Burpees                      20 Cleans (145/100)                      20 Jerks (145/100)                      10 Snatches (145/100)                      10 Muscle-Ups</p>	<p>"The Terminator"</p> <p>600 Meter Hill Run, 60 Calorie Row, 60 Air Squats                      400 Meter Run, 40 Calorie Row, 40 Air Squats                      200 Meter Run, 20 Calorie Row, 20 Air Squats</p>