

~ February 2016 ~						
Sunday, 31 January 2016	Monday, 01 February 2016	Tuesday, 02 February 2016	Wednesday, 03 February 2016	Thursday, 04 February 2016	Friday, 05 February 2016	Saturday, 06 February 2016
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:
Rest	<p>1. Strength Conditioning EMOMx10: Odd: 10 Front Squats – you choose the weight Even: 10 Deads – you choose the weight</p> <p>2. Gymnastics Conditioning 10 RFT: 5 Muscle ups 10 Strict HSPU</p> <p>3. Lurong Week 3 Workout: TBA</p>	<p>SESSION 1</p> <p>1. Snatch A. EMOMx10: 2 Squat Snatches B. Work up to a heavy Snatch Grip Push Press C. work up to a heavy set of 3 Overhead Squats</p> <p>2. Clean and Jerk 5 sets of: Hang Squat Clean + Squat Clean + Push Jerk + Split Jerk, climbing</p> <p>3. Strength A. 4x4 Bench Press, across B. 3x3 Snatch Grip Stiff Leg Dead Lift, climbing</p> <p>4. Row EMOM 15: Min 1: Easy Min 2: 15 seconds over 2k Pace Min 3: 10 seconds over 2k Pace Min 4: 5 seconds over 2k Pace Min 5: at 2K pace</p> <p>SESSION 2</p> <p>1. Conditioning AMRAP 15: 1 Clean and Jerk, 155/105 1 Round of "Cindy" 2 Clean and Jerks, 155/105 1 Round of "Cindy" 3 Clean and Jerks, 155/105 1 Round of "Cindy" ...continue to add 1 CJ after every round of "Cindy"</p> <p>2. Midline Accessory 50 Strict TTB 50 GHDSU 50 Abmat Situps</p>	<p>** with class</p> <p>1. Squat A. 10RM Back Squat B. 3RM Front Squat</p> <p>2. Conditioning Teams of 3 AMRAP 20: Station 1: Row for Calories Station 2: 50' Hang Double KB Walking lunge, 2-pood/1.5-pood Station 3: Rest Rotate stations when lunge is complete. Score is total calories on the rower.</p> <p>3. Mid Line Accessory 3 RFT: 20 GHDSU 30 Hip Extensions</p>	Recovery Day	<p>1. Clean 1RM Squat Clean</p> <p>2. Jerk 1RM Jerk</p> <p>3. Squat 3x10 Back Squat, across at 80% of 10RM</p> <p>4. Conditioning 2 RFT: 25 Box Jumps, 24/20" 20 C2B 15 Strict HSPU 10 Squat Snatch, 135/95</p> <p>5. MidLine Conditioning 2K Row – every minute on the minute complete a :10 L-sit.</p>	<p>1. Hero WOD "Nate" AMRAP 20: 22 Muscle-Ups 4 Handstand Push-Ups 8 Kettlebell Swings (2/1.5) Pd</p> <p>https://www.crossfit.com/mt-archive2/003348.html</p>

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Sunday, 07 February 2016	Monday, 08 February 2016	Tuesday, 09 February 2016	Wednesday, 10 February 2016	Thursday, 11 February 2016	Friday, 12 February 2016	Saturday, 13 February 2016
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:
Rest	<p>SESSION 1</p> <p>1. Snatch 3x3 at 60% 3x2 at 70% 2x1 at 75% 2x1 at 80% 3x1 at 85% 2x1 at 90%</p> <p>2. Conditioning 2K Row for time EMOM complete Death by Thrusters at 95/65# At the 1-min mark get off the rower and do 1 thruster. At the 2-min mark get off the rower and complete 2 thrusters, and so on...</p> <p>SESSION 2</p> <p>1. Clean and Jerk 3x3 at 60% 3x2 at 70% 2x1 at 75% 2x1 at 80% 3x1 at 85% 2x1 at 90%</p> <p>2. Conditioning Lurong Week 3 Workout: TBA</p>	<p>1. Squat 4x10 Back Squat, climbing</p> <p>2. Conditioning 75 Wall Balls, 20/14 60 Box Jumps, 24/20 45 C2B Pull ups 30 Cleans, 135/95 15 Muscle ups</p> <p>3. Conditioning For Time: 25 Snatches, 95/65 25 TTB 20 Snatches, 135/95 20 TTB 15 Snatches, 155/105 15 TTB 10 Snatches, 185/135 10 TTB 5 Snatches, 205/145 5 TTB</p>	<p>** with class</p> <p>1. Clean 7x1 Squat Clean at 90%</p> <p>2. Squat 5RM Back Squat, Climbing</p> <p>3. EMOMx15 5 Rounds of: Min 1: 7 Back Squat from a rack (70% of 5RM) Min 2: 20 GHDSU Min 3: Shuttle Sprint for time (2x: 10m out and back, 15m out and back)</p>	Recovery Day	<p>SESSION 1</p> <p>1. Clean and Jerk 3x3 at 60% 2x3 at 65% 2x2 at 70% 1x2 at 75% Single at 80% Single at 85% Single at 90% Single at 95%</p> <p>2. Conditioning 15-12-9: Thruster (115/80) CTB PU Immediately into... 15-12-9: Burpee BJ (24/20) Squat Clean (115/80)</p> <p>SESSION 2</p> <p>1. Squat 1x10 Front Squat at 60% 1x10 Front Squat at 70% 1x10 Front Squat at 80%</p> <p>2. Gymnastic Skills A. 3xmax rep Parallette Strict HSPU B. 2xmax rep Kipping Parallette HSPU C. 1xmax rep strict HSPU</p> <p>3. Conditioning 3 RFT: 20 Calorie Standing Assault Bike – no sitting 30 Calorie Row 1 minute rest between rounds</p>	<p>1. Snatch A. EMOMx10: 2 rounds of singles at 75-80-85-90-95% B. 5RM unbroken Squat Snatch</p> <p>2. Gymnastics Skills 10 Legless Rope Climbs for time</p> <p>3. Conditioning AMRAP 15: 21 WB (20/14) 15 Cal Row 9 Deadlifts (225/155)</p>

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Sunday, 14 February 2016	Monday, 15 February 2016	Tuesday, 16 February 2016	Wednesday, 17 February 2016	Thursday, 18 February 2016	Friday, 19 February 2016	Saturday, 20 February 2016
<p>Workout of the Day:</p> <p>Rest</p>	<p>Workout of the Day:</p> <p>SESSION 1 1. Clean and Jerk 3x1 at 70% 3x1 at 75% 2x1 at 80% 2x1 at 85% 5x1 at 90% 2x1 at 85%</p> <p>2. Squats 3x10 Back Squats, across</p> <p>3. Gymnastics Skills Muscle ups: 4 sets of unbroken reps at 60% of best unbroken set</p> <p>4. Burner 5 RFT: 10 Burpees 35 Double unders</p> <p>SESSION 2 - with class 1. Conditioning "TEAM OPEN TEST" Teams of 2 complete AMRAP 20 of: 100 WB 100 DU 80 Box Jumps, 24/20 80 TTB 60 C2B 60 Burpees 40 Cleans, 145/100 40 Jerks 20 Snatch 20 MU</p> <p>* one person working at a time</p>	<p>Workout of the Day:</p> <p>With a running clock 1. At the 0:00 AMRAP 12 of: 30 Calorie Row 15 OHS 155/105</p> <p>2. At the 15:00 mark AMRAP 6 of: 10 Squat Cleans, 135/95 10 Ring Dips</p> <p>3. At the 25:00 mark AMRAP 3 of: 6 Thrusters, 115/80 6 C2B</p> <p>Rest as needed, then</p> <p>4. Strength EMOMx10: Odd: 5 Deads, You choose the weight and climb in weight each set. Even: 20 Dumbbell Strict Press – you choose the weight.</p>	<p>Workout of the Day:</p> <p>SESSION 1 1. Clean A. work up to a heavy (not max) complex of: Power Clean + Hang Squat Clean + Squat Clean B. EMOMx7: 5 TnG Power Cleans</p> <p>2. Squat A. 3-rep heavy Front Squat B. 10 Rep heavy Back Squat C. 20 Rep heavy Reverse Lunge – back rack, alternating steps (10/side)</p> <p>3. Gymnastics Conditioning 3 Rounds NOT For time: 3 Legless Rope Climbs 30 Pistols (15/side) 100' HS Walk :30 second L-Sit</p> <p>4. Conditioning 7 RFT: 7 Box Jumps, 30/24" 150' sprint 7 KBS, 2-pood/1.5-pood 150' Sprint Rest 2 minutes between rounds</p> <p>SESSION 2 1. Row Conditioning 5K Row for time* * Every 3 minutes complete 3 Muscle ups</p>	<p>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</p> <p>Lurong Week 5 - Benchmark WOD</p> <p>AMREP 3 Row for Cals Rest 1 minute AMREP 3 Cluster* Rest 1 minute AMREP 3 Row for Cals</p> <p>*Level I: Ground to Overhead (55/35) *Level II: Cluster (95/65) *Level III: Cluster (155/105)</p> <p>Your score is the total calories rowed plus cluster reps.</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Bergeron Beep Test" EMOM for as long as possible... 7 Thrusters, 75/55 7 Pull ups 7 Burpees</p> <p>Benchmarks* Super Elite/Specialists: 20+ Games Level Athletes: 18+ Regional Level Athletes: 13+ Open Level Athletes: 9+ *The Bergeron Beep Test is an excellent test of CrossFit-Specific conditioning and mental fortitude. Smaller and shorter athletes, particularly those with shorter arms, have an advantage in this test. Regardless, it is one of our best test of CF Sport Specific Conditioning and should be used as one of several tools to benchmark YOUR improvements throughout the year.</p>

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Sunday, 21 February 2016	Monday, 22 February 2016	Tuesday, 23 February 2016	Wednesday, 24 February 2016	Thursday, 25 February 2016	Friday, 26 February 2016	Saturday, 27 February 2016
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:
Rest	<p>** with class</p> <p>1. Conditioning AMRAP 12 of: 50 DU 20 KBS (70/53) 7 Jerks (185/135)</p> <p>2. Strength Conditioning EMOMx8: Odd: 7 TTB + 7 Power Cleans, 155/105 Even: 7 TTB + 7 Front Squats, 155/105</p>	<p>** with class</p> <p>1. Gymnastics Skills "Death by Muscle up" Every minute, on the minute, complete an ascending ladder of Muscle ups. 1 rep the first minute, 2 the second and so on...</p> <p>2. Conditioning AMRAP 8: 15 Cal Row 15 Wall Balls, 20/14</p> <p>3. Conditioning 3 RFT: 10 Deadlifts, 275/185 10 Bar Facing Burpees</p>	<p>** with class</p> <p>1. Snatch EMOMx7: Power Snatches, climbing Min 1: 7 reps Min 2: 6 reps Min 3: 5 reps Min 4: 4 reps Min 5: 3 reps Min 6: 2 reps Min 7: 1 rep</p> <p>2. Clean EMOMx7: Power Cleans. climbing Min 1: 7 reps Min 2: 6 reps Min 3: 5 reps Min 4: 4 reps Min 5: 3 reps Min 6: 2 reps Min 7: 1 rep</p> <p>3. Thruster EMOMx7: Thrusters. climbing Min 1: 7 reps Min 2: 6 reps Min 3: 5 reps Min 4: 4 reps Min 5: 3 reps Min 6: 2 reps Min 7: 1 rep</p> <p>4. Conditioning 4 RFT: 12 Jerks, 135/95 12 Box Jumps, 24/20 12 Cleans, 135/95 12 C2B Pull ups</p>	Recovery Day	<p>CrossFit Games Open WOD 16.1 Workout: TBA</p>	<p>** with class</p> <p>1. Strength A. 7x3 Back Squat B. 7x3 Close Grip Bench Press</p> <p>2. Conditioning With a running clock... A. AMRAP 5 12 Box Jump Overs, 24/20" 12 Bar Facing Burpees 12 Front Squats, 135/95</p> <p>Rest 5 Minutes</p> <p>B. AMRAP 5 10 Box Jump Overs, 24/20" 10 Bar Facing Burpees 10 Front Squats, 135/95</p> <p>Rest 5 Minutes</p> <p>C. AMRAP 5 8 Box Jump Overs, 24/20" 8 Bar Facing Burpees 8 Front Squats, 135/95</p>

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Sunday, 28 February 2016	Monday, 29 February 2016	Tuesday, 01 March 2016	Wednesday, 02 March 2016	Thursday, 03 March 2016	Friday, 04 March 2016	Saturday, 05 March 2016
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:
Rest	<p>1. Snatch EMOMx12: 3 rounds of: Min 1: Triple at 75% Min 2: Double at 80% Min 3: Single at 85% Min 4: Single at 90%</p> <p>2. Squat 5x3 Overhead Squat</p> <p>3. Gymnastics Conditioning 5 Bar Complexes of: 5 Bar Muscle ups + 5 C2B + 5 Pull ups + 5 TTB, all reps unbroken, aka no coming off the bar.</p> <p>4. Conditioning AMRAP 15 30 Jumping Lunges 30 Kettlebell Swings (53/35) 30 Push-Ups</p>	<p>1. Clean and Jerk Work up to a heavy complex of: Power Clean + Push Jerk + Squat Clean + Split Jerk</p> <p>2. Pull 5x10 Deadlift</p> <p>3. Push 5xMax Rep Strict HSPU, 1 minute rest between sets</p> <p>4. Conditioning 3 Minutes: Row for Calories 3 Minutes: Burpee Box Jump Overs (20 inches) 2 Minutes: Row for Calories 2 Minutes: Burpee Box Jump Overs (20 inches) 1 Minute: Row for Calories 1 Minute: Burpee Box Jump Overs (20 inches)</p>	<p>** with class</p> <p>1. EMOMx14 Odd: 7 PC at 135/95 + 30 Double unders Even: 7 C2B + 7 WB, 30/20</p> <p>2. EMOMx12 Odd: 5 Overhead Squats at 135/95 + 30 Double unders Even: 5 Box Jumps, 40/30" + 7 WB, 30/20</p> <p>3. EMOMx10 Odd: 3 Power Snatch at 135/95 + 30 Double unders Even: 3 Muscle ups + 7 WB, 30/20</p>	Recovery Day	<p>CrossFit Games Open WOD 16.2 Workout: TBA</p>	<p>1. Strength EMOMx14 Odd: 2 Push Presses + 1 Split Jerk Even: 4 Good mornings</p> <p>2. Gymnastics EMOMx8: Odd: 50' unbroken Handstand Walk Even: 16 Pistols</p> <p>3. Conditioning 3 RFT: 20 GHDSU 15 Hang Power Cleans, 135/95 10 1-arm Dumbbell Snatch, 100/70</p>