

~ 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
<p>Workout of the Day:</p> <p>1. Conditioning For time: Sandbag Carry, 40/30 lbs, 200 m -- then -- 3 rounds of: 21 Kettlebell Swings, 35/25 lbs Kettlebell Walking Lunge*, 35/25 lbs, 10 m 15 Push-ups -- then -- Sandbag Carry, 40/30 lbs, 200 m</p> <p>*For front lunge, hold a single KB in the front rack.</p>	<p>Workout of the Day:</p> <p>Lurong Week 3 Workout: TBA</p>	<p>Workout of the Day:</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. Oly/Strength 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>Workout of the Day:</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>	<p>Workout of the Day:</p> <p>1. Skill/Strength 50 Turkish Get Ups for Quality of Movement, not for time</p> <p>2. Strength 5x10 Barbell Rollout, not for time</p> <p>3. EMOM 8 20 to 30 Russian Kettlebell Swings*</p> <p>* Pick a number of reps that you can complete each minute. If you are unable to complete the desired number of reps, decrease the number by 5 in the next round.</p>	<p>Workout of the Day:</p> <p>1. Conditioning 2 RFT: 25 Box Jumps, 24/20" 20 C2B 15 Strict HSPU 10 Squat Snatch, 135/95</p> <p>2. Skills EMOMx10 odd: 10 OHSwith 2-second pause at the bottom – you choose the weight. Even: 50 Double unders</p>	<p>Workout of the Day:</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
<p>Workout of the Day:</p> <p>1. Conditioning 4 Rounds, each for time of: Row 21 Calories Bear crawl 15 m 9 Box Jumps (24/20)</p> <p>Rest exactly 2 minutes between rounds.</p>	<p>Workout of the Day:</p> <p>Lurong Week 4 Workout: TBA</p>	<p>Workout of the Day:</p> <p>1. Squat 10RM Front Squat 3RM Front Squat</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. Skills EMOMx14: Odd: 3 Squat Snatches, climbing Even: 12 unbroken TTB</p>	<p>Workout of the Day:</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>	<p>Workout of the Day:</p> <p>1. Endurance Row 8 sets of :90s on, :60s off, or until form deteriorates</p> <p>Rest 5 minutes, then</p> <p>2. Bike 8 sets of :30s on, :30s off, or until form deteriorates</p>	<p>Workout of the Day:</p> <p>1. Conditioning 15-12-9: Thruster (115/80) CTB PU Immediately into... 15-12-9: Burpee BJ (24/20) Squat Clean (115/80)</p> <p>2. Clean and Jerk EMOMx12: 2 Clean and Jerks – start with 75# under your 1RM and add 5-10# every minute.</p>	<p>Workout of the Day:</p> <p>1. 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
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. Team Workout 30 Tire Flips for time</p> <p>2. Strongman Farmers Handles Carry (135/95), each hand, for max distance</p>	<p>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>2. Squats A. 3-Rep Heavy Front Squat B. 10-Rep Heavy Back Squat</p> <p>3. Burner 5 RFT: 10 Burpees 35 Double unders</p>	<p>1. Conditioning AMRAP 12 of: 30 Calorie Row 15 OHS 115/80</p> <p>2. Skills EMOMx10 Snatch Grip Push Press + Snatch Balance + OHS – you choose the weight.</p>	<p>1. 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>2. Row Conditioning 5K Row for time* * Every 3 minutes complete 3 Muscle ups</p>	<p>1. Endurance 5 Rounds 50,40,30,20,10 Air Squats 400 m Run</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>1. "TABATA" 20 Seconds of Work, 10 Seconds of Rest for 8 Rounds of: Row for Calories Push-Ups Abmat Sit-Ups Box Jump (24/20) *Complete all 8 rounds before moving to next movement</p> <p>Score is the total reps completed during all 32 intervals.</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
<p>Workout of the Day:</p> <p>1. Speed EMOM 10 3 Broad Jumps Sprint to 50m cone (26 Jan 15)</p> <p>2. Conditioning 3 Rounds of: AMRAP 1 min Bike (calories) AMRAP 1 min Pushup AMRAP 1 min Abmat Situp AMRAP 1 min KBS (35#/25#) AMRAP 1 min DB Push Press (35#/25#) Rest 1 Minute</p> <p>Perform this like "Fight Gone Bad," by rotating immediately to the next station every 1 min, the clock does not stop or reset between stations.</p>	<p>Workout of the Day:</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>Workout of the Day:</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>Workout of the Day:</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>	<p>Workout of the Day:</p> <p>1. Endurance Row 2K, rest 5 minutes</p> <p>2. Endurance Run 2x800, rest 2:00 minutes between rounds</p> <p>3. Endurance Bike 4 rounds of :90s on, :60s off</p>	<p>Workout of the Day:</p> <p>CrossFit Games Open WOD 16.1 Workout: TBA</p>	<p>Workout of the Day:</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:
1. Endurance 5K Run	CrossFit Games Open WOD 16.1 Workout: TBA	1. 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) 2. Skills EMOMx6: 5 Strict HSPU + 5 Kipping HSPU	1. EMOMx14 Odd: 7 PC at 135/95 + 30 Double unders Even: 7 C2B + 7 WB, 30/20 2. EMOMx12 Odd: 5 Overhead Squats at 135/95 + 30 Double unders Even: 5 Box Jumps, 40/30" + 7 WB, 30/20 3. EMOMx10 Odd: 3 Power Snatch at 135/95 + 30 Double unders Even: 3 Muscle ups + 7 WB, 30/20	Recovery Day Open Gym - work on a skill, improve mobility, and/or perform active recovery workouts Ideas include: Foam rolling, walking, lighter weight lifting (focus on form and movement quality), rowing, hiking, yoga, tai chi, cycling.	CrossFit Games Open WOD 16.2 Workout: TBA	1. Conditioning EMOMx20 Odd: :40 seconds of Max Calorie Row Even: :40 seconds of Max reps of 10 meter Shuttle Run