

GENERAL WORKOUT OF THE DAY ~ February 2017 ~

Sunday, 29 January 2017	Monday, 30 January 2017	Tuesday, 31 January 2017	Wednesday, 01 February 2017	Thursday, 02 February 2017	Friday, 03 February 2017	Saturday, 04 February 2017
<p><b>Workout of the Day:</b></p> <p>"Paradise City"                      3 Rounds:                      Max Reps Bench Press (Bodyweight)                      Max Strict Pull-Ups                      Rest 3:00 between. Transition from the bench to the pull-ups immediately.                      Rest 5:00                      3 Rounds:                      Max Reps Strict Ring Dips                      Max Reps Ring Rows                      Rest 3:00 between. Transition from the ring dips to the ring rows immediately.</p>	<p><b>Workout of the Day:</b></p> <p>"Probatio"                      5:00 – Burpee Box Jump Overs (24"/20")                      Rest 5:00                      4:00 – 10 Meter Shuttle Runs                      Rest 4:00                      3:00 – Power Cleans (Choose one weight)                      Guys: 75, 95, 135, 155 Girls: 55, 65, 95, 105                      Rest 3:00                      2:00 – Wallball Shots (20/14)                      Rest 2:00                      1:00 – Max Unbroken Pull-Ups                      Record each score separately, for a total of (5) scores.</p>	<p><b>Workout of the Day:</b></p> <p>"El Gato"                      21 – 18 – 15 – 12 – 9:                      Calorie Row                      Thrusters (95/65)</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday                      Pause Overhead Squat                      Build to a Moderate Single                      Power Snatch + Squat Snatch + Overhead Squat                      Build to a Heavy Complex</p>	<p><b>Workout of the Day:</b></p> <p>"Abeja"                      In 3:00, 45/30 Calorie Air Bike                      Time remaining: Max Toes to Bar                      Rest 3:00                      In 3:00, 45/30 Calorie Air Bike                      Time remaining: Max Double-Unders                      Rest 3:00                      In 3:00, 45/30 Calorie Air Bike                      Time remaining: Max Burpees</p>	<p><b>Workout of the Day:</b></p> <p>Lurong Week 3 - New Year Test 2.0                      7-Minute AMRAP:                      5 Front Squats                      7 Bar Facing Burpees</p>	<p><b>Workout of the Day:</b></p> <p>"Nate"                      AMRAP 20:                      2 Ring Muscle-Ups                      4 Handstand Pushups                      8 Kettlebell Swings (70/53)</p> <p>* compare with 9 August 2016</p> <p>Chief Petty Officer Nate Hardy was killed Sunday February 4th, 2008, during combat operations in Iraq. Nate is survived by his wife, Mindi, and his infant son Parker.</p> <p><a href="https://www.crossfit.com/workout/2008/02/12">https://www.crossfit.com/workout/2008/02/12</a></p>

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Sunday, 05 February 2017	Monday, 06 February 2017	Tuesday, 07 February 2017	Wednesday, 08 February 2017	Thursday, 09 February 2017	Friday, 10 February 2017	Saturday, 11 February 2017
<p><b>Workout of the Day:</b></p> <p>On the Minute x 16:                      Even Minutes – 4 Front Squats                      Odd Minutes – 8 Back Squats                      Start at 50% of your best front squat, and build every two minutes.</p>	<p><b>Workout of the Day:</b></p> <p>“Open 13.4”                      Climbing Ladder for 7 Minutes                      3 Clean and Jerks, 3 Toes to Bar                      6 Clean and Jerks, 6 Toes to Bar                      9 Clean and Jerks, 9 Toes to Bar                      12 Clean and Jerks, 12 Toes to Bar                      Rx – 135 / 95                      Continue to add 3 repetitions per round until the 7 Minute Cap.</p> <p>This Thursday is Bring a Friend Day!</p>	<p><b>Workout of the Day:</b></p> <p>“Canguro”                      50 Calorie Row                      40 Deadlifts (135/95)                      30 Box Jumps (24”/20”)                      20 Front Squats (135/95)</p> <p>This Thursday is Bring a Friend Day!</p>	<p><b>Workout of the Day:</b></p> <p>“Weightlifting Wednesday”                      Teams of 3:                      AMRAP 7: Back Squat                      50 Reps (135/95)                      50 Reps (185/135)                      Max Reps (225/155)                      -3 Minute Rest-                      AMRAP 7: Push Press                      50 Reps (135/95)                      50 Reps (155/105)                      Max Reps (185/135)                      -3 Minute Rest-                      AMRAP 7: Hang Power Clean                      50 Reps (135/95)                      50 Reps (155/105)                      Max Reps (185/135)                      Post Teams Names and Scores to Whiteboard.</p> <p>This Thursday is Bring a Friend Day!</p>	<p><b>Workout of the Day:</b></p> <p>“Rana”                      100 Double-Unders, 50 Sit-Ups, 25 Burpees                      80 Double-Unders, 40 Sit-Ups, 20 Burpees                      60 Double-Unders, 30 Sit-Ups, 15 Burpees                      40 Double-Unders, 20 Sit-Ups, 10 Burpees                      20 Double-Unders, 10 Sit-Ups, 5 Burpees</p> <p>Today is Bring a Friend Day!</p>	<p><b>Workout of the Day:</b></p> <p>Lurong Week 4 - The Clean Up Crew                      12 Minute AMRAP:                      1 Clean                      2 Chest to Bar Pull Ups                      2 Clean                      4 Chest to Bar Pull Ups                      3 Clean                      6 Chest to Bar Pull Ups</p> <p>Continue up the ladder...</p>	<p><b>Workout of the Day:</b></p> <p>“Zorro”                      80/60 Calorie Bike “Buy-In”                      Directly into...                      21 Clean and Jerks (115/80), 21 Overhead Squats (115/80)                      15 Clean and Jerks (115/80), 15 Overhead Squats (115/80)                      9 Clean and Jerks (115/80), 9 Overhead Squats (115/80)</p>

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Sunday, 12 February 2017	Monday, 13 February 2017	Tuesday, 14 February 2017	Wednesday, 15 February 2017	Thursday, 16 February 2017	Friday, 17 February 2017	Saturday, 18 February 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>"El Toro Toro"</p> <p>AMRAP 15:                      5 Deadlifts (135/95)                      10 Box Jumps (24"/20")                      15 Wallballs (20/14)</p>	<p>"Paloma"</p> <p>AMRAP 4:                      30 Lateral Barbell Burpees, Max Snatches (75/55) in Remaining Time                      Rest 4:00                      AMRAP 4:                      20 Lateral Barbell Burpees, Max Snatches (135/95) in Remaining Time                      Rest 4:00                      AMRAP 4:                      10 Lateral Barbell Burpees, Max Snatches (165/115) in Remaining Time</p>	<p>"Aguila"</p> <p>AMRAP 7:                      3 Thrusters (95/65), 3 Chest to Bar Pull-Ups                      6 Thrusters (95/65), 6 Chest to Bar Pull-Ups                      9 Thrusters (95/65), 9 Chest to Bar Pull-Ups                      Continue pattern, adding (3) repetitions per round, until the 7 minute time cap.</p>	<p>"Elefante"</p> <p>10 Rounds:                      Even Minutes – 5 Deadlifts                      Odd Minutes – 15 Box Jumps (24/20)                      Start with a light load on the barbell, and build each round.</p>	<p>"Cucaracha"</p> <p>10 Rounds:                      First Minute – 15/12 Calorie Row                      Second Minute – 10 Medball Cleans, 10 Hand-Release Pushups</p>	<p>Lurong Week 5 - The Resolution Chipper Retest</p> <p>10 Minute AMRAP:                      15 Snatches                      20 Deadlifts                      25 Box Jump Overs                      20 Hand Release Push Ups                      15 Thrusters</p>	<p>"Gorila"</p> <p>Teams of 3, AMRAP 25:                      100 Calorie Row, 50 Clean and Jerks (95/65)                      100 Calorie Row, 50 Clean and Jerks (135/95)                      100 Calorie Row 50 Clean and Jerks (155/105)                      100 Calorie Row, Max Clean and Jerks (185/135)</p>

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Sunday, 19 February 2017	Monday, 20 February 2017	Tuesday, 21 February 2017	Wednesday, 22 February 2017	Thursday, 23 February 2017	Friday, 24 February 2017	Saturday, 25 February 2017
<p><b>Workout of the Day:</b></p> <p>On the Minute x 16: Even Minutes – 4 Front Squats Odd Minutes – 8 Back Squats</p>	<p><b>Workout of the Day:</b></p> <p>“Erizo” AMRAP 15: 15 Deadlifts (225/155) 30 Wallballs (20/14) 60 Double-Unders</p>	<p><b>Workout of the Day:</b></p> <p>“The Good Life” 3 Rounds: Row 500 Meters 12 Burpees 21 Box Jumps (24”/20”)  Compare with 3 November 2016 and 18 July 2016</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday 3-Position Snatch – Build to a Heavy Position 1 – Pockets Position 2 – Knees Position 3 – Floor Cashout On the Minute x 12: Minute 1 – :20s Overhead Squat Hold (45/35) Minute 2 – 15 Abmat Sit-Ups Minute 3 – 7 Strict Pull-Ups</p>	<p><b>Workout of the Day:</b></p> <p>“Goat Day” On the Minute for 20: Odd Minutes – “Goat” #1 Even Minutes – “Goat” #2 “Goat” – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two “Goats” to work on today. Coaches will have great suggestions in class. Post “goats” to comments.</p>	<p><b>Workout of the Day:</b></p> <p>“Open 17.1” TBA  Come by tonight at 6:30pm for Friday Night Lights! If you’d like to jump in on the action, come in at 6:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 6:45, we’ll start Heat #1 at 7:00pm sharp.</p>	<p><b>Workout of the Day:</b></p> <p>“Jirafa” Alternating On-The-Minute x 21: Minute 1 – 200 Meter Run Minute 2 – 15/12 Calorie Row Minute 3 – 7 Power Cleans (135/95) + 30 Double-Unders</p>

GENERAL WORKOUT OF THE DAY ~ February 2017 ~

Sunday, 26 February 2017	Monday, 27 February 2017	Tuesday, 28 February 2017	Wednesday, 01 March 2017	Thursday, 02 March 2017	Friday, 03 March 2017	Saturday, 04 March 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>Romanian Deadlift 4 x 8 Midline Washout 4 Rounds, Not For Time: 15 Abmat Sit-Ups 20 Hip Extensions 25 Flutter Kicks (4-Count) 30 Banded Good Mornings</p>	<p>“Perro” Teams of 2 AMRAP 20: 3 Calorie Bike, 3 Hand-Release Pushups, 3 Dumbbell Snatches (45/35) 6 Calorie Bike, 3 Hand-Release Pushups, 6 Dumbbell Snatches (45/35) 9 Calorie Bike, 3 Hand-Release Pushups, 9 Dumbbell Snatches (45/35) Partner 1 completes the round of three reps of each movement, then Partner 2 does the same. The team alternates in this fashion for the 20 minutes, adding 3 repetitions to each movement per round.</p>	<p>“Toast” Every Minute on the Minute x 12: 2 Rounds of... Minute 1 – 5 Power Snatches (95/65) + 10 TTB Minute 2 – 15/12 Calorie Row Minute 3 – 5 Clean and Jerks (95/65) + 10 TTB Minute 4 – 15/12 Calorie Row Minute 5 – 5 Thrusters (95/65) + 10 TTB Minute 6 – 15/12 Calorie Row Box Brief Bring a Friend Day is This Thursday!</p>	<p>Weightlifting Wednesday Back Squat 10 – 8 – 6 – 4 – 2 Rest 2:00 between sets, building in weight on each. Cashout AMRAP 8: 10 Wallballs (20/14) 20 Double-Unders</p>	<p>“Goat Day” On the Minute for 20: Odd Minutes – “Goat” #1 Even Minutes – “Goat” #2 “Goat” – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two “Goats” to work on today. Coaches will have great suggestions in class.</p>	<p>“Open 17.2” TBA Come by tonight at 6:30pm for Friday Night Lights! If you’d like to jump in on the action, come in at 6:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 6:45, we’ll start Heat #1 at 7:00pm sharp.</p>	<p>“The Four Horsemen” 5 Rounds of :40s on / :20s off: Push Jerks (135/95) Burpee Box Jumps (24”/20”) Deadlifts (225/155) Bike for Calories During each :20s rest, rotate to the next station.</p>