

GENERAL WORKOUT OF THE DAY ~ January 2017 ~

Sunday, 01 January 2017	Monday, 02 January 2017	Tuesday, 03 January 2017	Wednesday, 04 January 2017	Thursday, 05 January 2017	Friday, 06 January 2017	Saturday, 07 January 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>"Lurong Chipper Challenge" Rounds 15 - 12 - 9 - 6 - 3 For time of: American KB Swings - 53 /35 lbs. Power Cleans - 95/65 lbs. Box Jump Overs - 24 /20 in.</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. Post Scores to Comments.</p>	<p>"Chase the Ace" 3 Rounds of 3:00 On / 3:00 Rest: 6 Thrusters (95/65) 6 Toes to Bar 9 Thrusters (95/65) 9 Toes to Bar 12 Thrusters (95/65) 12 Toes to Bar Continue adding 3 repetitions to each movement per round until the 3:00 mark. Post scores for all three rounds to comments. Box Brief This Thursday is Bring a Friend Day!</p>	<p>Pausing Clean Grip Deadlifts 5 sets of 2 Bulgarian Split Squats 2 sets of 6 Romanian Deadlifts 2 sets of 20 Post Loads to Comments. Box Brief This Thursday is Bring a Friend Day!</p>	<p>Today is Bring a Friend Day! All Classes are Free to Try! "Live Wire" Teams of 2 AMRAP 20: 15 Wallball Shots (20/14) 10 Calorie Row 5 Dumbbell Box Step Overs (24/20) First partner completes the full round, and then tags the second partner in for the same. Post your amazing team name and total rounds to comments.</p>	<p>Thunderstruck" 30 Front Squats (135/95), 15 Ring Muscle-Ups 20 Front Squats (135/95), 10 Ring Muscle-Ups 10 Front Squats (135/95), 5 Ring Muscle-Ups</p>	<p>"Rock of Ages" 5 Rounds: 30 Kettlebell Swings (53/35) 30 Pushups Directly into... 1,000 Meter Row The row is completed once, after all five rounds of the kettle bell/pushup couplet.</p>

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Sunday, 08 January 2017	Monday, 09 January 2017	Tuesday, 10 January 2017	Wednesday, 11 January 2017	Thursday, 12 January 2017	Friday, 13 January 2017	Saturday, 14 January 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>"Photograph"</p> <p>AMRAP 15:</p> <p>25 Calorie Row</p> <p>25 Ab-Mat Situps</p>	<p>"Amanda"</p> <p>9 – 7 – 5:</p> <p>Muscle-Up</p> <p>Squat Snatch (135/95)</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>	<p>"Dirty Deeds"</p> <p>AMRAP 5:</p> <p>18/15 Calorie Row</p> <p>6 Squat Cleans (155/105)</p> <p>Rest 5:00</p> <p>AMRAP 5:</p> <p>18/15 Calorie Row</p> <p>6 Squat Cleans (155/105)</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>	<p>Weightlifting Wednesday</p> <p>5 Sets Climbing in Weight:</p> <p>12 Deadlifts + 9 Hang Power Cleans + 6 Push Jerks</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>	<p>"Deck of Cards"</p> <p>Number represents repetitions (Face cards = 10)</p> <p>Suit represents the movement.</p> <p>Hearts = AbMat Sit-Ups</p> <p>Diamonds = Goblet Squats (53/35)</p> <p>Spades = Kettlebell Swings (53/35)</p> <p>Clubs = Burpees</p> <p>Jokers = Plank Run</p> <p>Cards are flipped over one at a time.</p> <p>Entire class completes the repetitions before flipping the next card.</p> <p>Score is the time it takes your class to make it through the deck!</p> <p>Come rep yo' class.</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>	<p>"Big Gun"</p> <p>Climbing Ladder for 9 Minutes:</p> <p>3 Clean and Jerks, 3 Toes to Bar</p> <p>6 Clean and Jerks, 6 Toes to Bar</p> <p>9 Clean and Jerks, 9 Toes to Bar</p> <p>12 Clean and Jerks, 12 Toes to Bar</p> <p>Rx – 135 / 95</p> <p>Continue to add 3 repetitions per round until the 9 Minute Cap.</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>	<p>"Rock or Bust"</p> <p>Teams of 3:</p> <p>200 Front Squats (135/95)</p> <p>200 Handstand Pushups</p> <p>200 Box Jump Overs (24"/20")</p> <p>200 Pull-Ups</p> <p>Box Brief: Lurong Challenge Weigh-In</p> <p>* Saturday @ 11 AM</p> <p>* Sunday @ Noon</p> <p>Community Get-together : Saturday - Lurong Last Supper - Tentatively 5 PM @ The Paladar Latin Kitchen and Rum Bar at The Annapolis Towne Centre : comment below if interested in attending.</p>

GENERAL WORKOUT OF THE DAY ~ January 2017 ~

Sunday, 15 January 2017	Monday, 16 January 2017	Tuesday, 17 January 2017	Wednesday, 18 January 2017	Thursday, 19 January 2017	Friday, 20 January 2017	Saturday, 21 January 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>"Who Made Who"</p> <p>1,000 Meter Row</p> <p>75 Double-Unders</p> <p>50 Sit-Ups</p> <p>25 Dumbbell Thrusters (50's/35's)</p> <p>Box Brief: Lurong Challenge Weigh-In at 12 Noon</p>	<p>"Filthy Fifty"</p> <p>50 Box Jumps (24")</p> <p>50 Jumping Pull-Ups</p> <p>50 Kettlebell Swings (35, 25#)</p> <p>50 Walking Lunge Steps</p> <p>50 Toes to Bar</p> <p>50 Push Press (45, 35#)</p> <p>50 Hip Extensions</p> <p>50 Wallballs (20, 14#)</p> <p>50 Burpees</p> <p>50 Double Unders</p> <p>*compare with 28 September 2016 and 13 May 2016</p>	<p>"Power Elizabeth"</p> <p>21 – 15 – 9:</p> <p>Power Cleans (135/95)</p> <p>Ring Dips</p>	<p>Weightlifting Wednesday</p> <p>Squat Clean</p> <p>3 Sets of 1</p> <p>Bench Press</p> <p>3 Sets of 2</p> <p>Overhead Squat</p> <p>3 Sets of 3</p>	<p>"Those About to Rock"</p> <p>AMRAP 20:</p> <p>Teams of 2:</p> <p>5 Strict Pull-Ups</p> <p>10 Box Jumps (24"/20")</p> <p>15 Back Squats (135/95)</p>	<p>Lurong Week 1 - Resolution Chipper Test</p> <p>10 Minute AMRAP:</p> <p>15 Snatches</p> <p>20 Deadlifts</p> <p>25 Box Jump Overs</p> <p>20 Hand Release Push Ups</p> <p>15 Thrusters</p>	<p>"Shook Me All Night Long"</p> <p>AMRAP 15:</p> <p>5 Toes to Bar</p> <p>10 Hand-Release Pushups</p> <p>15 Wallballs (20/14)</p>

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Sunday, 22 January 2017	Monday, 23 January 2017	Tuesday, 24 January 2017	Wednesday, 25 January 2017	Thursday, 26 January 2017	Friday, 27 January 2017	Saturday, 28 January 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>"Rocket"</p> <p>3 Rounds:</p> <p>15 Kettlebell Swings (70/53)</p> <p>30 Calorie Row</p> <p>45 Double-Unders</p>	<p>"Harpoon"</p> <p>21-15-9:</p> <p>Deadlift (275/185)</p> <p>Strict Ring Dips</p> <p>This Thursday is Bring a Friend Day!</p>	<p>"The Admiral"</p> <p>3 Rounds:</p> <p>20 Burpee Pull-Ups</p> <p>20 Front Squats</p> <p>20 Box Jumps (24"/20")</p> <p>This Thursday is Bring a Friend Day!</p>	<p>"Pour Some Sugar On Me"</p> <p>Teams of 2:</p> <p>100 Calorie Schwinn Bike, 50 Calorie Row</p> <p>80 Calorie Schwinn Bike, 40 Calorie Row</p> <p>60 Calorie Schwinn Bike, 30 Calorie Row</p> <p>40 Calorie Schwinn Bike, 20 Calorie Row</p> <p>20 Calorie Schwinn Bike, 10 Calorie Row</p> <p>One athlete works at a time towards these totals.</p> <p>Teammates can break up the work as they see fit.</p> <p>This Thursday is Bring a Friend Day!</p>	<p>"Ride On Over"</p> <p>21 – 18 – 15 – 12 – 9</p> <p>Toes to Bar</p> <p>Box Jump X-Over (30/24)</p> <p>50 Double-Unders after each round</p> <p>Today is Bring a Friend Day!</p>	<p>Lurong Week 2 - Karen meets Annie WOD</p> <p>Complete Rounds of 50, 40, 30, 20, 10 of the Following:</p> <p>Wall Balls</p> <p>Double Unders</p> <p>Wall Sit Ups</p>	<p>"Cranston"</p> <p>Teams of 2, Relay Fashion:</p> <p>10 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>9 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>8 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>7 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>6 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>5 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>4 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>3 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>2 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>1 Dumbbell Squat Clean Thrusters (50's/35's), 200 Meter Run</p> <p>Partner completes the full round, and tags partner in to do the same.</p> <p>Time is called after that second partner completes the 1 DB Cluster and the 200m Run.</p>

GENERAL WORKOUT OF THE DAY ~ January 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>Workout of the Day:</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>Workout of the Day:</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>Workout of the Day:</p> <p>“El Gato” 21 – 18 – 15 – 12 – 9: Calorie Row Thrusters (95/65)</p>	<p>Workout of the Day:</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>Workout of the Day:</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>Workout of the Day:</p> <p>Lurong Week 3 - New Year Test 2.0 7-Minute AMRAP: 5 Front Squats 7 Bar Facing Burpees</p>	<p>Workout of the Day:</p> <p>“Nate” AMRAP 20: 2 Ring Muscle-Ups 4 Handstand Pushups 8 Kettlebell Swings (70/53) * compare with 9 August 2016 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. https://www.crossfit.com/workout/2008/02/12</p>