

COMPETITIVE ~ July 2016 ~						
Sunday, 03 July 2016	Monday, 04 July 2016	Tuesday, 05 July 2016	Wednesday, 06 July 2016	Thursday, 07 July 2016	Friday, 08 July 2016	Saturday, 09 July 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>Independence Day</p> <p>“Captain America” Every 2 minutes for 10 rounds (20 mins total) 7 Burpee Pullups 5 Thrusters (115/75) 3 HSPU</p> <p>Open Gym from 9 AM - 12 Noon Group Class at 9:30 AM</p> <p>Session 2: 1. Warm-up AMRAP 4 Minutes: 10 Calories on Skierg 10 Tall Box Jumps</p> <p>2. Strength Back Squat 4x5 @70% No oly’s belt or sleeves. Clean up your movement.</p> <p>3. Met-Con AMRAP 12 Minutes: 12 Front Squats 165/110lbs 9 Lateral Bar Burpees 6 Bar Muscle Ups</p> <p>4. Gymnastics Test AMRAP 10 Minutes: 100ft Single Arm Waiter’s Carry 70/53lbs Kettlebell, 50ft out and 50ft back 10 Strict Handstand Push Ups</p>	<p>Pre/Post Class - 1. Snatch EMOMx12: Snatch Min 1: 30-40# under pr Min 2: 25-35# under pr Min 3: 20-30# under pr Min 4: 15-25# under pr Min 5: 10-20# under pr Min 6: rest Min 7: 30-40# under pr Min 8: 25-35# under pr Min 9: 20-30# under pr Min 10: 15-25# under pr Min 11: 10-20# under pr Min 12: PR Attempt</p> <p>Pre/Post Class - 2. Snatch Accessory Work A. 3x2 Snatch Grip Dead at 100% of best snatch weight B. 3x1 Snatch Grip Dead at 115% of best snatch weight C. Work up to a 2 rep heavy Snatch grip Push Press from behind the neck.</p> <p>3. Conditioning</p> <p>“Chunky Monkey” 3 Rounds for Time 21 Calorie Row 15 Box Jumps 9 Power Snatches (115/80)</p>	<p>Pre/Post Class - Clean Cycling A. Max reps in :10 at 225/155 B. Max reps in :20 at 205/145 C. Max reps in :30 at 185/135 D. Max reps in :40 at 155/105 Rest 2 mins between each set.</p> <p>Pre/Post Class - 2. Strength 3x3 Back Squat</p> <p>3. Conditioning</p> <p>“Buttery Swirl” 1200 Meter Run 100 Squats 80 Sit-Ups 60 Push-Ups 40 Pull-Ups</p>	Recovery	<p>Pre/Post Class - Pulls 3x3 Deads, across</p> <p>2. Gymnastics/Skills A. 3x3 Strict HSPU B. 3x6 Kipping HSPU C. 3x9 Strict Dips (Ring or Box) D. 3x12 Strict Pushups</p> <p>3. Conditioning</p> <p>“Wayne’Swirled” 21-15-9 Clean and Jerk (135/95) Toes To Bar</p>	<p>1. Conditioning</p> <p>“Crazy Kruger” 3 Rounds for Time 800 Meter Run 21-15-9 Kettlebell Swings (70/53) Burpees</p> <p>* This is 3 rounds. Each round starts with an 800 meter run. The number of reps of KB and burpees decreases each round, although the run is always 800 m.</p>

COMPETITIVE ~ July 2016 ~

Sunday, 10 July 2016	Monday, 11 July 2016	Tuesday, 12 July 2016	Wednesday, 13 July 2016	Thursday, 14 July 2016	Friday, 15 July 2016	Saturday, 16 July 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 EMOMx9* Min 1-3: Snatch Balance Min 4-6: High-Hang Squat Snatch Min 7-9: Hang Squat Snatch</p> <p>* The goal is form, consistency, and speed under the bar.</p> <p>2. Conditioning</p> <p>“Hang Squat Snatch Biathlon” 400 Meter Run 21 Hang Squat Snatch (115/80) 400 Meter Run 15 Hang Squat Snatch (115/80) 400 Meter Run 9 Hang Squat Snatch (115/80) *200 Meter Run Penalty Each Time The Bar is Dropped. All penalty meters are tacked on to the end of the workout and are to be performed after the last snatch. Penalty meters are included in your total workout time.</p>	<p>1. Conditioning</p> <p>“Holy Cannoli” 5 Rounds 15 Chest To Bar 25 Calorie Row 50 Double Unders 1:00 Rest *Rest is included in total time</p> <p>Session 2:</p> <p>1. Warm-up Ski 3k</p> <p>2. Strength Back Squat 5x4 @80% No oly’s, belt, or sleeves. Clean up your movement.</p> <p>3. Met-Con Every 5 Minutes for 30 Minutes complete: 10 Deadlifts 315/225lbs Run 400m 10 Muscle Ups</p> <p>4. Interval Sled Push Sprint (lightweight) 50m x 8 rest 2-4 minutes</p>	<p>1. Strength</p> <p>“The Other Total” A) 1 Rep Max Clean B) 1 Rep Max Bench Press C) 1 Rep Max Overhead Squat</p>	Recovery	<p>Pre/Post Class - 1. Clean and Jerk EMOMx10: 1 rep across at 85%</p> <p>2. Strength Work up to a heavy complex of: 1 Push Press + 1 Push Jerk + 1 Split Jerk</p> <p>Pre/Post Class - 3. Gymnastics Conditioning EMOMx10: 3-4 unbroken Muscle ups</p> <p>4. Conditioning</p> <p>“Bad Attitude” 5 Rounds On The 3 Minute 200 Meter Run In the Remaining Time Squat Clean Thrusters (155/105) *Score is total number of Squat Clean Thrusters</p>	<p>“Snatch Chief” 5 Cycles of 3 Minutes On 1 Minute Off of:* 3 Power Snatch (135/95) 6 Push-Ups 9 Air Squats</p> <p>*Complete as many rounds and reps as possible in the three minutes. Then rest one minute. Start each cycle by restarting with the power snatches. Your score is the total number of reps completed across all five cycles.</p>

COMPETITIVE ~ July 2016 ~

Sunday, 17 July 2016	Monday, 18 July 2016	Tuesday, 19 July 2016	Wednesday, 20 July 2016	Thursday, 21 July 2016	Friday, 22 July 2016	Saturday, 23 July 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>Pre/Post Class</p> <p>1. Front Squat Quickly work up to a heavy single</p> <p>2. Snatch Grip Push Press Quickly work up to a heavy single</p> <p>3. Snatch Grip Push Jerk Quickly work up to a heavy single</p> <p>4. Snatch Balance Quickly work up to a heavy single</p> <p>5. Snatch Quickly work up to a heavy single</p> <p>6. Front Squat Quickly work up to a heavy single</p> <p>7. Conditioning</p> <p>“The Good Life” 3 Rounds: 500 Meter Row 12 Burpees 21 Box Jumps (24/20)</p> <p>8. Strength EMOMx9 1xStone Clean + 15 m carry + 1xSangbag Get Up + 15 m carry + 1xKettlebell Snatch + 15 m overhead carry (alternate)</p>	<p>1. Conditioning</p> <p>“Cherry Garcia” 21 Thrusters (75/55) 21 Kettlebell Swings (53/35) 400 Meter Run 15 Thrusters (75/55) 15 Kettlebell Swings (53/35) 400 Meter Run 9 Thrusters (75/55) 9 Kettlebell Swings (53/35) 400 Meter Run</p> <p>Session 2: 1. Warm-up 3 Steady Rounds: 20 Goblet Squats 15 GHD Sit Ups 10 Strict Pull Ups then 2:00 Squat Hold</p> <p>2. Strength Back Squat 4x5 @72.5% No oly’s, belt, or sleeves. Clean up your movement.</p> <p>3. Met-Con For Time 60/40 Calories on AAB 50 Alternating Pistols 40 Overhead Squats 95/65lbs 30 Burpees to 12” target</p> <p>4. Interval 5 Rounds for time: 40ft Handstand Walk 180 degree Pirouette 40ft Handstand Walk 8 Muscle Ups rest :90</p>	<p>“Weightlifting Wednesday”</p> <p>1. Front Squat Work up to a heavy single</p> <p>2. Snatch Grip Push Press Work up to a heavy single</p> <p>3. Snatch Grip Push Jerk Work up to a heavy single</p> <p>4. Snatch Balance Work up to a heavy set of 3</p> <p>5. Hang Squat Snatch Work up to a heavy set of 2</p> <p>6. Squat Snatch Work up to a heavy set of 1</p> <p>Goal today is body positioning and speed beneath the bar.</p> <p>Session 2: 3. Met-Con AMRAP 20 Minutes: Row 20/15 Calories 20 Shoulder to Overhead 115/75lbs 20 Box Jump Overs 24/20”</p> <p>4. Gymnastics Test Forward Facing Sled Push (Heavy but Unbroken) 80ft x 4 Rest 5 minutes</p>	Recovery	<p>2016 Masters Game WOD - TBD</p> <p>*We will select one of the 2016 Masters WODs from the 2016 CrossFit Games. The WOD announcement will be made on Facebook Thursday evening.</p>	<p>1. Conditioning</p> <p>Team "Triathlon" In Teams of 3, with one person working at a time: 1.5 Km SkiErg 3 Km Row 6 Km Run</p> <p>* Teams may divide the work as they wish. Only one person working at a time. For the run, pass a baton (i.e. peg board peg) -- relay style.</p> <p>* If there are more than two teams, stagger start as needed.</p>

COMPETITIVE ~ July 2016 ~

Sunday, 24 July 2016	Monday, 25 July 2016	Tuesday, 26 July 2016	Wednesday, 27 July 2016	Thursday, 28 July 2016	Friday, 29 July 2016	Saturday, 30 July 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 On The 2:00 x 5, building Power Snatch + Hang Squat Snatch + Squat Snatch</p> <p>Pre/Post Class - 2. Strength 3x3 Back Squat</p> <p>Pre/Post Class - 3. Gymnastics Conditioning Take 25% of your unbroken Ring MU: 4 Sets of "X" MU + "X" Dips + "X" MU</p> <p>4. Conditioning/Sprint "Snake Bite" 21 – 15 – 9 Squat Snatch (95/65) Chest to Bar Pull-Ups</p> <p>5. Conditioning 25-20-15-10-5: Assault Bike (Calories) 50-40-30-20-10: Double-Unders</p>	<p>Pre/Post Class - 1. Bounding 5x1 – Seated Box Jump</p> <p>Pre/Post Class - 2. Clean A. 5x1 – Clean High Pull + Tall Clean. *Clean High Pull – Bring bar to chest level. Tall clean – With locked out hips and knees, shrug and drop into squat. This is a technique primer. Light weights, fast movement. B. EMOMx15, 3 Rounds: Min 1 – 1 Squat Clean, 70% Min 2 – 1 Squat Clean, 75% Min 3 – 1 Squat Clean, 80% Min 4 – 1 Squat Clean, 85% Min 5 – 1 Squat Clean, 90%</p> <p>3. Conditioning "Sugar Daddy" 21 – 15 – 9 Deadlifts (225/155) 400 Meter Run</p> <p>Pre/Post Class - 4. Accessory Work 3 Supersets: 15 Barbell Bent Over Rows 20 Glute Bridges 25 GHD Sit-Ups 30 Banded Good Mornings</p>	<p>"Weightlifting Wednesday" 1. Shoulder to Overhead A) Build to a heavy set of 3 Push Press B) Build to a heavy set of 2 Push Jerk C) Build to a heavy single Split Jerk</p> <p>Pre/Post Class - 2. Strength 2x10 Back Squat</p> <p>Pre/Post Class - 3. Gymnastics Skills 6 sets of 60% of best unbroken set of Muscle ups, rest as needed between sets</p> <p>Pre/Post Class - 4. Rowing Conditioning A. 3 attempts to establish highest "Calorie/Hour" pace. This can be as long or short of an effort as you'd like. Rest as needed between efforts. B. 6x:15 on, 1:45 off – goal is to maintain 90%+ of best "A" score. C. 4x:30 on, 1:40 off – goal is to maintain 85%+ of best "A" score. C. 2x:45 on, 1:15 off – goal is to maintain 80%+ of best "A" score.</p>	Recovery	<p>1. Clean Accessory A. 3x2 Clean Deadlift at 80-110% of 1RM Clean, with a 2-second pause in hang, 2-second pause at hips (dip position), and - when returning to the ground -- a 2-second pause at hang once again; work up to a heavy double B. 3x2 Clean Deadlift, no pause C. 3x2 Clean Pull finish with the bar as close as possible without turning it over.</p> <p>Pre/Post Class - 2. Strength 4x4 Front Squats</p> <p>3. Conditioning "Hummer" 3 Rounds: 50 Double Unders 25 Toes to Bar 10 Clean and Jerks (135/95)</p>	<p>Hero WOD "Holbrook"</p> <p>Ten rounds, each for time of: 115/75 pound Thruster, 5 reps 10 Pull-ups 100 meter Sprint Rest 1 minute Score is your fastest and slowest round.</p>

COMPETITIVE ~ July 2016 ~						
Sunday, 31 July 2016	Monday, 01 August 2016	Tuesday, 02 August 2016	Wednesday, 03 August 2016	Thursday, 04 August 2016	Friday, 05 August 2016	Saturday, 06 August 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: 1. Warm-up 3 Steady Rounds 10 Light Good Mornings 15 Push Ups 20 Ab Mat Sit Ups Then Floss Hips</p> <p>2. Strength Back Squat 5x4 @82.5% – no oly’s, belt, or sleeves. Clean up your movement.</p> <p>3. Met-Con For Time Ski 2k 20 Body Weight Bench Press Ski 1k 15 Body Weight Bench Press Ski 500m 10 Body Weight Bench Press</p> <p>4. Interval 3 Rounds For Time: 9 Squat Clean Thrusters 155/105lbs 9 Muscle Ups rest :60</p> <p>Session 2: 2. Conditioning</p> <p>“Surfer on Acid” 3 Rounds: 400 Meter Run 21 Burpees</p>	<p>Pre/Post Class - 1. Strength 3x3 OHS</p> <p>Pre/Post Class - 2. Snatch Skills A. 3x2 Snatch Pull from High Hang – pockets B. 2x2 Snatch Pull from Hang – mid thigh C. 1x2 Snatch Pull from Ground</p> <p>3. Gymnastics/Skill 3 Rounds, not for time:</p> <p>In 1-minute: max Plank Hold In 1-minute: max Handstand Hold In 1-minute: max Hollow Hold/Rock In 1-minute: max Shoulder Taps, for quality of movement</p> <p>4. Conditioning “Double Down” 1,000 Meter Row 30 Overhead Squats (135/95) 30 Chest to Bar Pull-Ups 500 Meter Row 15 Overhead Squats (135/95) 15 Chest to Bar Pull-Ups</p>	<p>1. Barbell/Conditioning “Gwen” 15 – 12 – 9 Unbroken Clean and Jerks Athlete chooses the weight, but the bar cannot rest on the ground. This is an original CrossFit “Girl” benchmark. On the 0:00, perform their set of 15 On the 7:00, perform your set of 12 On the 14:00, perform your set of 9</p> <p>2. Strength 5x5 Pausing Overhead Thrusters, climbing up in weight each set. Must pause for 2 full seconds at the top of every rep.</p> <p>Pre/Post Class - 3. Gymnastics Conditioning EMOMx10: 10 Barbell Facing Burpees for time</p> <p>Pre/Post Class - 4. Conditioning 5x300m Row, 1 min rest</p>	Recovery	<p>1. Conditioning “Dragonfly” AMRAP 15: 300 Meter Row 30 Wallballs (20/14)</p> <p>2. Gymnastics 3 Rounds, for quality of movement*: In 1-minute: max Bar Hang in Hollow Hold In 1-minute: max Hollow-Arch Hold/Rock In 1-minute: max Hollow Hold on Rings (or Box) In 1-minute: max Parallette Pass Throughs, for quality of movement</p> <p>* if your form breaks down, rest</p> <p>Session 2: 1. Warm-up 2:00 Banded Glute Activation Then 3 Rounds 15 Russian Kettlebell Swings 10 Pull Ups 5 Glute-Ham Raises</p> <p>2. Strength EMOM 5 minutes – 6 Touch and Go Deadlift @70%</p> <p>3. Met-Con AMRAP 12 minutes: 20 Kettlebell Snatches 70/53lbs Run 400m</p> <p>4. Interval Backward Facing Sled Pull (Marching Pace) 50m x 6 rest 3-6 minutes</p>	<p>1. Conditioning “Rankel” AMRAP 20: 6 Deadlifts (225/155) 7 Burpee Pull-Ups 10 Kettlebell Swings (70/53) 200 Meter Run</p>