

GENERAL WORKOUT OF THE DAY ~ July 2017 ~

Sunday, 02 July 2017	Monday, 03 July 2017	Tuesday, 04 July 2017	Wednesday, 05 July 2017	Thursday, 06 July 2017	Friday, 07 July 2017	Saturday, 08 July 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>This Thursday is Bring a Friend Day!</p> <p>Also, we will have a normal class schedule on Tuesday, July 4th.</p> <p>AMRAP 15: 5 Strict Pullups, 10 Pushups, 15 Air Squats 50 Meter Prowler Push (90/45)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Also, we will have a normal class schedule on Tuesday, July 4th.</p> <p>Strength WOD: Back Squat - 60% x 8; 65% x 8; 70% x 6; 75% x 6 x 2</p> <p>WOD: "American Pie" 20-minute time-cap</p> <p>4 Rounds: 12 Wallballs (20/14) 12 Kettlebell Swings (70/53) 12 Box Jumps (24"/20") 12 Deadlifts (205/145)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>We have a normal class schedule on Independence Day - Tuesday, July 4th.</p> <p>Wear some colors! "Glenn" 30 Clean and Jerks (135/95) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees Former U.S. Navy SEAL Glen Doherty, 42, of Winchester, Massachusetts, assigned to a State Department security detail in Benghazi, Libya, died in an attack on a U.S. consulate on September 11, 2012. He is survived by his parents, Ben and Barbara, sister Katie, and brother Greg.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Weightlifting Wednesday On the Minute x 8: 2 Squat Snatches (75%) Rest 4:00 On the Minute x 8: 2 Squat Clean and Jerks (75%) Rest 4:00 AMRAP 6: Sets of 3 Unbroken Strict Handstand Pushups</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Today is Bring a Friend Day! All classes are free to try!</p> <p>Strength WOD: Push Press - 75% x 5 x 5</p> <p>WOD: "Moondance" Teams of 2: AMRAP 20: 12/8 Calorie Row 12/8 Calorie Bike 100 Meter Run Partners complete full rounds, then switch.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Front Squat - 60% x 8; 65% x 6; 70% x 5; 75% x 3; 70% x 5</p> <p>WOD: "Hotel California" 20-minute time-cap</p> <p>5 Rounds: 5 Squat Clean Thrusters (135/95) 10 Chest to Bar Pull-Ups</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>"Under the Bridge"</p> <p>Teams of 3: 100 Calorie Row 100 Box Jump Overs (24/20) 50 Power Snatches (95/65) 50 Overhead Lunges (95/65) 50 Sumo Deadlift High Pulls (95/65) 100 Box Jump Overs (24/20) 100 Calorie Row</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>

GENERAL WORKOUT OF THE DAY ~ July 2017 ~

Sunday, 09 July 2017	Monday, 10 July 2017	Tuesday, 11 July 2017	Wednesday, 12 July 2017	Thursday, 13 July 2017	Friday, 14 July 2017	Saturday, 15 July 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>4 Rounds, Not For Time: 10 Romanian Deadlifts (185/135) 20 Abmat Sit-Ups 30 Banded Good Mornings 40 Second Bent Knee L-Sit Hold</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>"Jackie" 1,000 Meter Row 50 Thrusters (45) 30 Pull-Ups</p> <p>Compare with: 6 December 2016</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Back Squat - 65% x 6; 70% x 6; 75% x 6; 80% x 5 x 2</p> <p>WOD: "Surfer on Acid" 18-minute time-cap</p> <p>3 Rounds: 400 Meter Run 21 Burpees</p> <p>Compare with: 1 August 2016</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Weightlifting Wednesday Minutes 1-9: On the 90 Second x 6 Rounds: 2 Squat Snatches (80%) 4:00 Rest Minutes 13-22: On the 90 Second x 6 Rounds: 2 Squat Clean and Jerks (80%) 4:00 Rest 100 Overhead Squats for Time (95/65)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Front Squat - 65% x 6; 70% x 5; 75% x 5; 80% x 3 x 2</p> <p>WOD: "Annie's On the Run" 20-minute time cap</p> <p>50 Double-Unders, 50 Abmat Sit-Ups, 200 Meter Run 40 Double-Unders, 40 Abmat Sit-Ups, 200 Meter Run 30 Double-Unders, 30 Abmat Sit-Ups, 200 Meter Run 20 Double-Unders, 20 Abmat Sit-Ups, 200 Meter Run 10 Double-Unders, 10 Abmat Sit-Ups, 200 Meter Run</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>WOD: "Blade Runner" On the 2:00 x 10 Rounds: 3 Ring Muscle-Ups 5 Deadlifts (275/185) 7 Handstand Pushups</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>"Aqua Kelly" 5 Rounds: 30 Calorie Row 30 Box Jumps (24"/20") 30 Wallballs (20/14)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>

GENERAL WORKOUT OF THE DAY ~ July 2017 ~

Sunday, 16 July 2017	Monday, 17 July 2017	Tuesday, 18 July 2017	Wednesday, 19 July 2017	Thursday, 20 July 2017	Friday, 21 July 2017	Saturday, 22 July 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>This Thursday is Bring a Friend Day!</p> <p>On the Minute x 8 Run 2x20m + 2x40m Shuttle Rest 2:00 On the Minute x 8 odd: 15/12 Calorie Bike even: 15/12 Calorie Row Rest 2:00 On the Minute x 8 Run 2x20m + 2x40m Shuttle</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>WOD: "Lynne" 5 Rounds: Max Unbroken Bench Press (Bodyweight) Max Unbroken Pull-Ups 3:00 Rest Between Rounds</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Strength WOD: Push Press - 80% x 5 x 5</p> <p>WOD: "Christine" 20-minute time cap</p> <p>3 Rounds: 500 Meter Row 12 Deadlifts (Bodyweight) 21 Box Jumps (20")</p> <p>Compare with: 24 May 2016</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Weightlifting Wednesday Running Clock... Minutes 1-8 1 Squat Snatch (85%) Rest 4:00 Minutes 12-20 1 Squat Clean and Jerk (85%) Rest 4:00 1 Minute Bike Test for Calories</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Today is Bring a Friend Day! All Classes are Free to Try! "Deck of Cards" Number represents repetitions (Face cards = 10) Suit represents the movement. Hearts = AbMat Sit-Ups Diamonds = Goblet Squats (53/35) Spades = Kettlebell Swings (53/35) Clubs = Burpees Jokers = Plank Run Cards are flipped over one at a time. Entire class completes the repetitions before flipping the next card. Score is the time it takes your class to make it through the deck! Come rep yo' class.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Front Squat - 75% x 5; 80% x 4 x 2; 85% x 3 x 2</p> <p>WOD: "Dashed Tomatoes" 20-minute time-cap</p> <p>3 Rounds of "Cindy", 1 Round of "DT" 2 Rounds of "Cindy", 1 Round of "DT" 1 Rounds of "Cindy", 1 Round of "DT"</p> <p>*1 "Cindy" Round – 5 Pull-Ups, 10 Pushups, 15 Air Squats *1 "DT" Round – 12 Deadlifts, 9 Hang Power Cleans, 6 Push Jerks (155/105)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>"The Slammer"</p> <p>800 Meter Run, 30 Power Snatches (95/65) 800 Meter Run, 30 Overhead Squats (95/65) 800 Meter Run, 30 Thrusters (95/65)</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>

GENERAL WORKOUT OF THE DAY ~ July 2017 ~

Sunday, 23 July 2017	Monday, 24 July 2017	Tuesday, 25 July 2017	Wednesday, 26 July 2017	Thursday, 27 July 2017	Friday, 28 July 2017	Saturday, 29 July 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:
On the Minute x 8 7 Burpee Box Jumps (24/20) Rest 2:00 On the Minute x 8: 30 Double-Unders Rest 2:00 On the Minute x 8: 7 Burpee Box Jumps (24/20) WOD-Credit: CFNE 2016 WOD-news	"T1000" 1,000 Meter Run (2.5 Laps) 40 Pull-Ups 30 Thrusters (95/65) 20 Calorie Row WOD-Credit: CFNE 2016 WOD-news	Strength WOD: Back Squat - 80% x 5 x 2; 85% x 4 x 3 WOD: "Hangman" 20-minute time cap 21 Hang Power Cleans (135/95), 21 Lateral Barbell Burpees, 100 Double-Unders 15 Hang Power Cleans (135/95), 15 Lateral Barbell Burpees, 75 Double-Unders 9 Hang Power Cleans (135/95), 9 Lateral Barbell Burpees, 50 Double-Unders WOD-Credit: CFNE 2016 WOD-news	Weightlifting Wednesday On the Minute x 6 – 1 Squat Snatch (90%) Rest 4:00 On the Minute x 6 – 1 Squat Clean and Jerk (90%) Rest 4:00 30 Muscle-Ups for Time or 100 Burpee Pull-Ups for Time WOD-Credit: CFNE 2016 WOD-news	Strength WOD: Front Squat - 80% x 4 x 3; 85% x 4 x 3 WOD: "Grunt Work" On the Minute x 20: Minute 1 – 50 Meter Prowler Push (90/45) Minute 2 – 100 Meter Run Minute 3 – 15/12 Calorie Row Minute 4 – 20 Kettlebell Swings (53/35) WOD-Credit: CFNE 2016 WOD-news	WOD: "Fight Gone Bad" 3 rounds for Max Reps: 1:00 Wall Balls (20/14) 1:00 Sumo Deadlift High Pulls (75/55) 1:00 Box Jumps (20") 1:00 Push Presses (75/55) 1:00 Rowing for Calories 1:00 Rest Compare with 2 December 2016 Strength WOD: Push Press - 82% x 5 x 3 WOD-Credit: CFNE 2016 WOD-news	"Sky High" 30 Toes to Bar 400 Meter Run 15 Squat Snatches (115/80) 800 Meter Run 15 Squat Snatches (115/80) 400 Meter Run 30 Toes to Bar WOD-Credit: CFNE 2016 WOD-news

GENERAL WORKOUT OF THE DAY ~ July 2017 ~

Sunday, 30 July 2017	Monday, 31 July 2017	Tuesday, 01 August 2017	Wednesday, 02 August 2017	Thursday, 03 August 2017	Friday, 04 August 2017	Saturday, 05 August 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>This Thursday is Bring a Friend Day!</p> <p>Alternating OTM x 20 Odd Minutes – Run 2x20m + 2x40m Shuttle Even Minutes – 3 Deadlifts + 25 Double Unders Start with a light load on the deadlifts and climb steadily.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Strength WOD: Back Squat - 70% x 3 x 2; 75% x 2 x 3</p> <p>WOD: "The Chief" 5 rounds of AMRAP 3: 3 Power Cleans (135/95) 6 Pushups 9 Air Squats Rest 1 Minute between rounds. Count only full rounds.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Strength WOD: Push Press - 72% x 3 x 3</p> <p>WOD: "Lightning Rod" 24-minute time cap</p> <p>3 Rounds: 500 Meter Row 400 Meter Run 30 AbMat Sit-Ups 20 Pull-Ups</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>This Thursday is Bring a Friend Day!</p> <p>Weightlifting Wednesday Snatch – 1-Rep Heavy Clean and Jerk – 1-Rep Heavy</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>Today is Bring a Friend Day! All classes are free to try!</p> <p>"Double Pump" Teams of 2 – AMRAP 20: 1 Calorie Row, 1 Burpee Box Jump (24"/20") 2 Calorie Row, 2 Burpee Box Jump (24"/20") 3 Calorie Row, 3 Burpee Box Jump (24"/20") Partner 1 completes the first round, 1 Calorie and 1 BBJ. Partner 2 then does the same, 1 Calorie and 1 BBJ. Partner 1 completes 2 Calories + 2 BBJ, and tags it back to Partner 2 for the same. Continue completing full rounds and adding (1) repetition to each movement until time is called.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>WOD: "Onesies" Athletes choose (1) from each section: 1) 1-Rep Squat Test Front Squat, Back Squat, or Overhead Squat 2) Gymnastics Test Max Ring Muscle-Ups, Max Pull-Ups, or Max Handstand Pushups 3) Conditioning Test 500m Row for Time, or Max Bike Cals in 1:00</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>	<p>"31 Heroes" Teams of 2, AMRAP 31: 8 Thrusters (155/105) 6 Rope Climbs 11 Box Jumps (30"/24") Continuous 400m Run with Sandbag One partner is working through rounds of the Thruster/Rope Climb/BJ triplet, while the other partner is completing a 400m Sandbag run. Upon the completion of the run, partners switch positions. Score is your total amount of rounds completed inside of the team. On August 6th, 2011, 31 of America's bravest warriors gave their lives in defense of our freedom. These men were sons, brothers, husbands, fathers, and friends. 31Heroes.org was created as a effort to raise funds for the families of these fallen warriors, and has since then grown in purpose. Providing funds to families nationwide who have lost loved ones overseas, and providing assistance to those returning from duty with disabilities, we are honored to be able to associate with such a cause.</p> <p>WOD-Credit: CFNE 2016 WOD-news</p>