

GENERAL WORKOUT OF THE DAY ~ June 2016 ~

Sunday, 29 May 2016	Monday, 30 May 2016	Tuesday, 31 May 2016	Wednesday, 01 June 2016	Thursday, 02 June 2016	Friday, 03 June 2016	Saturday, 04 June 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. Conditioning</p> <p>5 Rounds, each for time*, of:                      Row 300 M                      21 Shoulder to Overhead (75/55)                      13 Box Jumps (24/20)</p> <p>*Rest 2 minutes between each round                      *Your score is your total working time</p>	<p>"Murph"</p> <p>1 mile Run                      100 Pull ups                      200 Push ups                      300 Squats                      1 mile Run</p>	<p>1. Snatch</p> <p>5x1 Hang Squat Snatch at 75%                      4x1 Low Hang Squat Snatch at 80%                      3x1 Squat Snatch at 85%</p> <p>2. Conditioning</p> <p>5 RFT:                      25 Cal Row                      3 Rope Climbs, 15'                      12 DB 1-arm Snatch, 45/25 (6/side)</p> <p>2. Strength</p> <p>3x8 Front Squat</p>	<p>1. Barbell Conditioning</p> <p>Teams of 3:</p> <p>A. AMRAP 7 of Back Squats:                      50 reps at 135/95                      50 reps at 185/135                      AMRAP at 225/155</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Bench Press:                      50 reps at 135/95                      50 reps at 155/105                      AMRAP at 185/135</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Strict Pull ups:</p> <p>2. Accessory Work</p> <p>3 Giant Sets of:                      25 Hand Release Push ups                      20 Strict DB Presses – you choose the weight                      15 Ring Rows                      10 Strict Bent-over Barbell Rows – you choose the weight                      move with purpose from movement to movement. Rest 2-3 mins between rounds</p>	<p>1. Pull</p> <p>10x2 Halting Clean Pull, climbing – pause at the knee before finishing the second pull</p> <p>2. 20RM Benchmark</p> <p>20RM Push Press – not jerk</p> <p>3. Conditioning</p> <p>4 RFT:                      21 Pull ups                      15m HS Walk                      9 Deadlifts, 255/175</p>	<p>2016 Lurong Summertime Week 3 WOD</p> <p>2-Minute AMRAP of Deadlifts                      1-Minute Rest                      2-Minute ARMAP Back Squat                      1-Minute Rest                      2-Minute ARMAP Shoulder to Overhead</p>	<p>1. Snatch</p> <p>EMOMx9                      Min 1,2,3: 2 Hang Squat Snatches                      Min 4,5,6: 2 Low Hang Squat Snatches                      Min 7,8,9: 2 Squat Snatches</p> <p>2. Conditioning</p> <p>A. In a 10 Minute Window:                      1 Mile Run + Max reps of Clean and Jerks, 135/95</p> <p>Rest 3:00</p> <p>B. In a 7 Minute Window:                      800m Run + Max reps of Snatch, 115/75</p> <p>Rest 3:00</p> <p>C. In a 4 Minute Window:                      400m Run, Max reps of Thrusters (95/65)</p>

GENERAL WORKOUT OF THE DAY ~ June 2016 ~

Sunday, 05 June 2016	Monday, 06 June 2016	Tuesday, 07 June 2016	Wednesday, 08 June 2016	Thursday, 09 June 2016	Friday, 10 June 2016	Saturday, 11 June 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. Conditioning</p> <p>7 Rounds for time of: 10, 15, 20, 25, 20, 15, 10 Wallballs (20/14) 20, 15, 10, 5, 10, 15, 20 Deadlifts (115/75) Run 200 M</p>	<p>1. Barbell/Gymnastics Conditioning With a 16 minute running clock: A. EMOM: 14 Odd: Power Snatch + Hang Squat Snatch + Squat Snatch Even: 30' HS Walk B. Establish a 5RM Front Squat in remaining time</p> <p>2. Barbell/Gymnastics Conditioning With a 16 minute running clock: A. EMOM: 14 Odd: 3 TnG Power Cleans + 3 Front Squats Even: 3 Muscle ups B. Establish a 5RM Front Squat in remaining time</p> <p>3. Conditioning 3 Rounds for Time: 75 Double Unders 50 Air Squats 25 Calorie Row</p>	<p>1. Conditioning "Strict Nicole" AMRAP 20 of: 400m Run + Max reps of unbroken Strict Pull ups – every time you come off the bar run another 400m</p> <p>2. Conditioning 10 Rounds of: 10 Hang Power Cleans, 155/105 10 Cal Assault Bike Rest 1 minute between rounds.</p>	<p>1. Strength 3x6 OHS, climbing</p> <p>2. Barbell Conditioning Teams of 3: A. AMRAP 7 of Thrusters: 50 reps at 95/65 50 reps at 115/80 AMRAP at 135/95</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Hang Power Clean: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Dead Lift: 50 reps at 185/135 50 reps at 225/155 AMRAP at 275/185</p> <p>3. Conditioning AMRAP 6: 12 Power Snatch, 95/65 12 Wall Ball, 20/14 12 Row for Cals.</p>	<p>1. Snatch EMOMx7: 1 rep at 85%</p> <p>2. Strength 3x2 Front Squats</p> <p>3. Strength Accessory 5x1 Snatch Grip Push Press – from behind the neck</p> <p>4. Conditioning 3 Rounds, each for time*: 30 Double Unders 15 Thrusters (115/80) 15 CTB Pull-Ups *Rest exactly 2 minutes between rounds</p>	<p>2016 Lurong Summertime Week 4 WOD</p> <p>Hang Power Cleans Shuttle Sprints</p>	<p>1. Snatch EMOMx5: 5 TnG Squat Snatch, across</p> <p>2. Conditioning 3 RFT: 800m Run 30 DB Squat Cleans, 45/25* 30 Burpees</p> <p>* each hand</p>

GENERAL WORKOUT OF THE DAY ~ June 2016 ~

Sunday, 12 June 2016	Monday, 13 June 2016	Tuesday, 14 June 2016	Wednesday, 15 June 2016	Thursday, 16 June 2016	Friday, 17 June 2016	Saturday, 18 June 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. Conditioning</p> <p>3 Rounds for time of: 21 Squats 15 Sit Ups 9 Push Ups</p> <p>2. AMRAP 12 Minutes</p> <p>2, 4, 6, 8, ... of Box Jump Body Row</p>	<p>1. Conditioning "Grace" 30 Clean and Jerks, 135/95</p> <p>2. Strength 5 Complexes of: 5 Push Presses 5 Front Squat 5 Thrusters Rest 2-3 minutes between sets. You choose the weight. Same weight for all 3 movements. No dropping the bar till all 15 reps are complete.</p> <p>3. Strength work up to a 5 rep heavy Dead Lift</p>	<p>1. Snatch EMOMx5: 5 TnG Squat Snatches, across – you choose the weight</p> <p>2. Strength EMOMx10: 2 Back Squats, across – you choose the weight</p> <p>3. Conditioning 5 Rds: 15 TTB 20 Cal Row 25 WB (20/14)</p>	<p>1. Barbell Conditioning Teams of 3: A. AMRAP 7 of Strict Press: 50 reps at 95/65 50 reps at 115/80 AMRAP at 135/95</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Front Rack Step Out Lunges: 50 reps at 115/75 50 reps at 135/95 AMRAP at 155/105</p> <p>3 min Rest</p> <p>C. AMRAP 7 of Push Press: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>2. Conditioning 12-9-6: Front Squats, 185/135 Bar Muscle ups</p>	<p>1. Conditioning Tabata: Deadlift, 185/135 Pull up Front Squat, 135/95 Double-Under Complete a full tabata protocol at each station (4 mins of :20 on, :10 off) before moving to the next station. No extra rest between stations. Post total reps for each station.</p> <p>2. Clean &amp; Jerk Skill Work - focus on form and technique 3x2 at 60% 3x1 at 70% 1x1 at 80% 3x1 at 70% 3x2 at 60%</p> <p>3. Strength/Gymnastics Accessory 4 Supersets of: 15 Barbell Bicep Curls + max unbroken C2B Pull ups – you choose the weight for the curls Rest 1 minute 15 Skull crushers + max unbroken Strict HSPU Rest 1 minute</p>	<p>2016 Lurong Summertime Challenge Benchmark WOD</p> <p>Box Jump Overs Toes to Bar Clean &amp; Jerks</p>	<p>1. Snatch EMOMx10: 1 Snatch, start at 50% and climb</p> <p>2. Gymnastics Benchmark 5 Legless Rope Climbs for time</p> <p>3. Conditioning "Fight Gone Bad" 3 RFT of 1 min at each station for max reps: Wall Balls, 20/14 SDHP, 75/55 Box Jumps, 20" Push Press, 75/55 Cal Row 1 minute rest between rounds</p>

GENERAL WORKOUT OF THE DAY ~ June 2016 ~

Sunday, 19 June 2016	Monday, 20 June 2016	Tuesday, 21 June 2016	Wednesday, 22 June 2016	Thursday, 23 June 2016	Friday, 24 June 2016	Saturday, 25 June 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. Conditioning</p> <p>For time: Run 800 M, then 5 Rounds of: 5,4,3,2,1 Sandbag Get Up (40#/30#) 10,20,30,40,50 Russian KBS (24 Kg/ 16 Kg) Then, immediately Row 1000 M</p>	<p>1. Clean and Jerk EMOMx10: 3 Reps</p> <p>2. Back Squat Work up to a heavy double</p> <p>3. Gymnastics Skills 50 Strict HSPU for time</p> <p>4. Conditioning "Hulk Hogan" Every 2 minutes for 20 mins: 3 Muscle ups 5 Power Cleans, 185/135 7 Burpees Record score is the time of your slowest round.</p>	<p>1. Snatch AMRAP 1 of Max Snatches at 115/80 Rest 1 minute AMRAP 1 of Max Snatches at 155/105 Rest 1 minute AMRAP 1 of Max Snatches at 185/135</p> <p>2. Strength 4x6 Front Squats</p> <p>3. Conditioning "Naughty Nancy" 4 RFT: 600m Run 25 OHS, 140/95</p>	<p>1. Strength 1 RM Deadlift</p> <p>2. Accessory Work 2 EMOMx12 4 rounds of: Min 1: 8 Romanian Deads – you choose the weight Min 2: 40 second Plank Hold on elbows Min 3: 40 Double unders</p> <p>3. Accessory Work 1 4x6 Bulgarian Split Squats (6/leg) – you choose the weight</p>	<p>1. Clean A. 3x3 quick singles at 80% B. 3x2 quick singles at 85% C. 3x1 at 90% D. Work up to a heavy single.</p> <p>2. Conditioning "JT meets Isabelle" 21-15-9 of: HSPU Ring Dips Push ups 10 Snatches at 135/95 after each round</p>	<p>1. Conditioning 21-15-9-15-21: Wall Ball, 30/20 Box Jump, 30/24 200m Run after every round</p>	<p>1. Conditioning With Teams of 3 Complete AMRAP 22: 7 Rope Climbs 10 Thrusters, 155/105 15 Power Clean, 155/105 46 Cal Row 1 athlete works at a time.</p> <p>2. Gymnastics 5 RFT: 10 Pistols 15 GHDSU</p> <p>3. Strength 4x6 Overhead Squat</p>

GENERAL WORKOUT OF THE DAY ~ June 2016 ~

Sunday, 26 June 2016	Monday, 27 June 2016	Tuesday, 28 June 2016	Wednesday, 29 June 2016	Thursday, 30 June 2016	Friday, 01 July 2016	Saturday, 02 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:
<p>1. Conditioning</p> <p>For time: 34 burpees (6" target) Then, 34 Thrusters (75/55) 34 Pullups Then, 34 burpees (6" target)</p>	<p>1. Strength</p> <p>A. 1-rep heavy Clean B. 1-rep heavy Jerk C. 1-rep heavy Front Squat</p> <p>2. Gymnastics Benchmark Max pistols* in 1 min</p> <p>*scale to Air Squats</p> <p>3. Conditioning 21-15-9: Deadlifts, 275/185 Box Jumps, 30/24</p>	<p>1. Snatch Work up to a heavy complex of: Power Snatch + Hang Squat Snatch + Squat Snatch + OHS</p> <p>2. Conditioning: 5 RFT 12 Pull-Ups 12 Burpees 200m Run</p> <p>3. Strength/Gymnastics Conditioning EMOMx12 Odd: 6 Heavy Thrusters, you choose the weight Even: 3-6 Bar Muscle ups</p>	<p>1. Strength Build to a max complex of: Front Squat + Push Press + Thruster</p> <p>2. Conditioning Death by Thruster at 65% of the max complex established in #1.</p> <p>3. Conditioning EMOMx20 5 rounds of: Min 1: 15/12 Cal Assault Bike Min 2: 10 Clean and Jerks, 135/95 Min 3: 20/16 Cal Row Min 4: 10 OHS, 135/95</p>	<p>1. Conditioning CrossFit Games Open 14.1</p> <p>Complete as many rounds and reps as possible in 10 minutes of: 30 double-unders 15 power snatches (75/55) reps</p> <p>Rest completely, then:</p> <p>2. Sprinting</p> <p>8x (from a prone position, get up and sprint 50 m as fast as possible), rest 2 minutes* between intervals</p> <p>* long rest has a purpose</p>	<p>1. Strength EMOMx5: 10 unbroken Hang Power Cleans, climbing – you choose the weight</p> <p>2. Conditioning "OHS-athon" 100 Overhead Squats* for time, 95/65 *10 Toe to Bar penalty any time the bar comes down from the overhead position.</p>	<p>1. Snatch work up to a heavy single</p> <p>2. Clean work up to a heavy double</p> <p>3. Front Squat work up to a heavy triple</p> <p>4. Conditioning "Severin" 50 Strict Pull ups 100 Hand Release Push ups 5K Run</p>



