

GENERAL WORKOUT OF THE DAY ~ June 2017 ~

Sunday, 28 May 2017	Monday, 29 May 2017	Tuesday, 30 May 2017	Wednesday, 31 May 2017	Thursday, 01 June 2017	Friday, 02 June 2017	Saturday, 03 June 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>"Annie's on a Boat"</p> <p>50 Calorie Row, 50 Abmat Sit-Ups                      40 Calorie Row, 40 Abmat Sit-Ups                      30 Calorie Row, 30 Abmat Sit-Ups                      20 Calorie Row, 20 Abmat Sit-Ups                      10 Calorie Row, 10 Abmat Sit-Ups</p>	<p>Memorial Day</p> <p>"Murph"</p> <p>1 Mile Run                      100 Pull-Ups                      200 Push-Ups                      300 Air Squats                      1 Mile Run</p> <p>Partition Repetitions as Desired.</p> <p>In memory of Navy Lieutenant Michael Murphy, 29, who was killed in Afghanistan on June 28th, 2005.</p> <p>This workout was one of Mike's favorites and he'd named it 'Body Armor.'</p> <p>Today we honor a focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.</p> <p>* compare with Thurs 24 Nov 2016 and Mon 30 May 2016</p>	<p>"Howitzer"</p> <p>6 Rounds of AMRAP 2:                      30/20 Calorie Bike                      Max Power Cleans (185/135) in Remaining Time.                      Rest 2:00 Between Rounds.                      Post Total Repetitions</p>	<p>Weightlifting Wednesday</p> <p>Starting on the 0:00...                      Every Minute on the Minute x 9                      1 Power Clean (70%)</p> <p>Starting on the 12:00...                      Every Minute on the Minute x 9                      1 Power Snatch (70%)</p> <p>Starting on the 25:00...                      For Time:                      4 Sets of 20 Unbroken Deadlifts (185/135)</p>	<p>Today is Bring a Friend Day! All Classes are Free to Try!!!</p> <p>"Hawaiian Punch II"</p> <p>5 Rounds:                      200 Meter Run                      3x15m Bear Crawl                      15 Wallballs (20/14)                      15 Kettlebell Swings (53/35)</p>	<p>Lurong Summertime Challenge WOD - Week #4</p> <p>10-Minute AMRAP of                      3,6,9... Thrusters (95/65)                      3,6,9... Bar Facing Burpees                      30 Double Unders</p> <p>* Continue increasing by 3-reps each round until time is called.</p> <p>Level 3 - Standards                      * Masters+ barbell (75/55)</p> <p>Level 2 - Standards                      * barbell is (75/55)                      * 15 double unders or 45 single unders</p> <p>Level 1 - Standards                      * barbell is (45/35)                      * 45 single unders</p>	<p>"Mac Attack"</p> <p>Teams of 3:                      50 - 40 - 30 - 20 - 10:                      Hang Power Cleans (135/95)                      Front Squats (135/95)                      Push Jerks (135/95)</p>

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Sunday, 04 June 2017	Monday, 05 June 2017	Tuesday, 06 June 2017	Wednesday, 07 June 2017	Thursday, 08 June 2017	Friday, 09 June 2017	Saturday, 10 June 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>"Sunday Funday"</p> <p>On the Minute x 20:                      Minute 1 – 15/12 Calorie Bike                      Minute 2 – 15 AbMat Sit-Ups                      Minute 3 – 15/12 Calorie Row                      Minute 4 – 15 Kettlebell Swings (53/35)                      Minute 5 – Run 200 m</p>	<p>"Schlitz"</p> <p>4 Rounds:                      400 Meter Run                      4 Ring Muscle-Ups                      40 Double-Unders</p>	<p>"Black and Blue"</p> <p>5 Rounds:                      10 Power Cleans (135/95)                      10 Burpees</p> <p>* compare with Tues 16 Aug 2016</p>	<p>Weightlifting Wednesday</p> <p>Starting on the 0:00...                      Every Minute on the Minute x 9                      1 Power Clean (75%)</p> <p>Starting on the 12:00...                      Every Minute on the Minute x 9                      1 Power Snatch (75%)</p> <p>Starting on the 24:00...                      For Time:                      21 – 18 – 15 – 12 – 9 – 6 – 3:                      Unbroken Thrusters (95/65)</p>	<p>"Ground N' Pound"</p> <p>On the Minute x 20:                      Minute 1 – 100m Prowler (90/50)                      Minute 2 – 50m Farmers Carry (53's/35's), each hand                      Minute 3 – 15/12 Calorie Row                      Minute 4 – 15/12 Calorie Bike</p>	<p>Lurong Summertime Challenge WOD - Week #3</p> <p>12-Minute AMRAP of:                      30 Calorie Row                      2 Rounds of                      5 pullups                      10 Hand-Release Push Ups                      15 Air Squats</p> <p>* The next round starts back with the row.</p> <p>Level 2 - Standards                      * Jumping pullups, Push Ups, and Air Squats</p> <p>Level 1 - Standards                      * Ring Rows, Knee Hand-Release Push Ups, and Air Squats</p> <p>Alternate WOD -                      12-Minute AMRAP of                      30 Calorie Row                      2 Rounds of                      5 Toes to Bar                      10 Power Snatch (95/65)                      15 Overhead Squat (95/65)</p>	<p>"Duck and Run"</p> <p>Teams of 2:                      AMRAP 20:                      21 Wallballs (20/14)                      200 Meter Run</p> <p>The first partner completes the full round (21 Wallballs, 200m Run), and then tags the second partner to do the same. Score is total rounds and reps completed inside the team.</p>

GENERAL WORKOUT OF THE DAY ~ June 2017 ~

Sunday, 11 June 2017	Monday, 12 June 2017	Tuesday, 13 June 2017	Wednesday, 14 June 2017	Thursday, 15 June 2017	Friday, 16 June 2017	Saturday, 17 June 2017
<p><b>Workout of the Day:</b></p> <p>"Lizzie's on the Road"</p> <p>21 Power Cleans, 21 Ring Dips, 400 Meter Run</p> <p>15 Power Cleans, 15 Ring Dips, 400 Meter Run</p> <p>9 Power Cleans, 9 Ring Dips, 400 Meter Run</p> <p>Rx Load – 135/95</p> <p>Scaled Loads – 75/65/45/35</p>	<p><b>Workout of the Day:</b></p> <p>"Struck by Fran"</p> <p>5 Rounds, each round for time of:</p> <p>60 Double Unders</p> <p>15 Thrusters (95/65)</p> <p>15 Pullups</p> <p>*Rest 3 minutes between each round</p>	<p><b>Workout of the Day:</b></p> <p>"Christine's on the Road"</p> <p>3 Rounds:</p> <p>400 Meter Run</p> <p>12 Deadlifts (225/155)</p> <p>21 Box Jumps (24"/20")</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday</p> <p>Starting on the 0:00...</p> <p>Every Minute on the Minute x 8</p> <p>1 Squat Clean (80%)</p> <p>Starting on the 12:00...</p> <p>Every Minute on the Minute x 8</p> <p>1 Squat Snatch (80%)</p> <p>Starting on the 24:00...</p> <p>For Time:</p> <p>21 – 18 – 15 – 12 – 9 – 6 – 3:</p> <p>Unbroken Overhead Squats (95/65)</p>	<p><b>Workout of the Day:</b></p> <p>Today is Bring a Friend Day! All classes are free to try!</p> <p>"Wingman"</p> <p>Teams of 2:</p> <p>100 Burpees</p> <p>100 Toes to Bar</p> <p>100 Jumping Lunges</p> <p>100 Kettlebell Swings (53/35)</p> <p>100 Calorie Row</p> <p>Partners divide up the work however they'd like to.</p>	<p><b>Workout of the Day:</b></p> <p>Lurong Summertime Challenge</p> <p>Benchmark WOD - Week #5</p> <p>"12 MINUTE DOUBLE AMRAP"</p> <p>5 Minute AMRAP of:</p> <p>10 Power Snatches (95/65)</p> <p>10 Box Jumps at (24/20) inches</p> <p>Rest for 2 Minutes</p> <p>5 Minute AMRAP of:</p> <p>10 Overhead Squats (95/65)</p> <p>10 Box Jumps at (24/20) inches</p> <p>*score is total reps from each 5 minute AMRAP added together.</p> <p>** master+ barbell is (85/55) and box is (20/16).</p> <p>Level 2 - standards</p> <p>* Ground to overhead and Front squats instead of (snatches and overhead squats)</p> <p>*barbell (65/45), box (20/16)</p> <p>* masters+ barbell (65/45), box (16/12)</p> <p>Level 1 - standards</p> <p>* Ground to overhead and Front squats instead of (snatches and overhead squats)</p> <p>* barbell (45/35), box (16/12)</p> <p>*** compare results from Friday 19 May 2017</p>	<p><b>Workout of the Day:</b></p> <p>Open House Today!</p> <p>All Friends and guests are Welcome!</p> <p>"CrossFit Baseline"</p> <p>500 m Row</p> <p>40 Air Squats</p> <p>30 Situps</p> <p>20 Pushups</p> <p>10 Pullups</p>

GENERAL WORKOUT OF THE DAY ~ June 2017 ~

Sunday, 18 June 2017	Monday, 19 June 2017	Tuesday, 20 June 2017	Wednesday, 21 June 2017	Thursday, 22 June 2017	Friday, 23 June 2017	Saturday, 24 June 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>Happy Fathers Day</p> <p>"Fire and Ice"</p> <p>3 Rounds:</p> <p>3 Push Jerks (185/135)</p> <p>4 Front Squats (185/135)</p> <p>5 Power Cleans (185/135)</p> <p>30 Pull-Ups</p> <p>40 Pushups</p> <p>50 Sit-Ups</p>	<p>"Isabel"</p> <p>30 Power Snatches (135/95)</p> <p>* compare with Friday 15 April 2016</p>	<p>"Dopferganger"</p> <p>5 Rounds:</p> <p>21 Wallballs (20/14)</p> <p>15/12 Calorie Row</p> <p>9 Toes to Bar</p>	<p>Weightlifting Wednesday!</p> <p>This is our first week in our new progression on the Olympic lifts. Each week, the loading, repetitions, and time domains will adjust.</p> <p>Starting on the 0:00...</p> <p>Every Minute on the Minute x 6</p> <p>3 Squat Snatches (65%)</p> <p>Rest 4:00</p> <p>Starting on the 10:00...</p> <p>Every Minute on the Minute x 6</p> <p>3 Squat Clean and Jerks (65%)</p> <p>Rest 4:00</p> <p>Starting at the 20:00</p> <p>"Death by Strict Handstand Pushups"</p> <p>Complete 1 Rep on the First Minute</p> <p>Complete 2 Reps on the Second Minute</p> <p>... And so on until...</p>	<p>"Team Jerry"</p> <p>Teams of 2</p> <p>Run 1 Mile</p> <p>Row 2,000 Meters</p> <p>Run 1 Mile</p> <p>Partners change every 200m, on both the run and row.</p> <p>Post teams and times to comments.</p>	<p>"Melting Pot"</p> <p>AMRAP 10:</p> <p>10 Hang Power Snatches</p> <p>10 Overhead Squats</p> <p>10 Power Cleans</p> <p>10 Thrusters</p> <p>10 Sumo Deadlift High Pulls</p> <p>Rx – 95/65</p>	<p>"Gumby II"</p> <p>4 Rounds:</p> <p>800 Meter Run</p> <p>4 Rope Climbs</p> <p>2x25' Dumbbell Walking Lunges (50's/35's), each hand</p>

GENERAL WORKOUT OF THE DAY ~ June 2017 ~

Sunday, 25 June 2017	Monday, 26 June 2017	Tuesday, 27 June 2017	Wednesday, 28 June 2017	Thursday, 29 June 2017	Friday, 30 June 2017	Saturday, 01 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>"Fairway"</p> <p>Run 800m, 25 Dumbbell Squat Cleans (35#/20#)</p> <p>Run 600m, 20 Dumbbell Squat Cleans (35#/20#)</p> <p>Run 400m, 15 Dumbbell Squat Cleans (35#/20#)</p> <p>Run 200m, 10 Dumbbell Squat Cleans (35#/20#)</p> <p>Run 100m, 5 Dumbbell Squat Cleans (35#/20#)</p>	<p>"Bergeron Beep Test"</p> <p>On The Minute for as Long as Possible: 7 Thrusters (75/55)</p> <p>7 Pull-Ups</p> <p>7 Burpees</p> <p>Complete 1 round at the top of each minute until you can no longer.</p>	<p>"Pumped Up Game Changer"</p> <p>21 – 15 – 9</p> <p>Deadlifts (275/185)</p> <p>Box Jumps (30"/24")</p> <p>* compare with Friday 16 December 2016</p>	<p>Weightlifting Wednesday</p> <p>21 – 15 – 9</p> <p>Starting on the 0:00...</p> <p>Every Minute on the Minute x 6</p> <p>3 Squat Snatches (70%)</p> <p>Rest 4:00</p> <p>Starting on the 10:00...</p> <p>Every Minute on the Minute x 6</p> <p>3 Squat Clean and Jerks (70%)</p> <p>Rest 4:00</p> <p>Starting at the 20:00</p> <p>"Death by Toes to Bar"</p> <p>Complete 1 Rep on the First Minute</p> <p>Complete 2 Reps on the Second Minute</p> <p>... And so on until...</p>	<p>Today is Bring a Friend Day!</p> <p>All classes are free to try!</p> <p>"Suns Out – Guns Out"</p> <p>Teams of 3:</p> <p>3 Rounds:</p> <p>100 Bench Press (135/95)</p> <p>100 Calorie Row</p>	<p>"American Dream"</p> <p>Ascending Ladder for 20 Minutes:</p> <p>1 Power Clean, 1 Ring Muscle-Ups</p> <p>2 Power Clean, 2 Ring Muscle-Ups</p> <p>3 Power Clean, 3 Ring Muscle-Ups</p> <p>Continue adding one repetition to each movement until the 20-minute time cap.</p> <p>Rx – 205/145</p> <p>Level 2 - Standards</p> <p>* Power Clean, C2B Pullup</p> <p>* Barbell 135/95</p> <p>Level 3 - Standards</p> <p>* Power Clean, Jumping C2B Pullup</p> <p>* Barbell 75/55</p>	<p>"Adirondack"</p> <p>21 – 18 – 15 – 12 – 9 – 6 – 3</p> <p>Dumbbell Thrusters (50's/35's)</p> <p>400 Meter Run after each Round</p>