

GENERAL WORKOUT OF THE DAY ~ March 2017 ~

Sunday, 26 February 2017	Monday, 27 February 2017	Tuesday, 28 February 2017	Wednesday, 01 March 2017	Thursday, 02 March 2017	Friday, 03 March 2017	Saturday, 04 March 2017
<p>Workout of the Day:</p> <p>Hero WOD "Danny"</p> <p>As many rounds in 20 min of: 24"/20" box jump, 30 reps 115/75 pound push press, 20 reps 30 pull-ups</p> <p>Oakland SWAT Sergeant Daniel Sakai, age 35, was killed on March 21, 2009 in the line of duty along with fellow officers Sergeant Ervin Romans, Sergeant Mark Dunakin, and Officer John Hege. Daniel is survived by wife Jenni and daughter Jojiye.</p> <p>https://www.crossfit.com/workout/2009/04/16/</p>	<p>Workout of the Day:</p> <p>"Perro"</p> <p>Teams of 2 AMRAP 20: 3 Calorie Bike, 3 Hand-Release Pushups, 3 Dumbbell Snatches (45/35) 6 Calorie Bike, 3 Hand-Release Pushups, 6 Dumbbell Snatches (45/35) 9 Calorie Bike, 3 Hand-Release Pushups, 9 Dumbbell Snatches (45/35) Partner 1 completes the round of three reps of each movement, then Partner 2 does the same. The team alternates in this fashion for the 20 minutes, adding 3 repetitions to each movement per round.</p> <p>Or, Re-Test Open 17.1!</p>	<p>Workout of the Day:</p> <p>"Toast"</p> <p>Every Minute on the Minute x 12: 2 Rounds of... Minute 1 – 5 Power Snatches (95/65) + 10 TTB Minute 2 – 15/12 Calorie Row Minute 3 – 5 Clean and Jerks (95/65) + 10 TTB Minute 4 – 15/12 Calorie Row Minute 5 – 5 Thrusters (95/65) + 10 TTB Minute 6 – 15/12 Calorie Row Box Brief Bring a Friend Day is This Thursday!</p>	<p>Workout of the Day:</p> <p>Weightlifting Wednesday</p> <p>Back Squat 10 – 8 – 6 – 4 – 2 Rest 2:00 between sets, building in weight on each. Cashout AMRAP 8: 10 Wallballs (20/14) 20 Double-Unders</p>	<p>Workout of the Day:</p> <p>"Goat Day"</p> <p>On the Minute for 20: Odd Minutes – "Goat" #1 Even Minutes – "Goat" #2 "Goat" – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two "Goats" to work on today. Coaches will have great suggestions in class.</p>	<p>Workout of the Day:</p> <p>"Open 17.2"</p> <p>TBA</p> <p>Come by tonight at 5:30pm for Friday Night Lights! If you'd like to jump in on the action, come in at 5:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 5:45, we'll start Heat #1 at 6:00pm sharp.</p>	<p>Workout of the Day:</p> <p>"The Four Horsemen"</p> <p>5 Rounds of :40s on / :20s off: Push Jerks (135/95) Burpee Box Jumps (24"/20") Deadlifts (225/155) Bike for Calories During each :20s rest, rotate to the next station.</p>

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Sunday, 05 March 2017	Monday, 06 March 2017	Tuesday, 07 March 2017	Wednesday, 08 March 2017	Thursday, 09 March 2017	Friday, 10 March 2017	Saturday, 11 March 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>Bench Press + Strict Pull-Up 3 Sets: Max Reps Bench Press at Bodyweight Directly into... Max Reps Strict Pull-Ups Rest 3:00 between rounds. Cashout For time: Run 200 M, then 21-15-9 of: Air Squat, Push Up, Ring Row Then, Run 200 M</p>	<p>Front Squat: 3-3-3-3 WOD: "Tannerite" As Many Rounds as Possible in 8 Minutes: 9 Burpees 7 Kettlebell Swings (53/35) 5 Goblet Squats (53/35) Or, Re-Test Open 17.2!</p>	<p>"Quicksand" 3 Rounds: 5 Ring Muscle-Ups 10 Power Snatches (135/95) 25 Box Jumps (24/20)</p>	<p>Tabata Bar Hang * 8 rounds, :20/:10 "Recon" On the Minute x 16: Minute 1 – 15/12 Calorie Row Minute 2 – 15 Wallballs (20/14) Minute 3 – 15 Sumo Deadlift High Pulls (95/65) Minute 4 – 15 Push Presses (95/65)</p>	<p>"Goat Day" On the Minute for 20: Odd Minutes – "Goat" #1 Even Minutes – "Goat" #2 "Goat" – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two "Goats" to work on today. Coaches will have great suggestions in class.</p>	<p>"Open 17.3" TBA Come by tonight at 5:30pm for Friday Night Lights! If you'd like to jump in on the action, come in at 5:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 5:45, we'll start Heat #1 at 6:00pm sharp.</p>	<p>"Tri-try" 2,000 Meter Row 120 Calorie Bike 1,600 Meter Run</p>

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Sunday, 12 March 2017	Monday, 13 March 2017	Tuesday, 14 March 2017	Wednesday, 15 March 2017	Thursday, 16 March 2017	Friday, 17 March 2017	Saturday, 18 March 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>"Helen"</p> <p>3 Rounds for time: Run 400 m 21 KBS (53/35) 12 pull-ups</p>	<p>Front Squat: 3-3-3-3</p> <p>"Lead Head"</p> <p>AMRAP 7: 10 Dumbbell Power Snatches (70/50) 15 Hand-Release Pushups 20 AbMat Sit-Ups Or, Re-Test Open 17.3!</p>	<p>"Gasolina"</p> <p>15 Thrusters (95/65) 30 Calorie Row 90 Double-Unders 30 Calorie Row 15 Thrusters (95/65)</p>	<p>Overhead Squat: 2-2-2-2</p> <p>"Final Countdown"</p> <p>2 Rounds: AMRAP 2: 200 Meter Run, Max Overhead Squats (135/95) Rest 1:00 AMRAP 2: 200 Meter Run, Max Wallballs (20/14) Rest 1:00 AMRAP 2: 200 Meter Run, Max Handstand Pushups Rest 1:00</p>	<p>Today is Bring a Friend Day! All classes are free to try! "Goat Day"</p> <p>On the Minute for 20: Odd Minutes – "Goat" #1 Even Minutes – "Goat" #2 "Goat" – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two "Goats" to work on today. Coaches will have great suggestions in class.</p>	<p>"Open 17.4"</p> <p>TBA</p> <p>Come by tonight at 5:30pm for Friday Night Lights! If you'd like to jump in on the action, come in at 5:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 5:45, we'll start Heat #1 at 6:00pm sharp.</p>	<p>"Mac Attack"</p> <p>3 Rounds: 15 Pull-Ups 20 Box Jumps 25 Air Squats 400 Meter Run</p>

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Sunday, 19 March 2017	Monday, 20 March 2017	Tuesday, 21 March 2017	Wednesday, 22 March 2017	Thursday, 23 March 2017	Friday, 24 March 2017	Saturday, 25 March 2017
<p>Workout of the Day:</p> <p>7 Rounds, On The 2:00: 5 Hang Power Cleans, Run 100 M Build in weight each set. Score is weight used.</p>	<p>Workout of the Day:</p> <p>Front Squat: 3-3-3-3</p> <p>“Jelly Belly” AMRAP 13: 30 AbMat Sit-Ups 30 Kettlebell Swings (53/35) 30 Calorie Row Or, Re-Test Open 17.4!</p>	<p>Workout of the Day:</p> <p>“Bombshell” 3 Rounds: 21 Box Jumps (24”/20”) 12 Thrusters (95/65) 3 Ring Muscle-Ups</p>	<p>Workout of the Day:</p> <p>Weightlifting Wednesday Power Snatch – Build to a Heavy Set of 2</p> <p>Alternating On The Minute x 12: Odd Minutes – 3 Power Snatches (75% of established 2-rep) Even Minutes – 40 Double-Unders</p>	<p>Workout of the Day:</p> <p>“Goat Day” On the Minute for 20: Odd Minutes – “Goat” #1 Even Minutes – “Goat” #2 “Goat” – CrossFit slang for a movement we have difficulty with. Examples: Double-Unders, Ring Dips, Overhead Squats. Choose two “Goats” to work on today. Coaches will have great suggestions in class.</p>	<p>Workout of the Day:</p> <p>“Open 17.5” TBA</p> <p>Come by tonight at 5:30pm for Friday Night Lights! If you’d like to jump in on the action, come in at 5:30pm and sign your name into a heat on the whiteboard! Please warmup on your own, and after the athlete standards brief at 5:45, we’ll start Heat #1 at 6:00pm sharp.</p>	<p>Workout of the Day:</p> <p>“Cement Mixer” 7 Rounds, On The 3:00: 400 Meter Run 12 Toes to Bar</p> <p>Each round for time</p>

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Sunday, 26 March 2017	Monday, 27 March 2017	Tuesday, 28 March 2017	Wednesday, 29 March 2017	Thursday, 30 March 2017	Friday, 31 March 2017	Saturday, 01 April 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>"Enter the Sandman"</p> <p>10 Rounds of In 2:00 Minutes: Run 200 m, Max reps of Sandbag GetUps (45/30) Rest 2 minutes between rounds</p>	<p>"Easter Buns"</p> <p>5 Rounds: 10 Reverse Lunges (115/80) 25/20 Calorie Bike Or, Re-Test Open 16.5!</p>	<p>Back Squat: 7-7-7</p> <p>"Boat Race"</p> <p>3 Rounds: 500 Meter Row 400 Meter Run Rest 3:00 between rounds.</p>	<p>Weight Lifting Wednesday</p> <p>Pausing Overhead Squat</p> <p>5 Sets of 2</p> <p>*3-Second pause at the bottom</p> <p>Cashout</p> <p>2 Rounds: 20 Pull-Ups 30 Pushups 40 Sit-Ups 50 Air Squats</p>	<p>"Sword Fight"</p> <p>Class Divides into 2 Teams</p> <p>3 Rounds: Station 1 – 400m Team Prowler Push Station 2 – Max Bike Calories</p> <p>The two teams start on opposing stations. When the prowler returns, stations switch.</p> <p>Score is Max Bike Calories over the three rounds.</p> <p>Team sizes determine the amount of prowlers and bikes.</p> <p>Post Teams and Totals to Comments.</p>	<p>Sumo Deadlift: 3-3-3-3</p> <p>"Firestarter"</p> <p>AMRAP 10: 10 Sumo Deadlift High Pulls (95/65) 10 Wallballs (20/14)</p>	<p>"Hammer Time"</p> <p>Teams of 3: 200 Calorie Bike 150 Calorie Row 100 Box Jumps (24/20) 75 Clean and Jerks (135/95) 15 Rope Climbs</p>