

**GENERAL WORKOUT OF THE DAY ~ May 2016 ~**

Sunday, 01 May 2016	Monday, 02 May 2016	Tuesday, 03 May 2016	Wednesday, 04 May 2016	Thursday, 05 May 2016	Friday, 06 May 2016	Saturday, 07 May 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 12-9-6 Body Row Push Ups Medball Cleans (20/14)</p> <p>2. Conditioning 100 Single unders 40 Presses (75/55#) 30 Hanging Knee Raises 20 Push-Press (75/55#) 20m Overhead walking lunge (45/25# plate)</p>	<p>1. Snatch EMOMx15 1 Power Snatch + Squat Snatch + OHS</p> <p>2. Strength 2x10 Front Squats</p> <p>3. Conditioning " Diane" 21-15-9 Dead Lift 225/155 HSPU</p>	<p>1. Clean work up to a heavy Power Clean + Squat Clean</p> <p>2. Conditioning 5 RFT: 5 Burpee Box Jumps, 20" 15 OHS, 75/55 200m Run</p>	<p>1. Snatch 5x3 quick single squat snatches at 75% 4x2 quick single squat snatches at 80% 3x1 squat snatches at 85%</p> <p>2. Back Squat 2x3, across 3x2, across</p> <p>3. Conditioning AMRAP 20: 50 Meter Prowler Push 100 Meter Sandbag Carry (40/20) 200 Meter Sprint Rest 1 minute between rounds.</p>	<p>"Cinco de Mayo"</p> <p>AMRAP 5 of 20 Pullups 30 Push-Ups 40 Situps 50 Squats</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of 30 Double Unders 15 Thrusters (95/65) 15 Pullups</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of 9 Clean (135/95) 9 Ring Dips</p> <p>Rest exactly 3 minutes, then</p> <p>AMRAP 5 of Wallballs (20/14)</p> <p>*Score is the total number of reps across all 20 minutes of WODs.</p>	<p>1. Clean 5x3 Squat Cleans</p> <p>2. Strength 3x3 Back Squat</p> <p>3. Conditioning 4 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict handstand push-ups</p>	<p>1. Barbell Conditioning Teams of 4 same-sex athletes complete the following, in order, for time: 200 Deads 150 Back Squats 125 Bench Press – use a rack 100 Cleans Men use 185 lbs. Women use 125 lbs.</p>

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Sunday, 08 May 2016	Monday, 09 May 2016	Tuesday, 10 May 2016	Wednesday, 11 May 2016	Thursday, 12 May 2016	Friday, 13 May 2016	Saturday, 14 May 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>A. 2 Rounds of: 800m Run 20 Goblet Squat (24/16 Kg) KB 20 Abmat Situps</p> <p>Rest 1 minute</p> <p>B. 2 Rounds of: 15 Abmat Situps 50 Single Unders 10 SDHP (24/16 kg) KB</p> <p>Rest 1 minute</p> <p>C. 2 RFT: 30 Single Unders 10 SDHP (24/16 kg) KB 20 Box Jump, 24/20"</p>	<p>1. Snatch 2x3 at 75% 3x2 at 80% 1x1 at 85%</p> <p>2. Strength 3x3 Back Squat</p> <p>3. Conditioning "Bode" 5 RFT: 11 Power Snatches, 95/65 12 HSPU</p>	<p>1. Clean A. 2x2 Squat Clean at 85% B. 2x1 Halting Dead Clean at 85%, pause for 2 seconds above the knee</p> <p>2. "Helen" 3 RFT: 400m Run 21 KBS, 1.5-pood/1-pood 12 Pull ups</p> <p>3. Strength 3x3 Front Squat</p>	<p>1. Clean and Jerk Complex work up to a heavy set of: 1 Power Clean + 1 Squat Clean + 1 Push Jerk + 1 Split Jerk</p> <p>2. Strength Work up to a heavy Pause Front Squat – hold the bottom for 3 seconds on each rep.</p> <p>3. Conditioning A. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>B. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p> <p>Rest 1:00</p> <p>C. AMRAP 2: 20 V-Ups 20 Supermans Max reps of Front Squat at 155/105 in the remaining time</p>	<p>Run/Ruck: 8 rounds of 30sec ON, 20sec</p> <p>1. Endurance A. Assault Bike: 8 Rounds of 30 sec MAX WATTS, 20 Seconds idle @ WATTS = body weight.</p> <p>Then,</p> <p>B. Run/Row 2x1200m at 70-80% effort, rest 3 minutes between intervals</p> <p>2. Mobility 10-minutes Hips/Legs/Ankles 10-minutes Shoulders/Arms/Wrists</p> <p>* Pick one or two focus areas and work on mobility for 20 minutes. Remember to test and retest throughout session.</p>	<p>1. Conditioning "Filthy 50" 50 Box Jumps, 24/20 KBS, 1-pood Jumping Pull-Up, bar at mid forearm when standing Walking Lunge Toes to Bar (this is not a typo) Push Press, 45/35 Hip Ext Burpee Wall Ball20/14 Double unders</p>	<p>1. Strength 10 RM TnG Squat Clean</p> <p>2. Conditioning Teams of 3: With a 25 min clock... 3K Row Buy-In, split up as desired In the remaining time complete AMRAP of: 50 Hang Power Snatch (75/55) 50 Thrusters (75/55) 50 Sumo DL High Pulls (75/55) 1 athlete works at a time, split up reps as desired.</p>

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Sunday, 15 May 2016	Monday, 16 May 2016	Tuesday, 17 May 2016	Wednesday, 18 May 2016	Thursday, 19 May 2016	Friday, 20 May 2016	Saturday, 21 May 2016
<p><b>Workout of the Day:</b></p> <p>1. Conditioning</p> <p>4 Rounds for time: 400 m Run 40, 30, 20, 10 KBS (24 Kg/16 Kg) 10, 20, 30, 40 Wallballs (20/14)</p>	<p><b>Workout of the Day:</b></p> <p>1. Clean and Jerk 7x3 quick singles, climbing – rest 2 mins between sets.</p> <p>2. Front Squat 2x10 across</p> <p>4. Conditioning 50 Wall Balls, 20/14 200 Meter Run 15 Clean and Jerk, 135/95 400 Meter Run 15 Clean and Jerk, 135/95 200 Meter Run 50 Wall Balls, 20/14</p>	<p><b>Workout of the Day:</b></p> <p>1. Snatch 7 sets of the following complex: Pocket High Pull + Hang High Pull + Hang Squat Snatch Pocket High Pull – Start with the bar at your hips, knees bent, vertical torso. Extend aggressively through knees and pull bar up your torso. Hang High Pull – Start with the bar at mid thigh with your chest over the bar. Slowly bring the bar to your pockets and pull up your torso.</p> <p>2. Gymnastics Conditioning (7 minute time cap) 1.2.3.4.5.6.7.8.9.10 unbroken C2B for time. If you break a set you must redo that set before moving on.</p> <p>3. Conditioning A. AMRAP 3: 6 FS, 155/105 6 Burpees over Bar  Rest 1:00  B. AMRAP 3: Double unders  Rest 1:00  C. AMRAP 3: 6 FS, 135/95 6 Burpees over Bar</p>	<p><b>Workout of the Day:</b></p> <p>1. Barbell Conditioning Teams of 3 (1 athlete works at a time): With a running clock... A. In 7 mins complete: 50 Back Squats, 135/95 50 Back Squats, 185/135 AMRAP Back Squats, 225/155 in remaining time. Back squats can be taken from a rack.  Rest 3 minutes  B. In 7 mins complete: 50 Strict Shoulder Press, 95/65 50 Strict Shoulder Press, 115/80 AMRAP Strict Shoulder Press, 135/95 in remaining time. Presses can be taken from a rack.  Rest 3 minutes  C. In 7 mins complete: 50 Dead Lifts, 185/135, 50 Dead Lifts, 225/155 AMRAP Dead Lifts, 275/185 in remaining time.</p>	<p><b>Workout of the Day:</b></p> <p>1. "Randy" For Time: 75 Power Snatches (75/55)</p> <p>2. Gymnastics Conditioning 60 Strict Pull ups for time</p> <p><a href="https://www.crossfit.com/workout/2008/02/13">https://www.crossfit.com/workout/2008/02/13</a></p>	<p><b>Workout of the Day:</b></p> <p>2016 Lurong Summertime Challenge Benchmark WOD</p> <p>Box Jump Overs Toes to Bar Clean &amp; Jerks</p>	<p><b>Workout of the Day:</b></p> <p>1. Conditioning 1 mile run 100 air squats 100 abmat sit ups 50 kbs, 2-pood/1.5-pood 50 box jumps overs, 24/20</p> <p>2. Handstand Walk 175 feet for time</p> <p>3. Snatch work up to a heavy single</p>

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Sunday, 22 May 2016	Monday, 23 May 2016	Tuesday, 24 May 2016	Wednesday, 25 May 2016	Thursday, 26 May 2016	Friday, 27 May 2016	Saturday, 28 May 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: 400 M Run</p> <p>Then, 5 Rounds of: 100 M Sandbag Carry (40/30)</p> <p>5 T2B 55, 34, 21, 15, 9 Squats</p> <p>Then, immediately: 400 M Run</p>	<p>1. Clean EMOMx10: Power Clean + Squat Clean, climbing</p> <p>2. Conditioning AMRAP 12: 100 Double unders 50 Lateral Barbell Burpees 30 Clusters, 135/95 10 Muscle ups</p>	<p>1. Conditioning "Christine" 3 RFT: Row 500m 12 Deadlift, bodyweight 21 Box Jumps, 20"</p> <p>2. Snatch EMOMx6 at 85%</p> <p>3. Strength A. 5x1 Jerk, across B. 3x3 Overhead Squat C. 3x10 Back Squat</p>	<p>1. Barbell Conditioning Teams of 3: A. AMRAP 7 of Push Press: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>3 min Rest</p> <p>B. AMRAP 7 of Front Squats: 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 Power Cleans: 50 reps at 135/95 50 reps at 155/105 AMRAP at 185/135</p> <p>2. Running 4x400m Run, 2 minute rest – goal is to stay within 2 seconds every round.</p>	<p>1. Snatch 7 sets of the following complex: Pocket High Pull + Hang High Pull + Hang Squat Snatch Pocket High Pull – Start with the bar at your hips, knees bent, vertical torso. Extend aggressively through knees and pull bar up your torso. Hang High Pull – Start with the bar at mid thigh with your chest over the bar. Slowly bring the bar to your pockets and pull up your torso.</p> <p>Then, choose either #2 Strength, or #3 Gymnastics:</p> <p>2. Strength (10 minutes) Work up to a heavy set of 5 OHS</p> <p>3. Gymnastics Conditioning (10 minutes) 5x15 unbroken C2B – rest as little as possible between sets, but they must be unbroken</p> <p>Then: 4. Conditioning 1,000m Row into... 21-15-9 of: KBS, 2-pood, 1.5-pood OHS, 115/80</p>	<p>2016 Lurong Summertime Week 2 WOD</p> <p>Wall Balls Power Snatches</p>	<p>1. Jerk 1RM from a rack</p> <p>2. Conditioning "Kelly" 5 RFT: 400m Run 30 Box Jumps, 24/20 30 Wall Balls, 20/14</p>

GENERAL WORKOUT OF THE DAY ~ May 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
<p><b>Workout of the Day:</b></p> <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><b>Workout of the Day:</b></p> <p>"Murph"</p> <p>1 mile Run                      100 Pull ups                      200 Push ups                      300 Squats                      1 mile Run</p>	<p><b>Workout of the Day:</b></p> <p>1.Snatch                      5x1 Hang Squat Snatch at 75%                      4x1 Low Hang Squat Snatch at 80%                      3x1 Squat Snatch at 85%</p> <p>2. Conditioning                      5 RFT:                      25 Cal Row                      3 Rope Climbs, 15'                      12 DB 1-arm Snatch, 45/25 (6/side)</p> <p>2. Strength                      3x8 Front Squat</p>	<p><b>Workout of the Day:</b></p> <p>1. Barbell Conditioning                      Teams of 3:                      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                      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><b>Workout of the Day:</b></p> <p>1. Pull                      10x2 Halting Clean Pull, climbing – pause at the knee before finishing the second pull</p> <p>2. 20RM Benchmark                      20RM Push Press – not jerk</p> <p>3. Conditioning                      4 RFT:                      21 Pull ups                      15m HS Walk                      9 Deadlifts, 255/175</p>	<p><b>Workout of the Day:</b></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><b>Workout of the Day:</b></p> <p>1. Snatch                      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                      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>