

MASTERS ~ 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 Ring Muscle ups Squat Cleans, 185/135</p> <p>2. Conditioning 100 Double unders 40 HSPU 30 TTB 20 Shoulder to Overhead 165/115 20m Front Rack Walking Lunge, 165/155</p>	Rest Day	<p>MASTERS QUALIFIED & OPEN ATHLETES</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>Note: Games.CrossFit.Com Masters Leaderboard Posted</p>	<p>MASTERS QUALIFIED & OPEN ATHLETES ATHLETES</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>	CrossFit Games Masters Invitations Start	<p>1. Conditioning 4 rounds for time of: 25-calorie row 16 chest-to-bar pull-ups 9 strict handstand push-ups</p> <p>2. Conditioning For time: 15/12 muscle-ups 1 squat clean (145 / 95 lb.) 1 squat clean (165 / 115 lb.) 1 squat clean (185 / 135 lb.) 1 squat clean (205 / 145 lb.) 1 squat clean (225 / 155 lb.)</p>	<p>MASTERS QUALIFIED & OPEN ATHLETES</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 A. 2 Rounds of: 800m Run 20 OHS, 115/80 20 GHDSU</p> <p>Rest 1 minute</p> <p>B. 2 Rounds of: 15 GHDSU 50 Double Unders 10 SDHP, 115/80</p> <p>Rest 1 minute</p> <p>C. 2 RFT: 30 Double Unders 10 SDHPU, 115/80 20 Box Jump Overs, 24/20"</p> <p>2. HandStand Push up 5 sets of max unbroken reps, rest as needed between sets</p> <p>3. Snatch 5x1 at 80% of 1RM</p>	Rest Day	<p>MASTERS QUALIFIED & OPEN ATHLETES</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>MASTERS QUALIFIED & OPEN ATHLETES</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>	Recovery Day	<p>MASTERS QUALIFIED ATHLETES & OPEN ATHLETES</p> <p>1. Snatch 3x3 at 75% 2x2 at 80% 1x1 at 85% 2x2 at 80% 3x3 at 75% unlimited rest between sets</p> <p>2. Strength 5x10 Back Squat, climbing</p> <p>3. 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 Ball 20/14 Double unders</p>	<p>MASTERS QUALIFIED & OPEN ATHLETES</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
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. Gymnastics Skills 10 mins of HS Walk practice</p> <p>2. Pull up Bar Complex 3 sets of: 2 Bar Muscle ups + 3 C2B + 4 Pull ups + 5 TTB – without coming off the bar.</p> <p>3. Conditioning 90 Double unders 30 Cleans, 135/95 90 Double unders 30 Front Squats, 135/95 90 Double unders</p>	Rest Day	<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 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>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>	Recovery Day	<p>1. “Randy” For Time: 75 Power Snatches (75/55)</p> <p>2. Gymnastics Conditioning 60 Strict Pull ups for time</p> <p>https://www.crossfit.com/workout/2008/02/13</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
<p>Workout of the Day:</p> <p>1. Conditioning 4 rounds with a 20# weight vest: 25 Calorie Row 10 C2B 5 Strict Deficit HSPU</p> <p>2. Conditioning 3 RFT: 7/5 Muscle ups with a 20# vest 5 Cleans (no vest) – you choose the weight Rest 5 mins between rounds</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</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>Workout of the Day:</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>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</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. Strength Work up to a heavy set of 5 OHS</p> <p>3. Gymnastics Conditioning 5x15 unbroken C2B – rest as little as possible between sets, but they must be unbroken</p> <p>4. Conditioning 1,000m Row into... 21-15-9 of: KBS, 2-pood, 1.5-pood OHS, 115/80</p>	<p>Workout of the Day:</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>

MASTERS ~ 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>Workout of the Day:</p> <p>1. Strength EMOMx10: Power Clean + Squat Clean, climbing</p> <p>2. Conditioning AMRAP 12: 100 Double Unders 50 Lateral Barbell Burpees 30 Clusters (squat clean thruster), 135/95 10 Muscle ups</p>	<p>Workout of the Day:</p> <p>Rest Day</p>	<p>Workout of the Day:</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, 70/50 (6/side)</p> <p>2. Strength 3x8 Front Squat</p>	<p>Workout of the Day:</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>Workout of the Day:</p> <p>Recovery Day</p>	<p>Workout of the Day:</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>Workout of the Day:</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>