

GENERAL WORKOUT OF THE DAY ~ May 2017 ~

Sunday, 30 April 2017	Monday, 01 May 2017	Tuesday, 02 May 2017	Wednesday, 03 May 2017	Thursday, 04 May 2017	Friday, 05 May 2017	Saturday, 06 May 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>"Pushin' Weight"</p> <p>1 Round, resting 1:00 between efforts: 25 Meter Prowler Push (Guys 4x45's, Girls 3x45's)</p> <p>50 Meter Prowler Push (3x45's/2x45's)</p> <p>100 Meter Prowler Push (2x45's, 1x45)</p> <p>100 Meter Prowler Push (1x45, Empty)</p> <p>Cashout</p> <p>100 Abmat Sit-Ups for Time</p>	<p>"Macho Monday"</p> <p>On the Minute x 10: 1 Snatch</p> <p>Strength: Back Squat 5 Sets of 5</p>	<p>Cyclone</p> <p>21 Deadlifts, 42 Calorie Bike, 84 Double-Unders</p> <p>15 Deadlifts, 30 Calorie Bike, 60 Double-Unders</p> <p>9 Deadlifts, 18 Calorie Bike, 36 Double-Unders</p>	<p>"Epinephrine"</p> <p>1,000 Meter Row</p> <p>-Directly Into- 21 – 15 – 9: Kettlebell Swings (70/53) Overhead Squats (115/80)</p>	<p>Today is Bring a Friend Day!</p> <p>All classes are free to try!</p> <p>"Rock Em Sock Em"</p> <p>On the Minute x 20: Minute 1 – 20 Abmat Sit-Ups Minute 2 – 20/15 Calorie Bike Minute 3 – 50' Dumbbell Lunge (50's/35's) Minute 4 – 100 Meter Prowler Push (Empty) Minute 5 – 200 Meter Run</p>	<p>"Remember Everyone Deployed"</p> <p>In May, let's wear a red on Fridays and support our troops overseas.</p> <p>Not for a political agenda, or even in support of specific military missions. Purely because we care about supporting our servicemen and servicewomen currently overseas.</p> <p>RED Friday's is a silent, yet powerful movement that means more than just wearing a color.</p> <p>"Open Test"</p> <p>AMRAP 20: 50 Wallballs (20/14) 50 Double-Unders 40 Box Jumps (24/20) 40 Toes-to-Bar 30 Chest-to-Bar Pull-Ups 30 Burpees 20 Cleans (145/100) 20 Jerks (145/100) 10 Snatches (145/100) 10 Muscle-Ups</p>	<p>"The Terminator"</p> <p>600 Meter Hill Run, 60 Calorie Row, 60 Air Squats</p> <p>400 Meter Run, 40 Calorie Row, 40 Air Squats</p> <p>200 Meter Run, 20 Calorie Row, 20 Air Squats</p>

GENERAL WORKOUT OF THE DAY ~ May 2017 ~

Sunday, 07 May 2017	Monday, 08 May 2017	Tuesday, 09 May 2017	Wednesday, 10 May 2017	Thursday, 11 May 2017	Friday, 12 May 2017	Saturday, 13 May 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>"Rise and Shine"</p> <p>Every Minute on the Minute x 21:</p> <p>Minute 1 – 5 Strict Pull-Ups, 7 Hand-Release Pushups, 9 Sit-Ups</p> <p>Minute 2 – Run 200 m</p> <p>Minute 3 – 15 Wallballs (20/14)</p>	<p>Hero WOD "DT"</p> <p>5 Rounds:</p> <p>12 Deadlifts</p> <p>9 Hang Power Cleans</p> <p>6 Push Jerks</p> <p>Rx Weights – 155/105</p> <p> </p> <p>* Compare with Saturday 13 August 2016</p> <p><a href="https://www.crossfit.com/workout/2009/04/14#/">https://www.crossfit.com/workout/2009/04/14#/</a></p>	<p>"Moonwalk"</p> <p>5 Rounds:</p> <p>400 Meter Run</p> <p>15 Burpees</p> <p>10 Front Squats (155/105)</p>	<p>Weightlifting Wednesday</p> <p>Squat Snatch – 1-Rep Max</p> <p> </p> <p>We are testing our 1-Rep Snatch so that we can start a progression based off percentages starting next week. Let's establish our current best today!</p> <p> </p> <p>"Cashout"</p> <p>AMRAP 10:</p> <p>5 Pull-Ups, 10 Pushups, 15 Air Squats</p>	<p>"Bronco"</p> <p>3 Rounds:</p> <p>Station 1 – 750 Meter Bike</p> <p>Station 2 – 500 Meter Row</p> <p>Station 3 – 400 Meter Run</p> <p>Stations rotate every 3:00.</p> <p> </p> <p>Any time remaining after completion of the station's work is rest time.</p> <p> </p> <p>Record individual splits</p>	<p>Today is R.E.D. Friday</p> <p>Wear a red shirt today to support our fellow Americans deployed overseas.</p> <p> </p> <p>"Gevalia"</p> <p>100 Double-Unders, 10 Overhead Squats, 5 Ring Muscle-Ups</p> <p>80 Double-Unders, 8 Overhead Squats, 4 Ring Muscle-Ups</p> <p>60 Double-Unders, 6 Overhead Squats, 3 Ring Muscle-Ups</p> <p>40 Double-Unders, 4 Overhead Squats, 2 Ring Muscle-Ups</p> <p>20 Double-Unders, 2 Overhead Squats, 1 Ring Muscle-Ups</p> <p> </p> <p>Rx Loads – 135/95</p> <p> </p> <p>Level 2 - Standards</p> <p>* Chest to Bar Pullups</p> <p> </p> <p>Level 1 - Standards</p> <p>* Jumping Chest to Bar Pullup</p>	<p>"Adderall"</p> <p>0-10 Minute: 1 Mile Run + Max Clean and Jerk (135/95) in remaining time</p> <p> </p> <p>10-13 Minute: Rest</p> <p> </p> <p>13-20 Minute: 800 Meter Run + Max Power Snatch (115/80) in remaining time</p> <p> </p> <p>20-23 Minute: Rest</p> <p> </p> <p>23-27 Minute: 400 Meter Run + Max Thrusters (95/65) in remaining time</p> <p> </p> <p>Compare with Saturday, 19th November 2016</p>

GENERAL WORKOUT OF THE DAY ~ May 2017 ~

Sunday, 14 May 2017	Monday, 15 May 2017	Tuesday, 16 May 2017	Wednesday, 17 May 2017	Thursday, 18 May 2017	Friday, 19 May 2017	Saturday, 20 May 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 Mothers Day</p> <p>"Landslide"</p> <p>2,000 Meter Row for Time</p> <p>Every minute, stop rowing and perform AbMat situps</p> <p>At the 1st Minute – 1 Abmat Sit-up</p> <p>At the 2nd Minute – 2 Abmat Sit-ups</p> <p>At the 3rd Minute – 3 Abmat Sit-Ups</p> <p>Continue to add 1 Abmat Sit-Up per round.</p> <p>Time Cap – 14:00 Minutes</p>	<p>"Merengue"</p> <p>3 Rounds:</p> <p>30 Burpees</p> <p>30 Pull-Ups</p> <p>30 Thrusters (75/55)</p>	<p>"Sugar Daddy"</p> <p>21 – 15 – 9:</p> <p>Deadlifts (225/155)</p> <p>400 Meter Run</p> <p>*Compare score with Tuesday 26 July 2016</p>	<p>Weightlifting Wednesday</p> <p>12 Rounds:</p> <p>Every 40 Seconds – 1 Power Clean (60%)</p> <p>Rest 4:00</p> <p>12 Rounds:</p> <p>Every 40 Seconds – 1 Power Snatch (60%)</p> <p>Rest 4:00</p> <p>For Time:</p> <p>21 – 18 – 15 – 12 – 9 – 6 – 3:</p> <p>Unbroken Overhead Squats (95/65)</p>	<p>Today is Bring a Friend Day! All Classes are Free to Try!!!</p> <p>"Dueces"</p> <p>2,000 Meter Row</p> <p>200 Double-Unders</p> <p>2,000 Meter Run</p>	<p>Today is R.E.D. Friday</p> <p>Wear a red shirt today to support our fellow Americans deployed overseas.</p> <p>Lurong Summertime Challenge</p> <p>Benchmark WOD - Week #1</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>"Whirl Wind"</p> <p>Teams of 3, 5 Rounds:</p> <p>1:00 at each station</p> <p>Station 1 – 7 Power Cleans (135/95)</p> <p>Station 2 – 15 Wallballs (20/14)</p> <p>Station 3 – Max Calorie Bike</p> <p>The score is the total amount of calories on the bike.</p> <p>Leave the total running for all five rounds.</p>

GENERAL WORKOUT OF THE DAY ~ May 2017 ~

Sunday, 21 May 2017	Monday, 22 May 2017	Tuesday, 23 May 2017	Wednesday, 24 May 2017	Thursday, 25 May 2017	Friday, 26 May 2017	Saturday, 27 May 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>"Garand"</p> <p>21 Dumbbell Thrusters (45's/35's), 400 Meter Run</p> <p>18 Dumbbell Thrusters (45's/35's), 400 Meter Run</p> <p>15 Dumbbell Thrusters (45's/35's), 400 Meter Run</p>	<p>"Barbara"</p> <p>5 Rounds:</p> <p>20 Pull-Ups</p> <p>30 Pushups</p> <p>40 Sit-Ups</p> <p>50 Squats</p> <p>Rest 3:00 between rounds.</p>	<p>"50 Cal"</p> <p>3 Rounds:</p> <p>21 Calorie Row</p> <p>15 Power Cleans (155/105)</p> <p>9 Box Jumps (20"/24")</p>	<p>Weightlifting Wednesday</p> <p>12 Rounds:</p> <p>Every 40 Seconds – 1 Power Clean (65%)</p> <p>Rest 4:00</p> <p>12 Rounds:</p> <p>Every 40 Seconds – 1 Power Snatch (65%)</p> <p>Rest 4:00</p> <p>For Time:</p> <p>42 Wallballs (20/14), 21 Toes to Bar</p> <p>30 Wallballs (20/14), 15 Toes to Bar</p> <p>18 Wallballs (20/14), 9 Toes to Bar</p>	<p>"Warthog"</p> <p>27 – 21 – 15 – 9:</p> <p>Calorie Row</p> <p>Calorie Bike</p> <p>Directly into...</p> <p>200 Meter Kettlebell Farmers Walk (70's/53's)</p> <p>Directly into...</p> <p>9 – 15 – 21 – 27:</p> <p>Calorie Row</p> <p>Calorie Bike</p>	<p>Today is R.E.D. Friday</p> <p>Wear a red shirt today to support our fellow Americans deployed overseas.</p> <p>Lurong Summertime Challenge WOD - Week #2</p> <p>8-minute AMRAP</p> <p>2 Minutes of Deadlifts (185/115)</p> <p>1-Minute Rest</p> <p>2 Minutes of Back Squats (135/85)</p> <p>1-Minute Rest</p> <p>2 Minutes of Shoulder to Overhead (95/65)</p> <p>* one barbell per athlete - and athlete must change their own weights</p> <p>** rack permitted for back squat, but not for shoulder to overhead</p> <p>*** score is your total number of REPS completed in 6 minutes of work time</p> <p>Level 3 - Standards</p> <p>Open   Masters   Masters+</p> <p>* Deadlift (275/175)   (225/145)   (185/115)</p> <p>* Back Squat (225/145)   (185/115)   (155/95)</p> <p>* S2O (185/115)   (135/85)   (95/65)</p> <p>Level 2 - Standards</p> <p>Open   Masters   Masters+</p> <p>* Deadlift (185/115)   (155/95)   (135/85)</p> <p>* Back Squat (135/85)   (115/75)   (95/65)</p> <p>* S2O (95/65)   (75/45)   (65/35)</p>	<p>"Five-Finger Death Punch"</p> <p>1,000 Meter Run</p> <p>3 Rounds:</p> <p>10 Clean and Jerks (135/95)</p> <p>10 Chest to Bar Pull-Ups</p> <p>10 Burpees</p> <p>1,000 Meter Row</p>

GENERAL WORKOUT OF THE DAY ~ May 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>