

GENERAL WORKOUT OF THE DAY ~ November 2017 ~

Sunday, 05 November 2017	Monday, 06 November 2017	Tuesday, 07 November 2017	Wednesday, 08 November 2017	Thursday, 09 November 2017	Friday, 10 November 2017	Saturday, 11 November 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>WOD:</p> <p>3 Rounds: 5 Strict Handstand Push-ups 5 Strict Pull-Ups 10 Dumbbell Strict Presses 10 Dumbbell Bent Over Rows (each arm)</p> <p>100 Calorie Bike</p> <p>3 Rounds: 5 Strict Handstand Push-ups 5 Strict Pull-Ups 10 Dumbbell Strict Presses 10 Dumbbell Bent Over Rows (each arm)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Nasty Girls”</p> <p>3 Rounds: 50 Air Squats 7 Muscle-ups 10 Hang Power Cleans (135/95#)</p> <p>Credit: CFNE 2016 WOD-news</p> <p>Strength WOD: Oly Rest Week</p> <p>DB Bench Press 3x10 @ 65%</p>	<p>WOD:</p> <p>“Nasty Women”</p> <p>AMRAP 4: “Fran” 21-15-9 Thrusters (95/65#) Pull-ups Rest 4:00</p> <p>AMRAP 4: “Diane” 21-15-9 Deadlifts (225/155#) Handstand Push-ups Rest 4:00</p> <p>AMRAP 4: “Grace” 30 Clean & Jerks (135/95#)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“The Other Total”</p> <p>1RM Clean 1RM Bench 1RM OHS</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Mountain Bike”</p> <p>AMRAP 15: Buy-in: 100/70 Calorie Bike In the remaining time: 2 Rope Climbs 10 Burpee Box Jumps (24/20#) 50 Double-unders</p> <p>Credit: CFNE 2016 WOD-news</p> <p>Strength WOD: Oly Rest Week</p> <p>DB Single-Arm Bent Over Rows 3x12, each arm</p>	<p>WOD:</p> <p>“22”</p> <p>AMRAP 22: 22 Wallballs (20/14#) 22 Power Snatch (75/55#) 22 Box Jumps (24/20") 22 Push Press (75/55#) 22 Calorie Row</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Jerry”</p> <p>1 mile Run 2k Row 1 mile Run</p> <p>Compare with 24 August 2016</p> <p>Credit: CFNE 2016 WOD-news</p>

GENERAL WORKOUT OF THE DAY ~ November 2017 ~

Sunday, 12 November 2017	Monday, 13 November 2017	Tuesday, 14 November 2017	Wednesday, 15 November 2017	Thursday, 16 November 2017	Friday, 17 November 2017	Saturday, 18 November 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>WOD:</p> <p>“Pushy Cindy”</p> <p>AMRAP 15:</p> <p>1 Round of Strict Cindy</p> <p>50 Meter Prowler Push (90/45)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD:</p> <p>Oly Week 5 of 8</p> <p>Clean Pull 3x3 @ 110%</p> <p>WOD:</p> <p>“Probatio”</p> <p>AMRAP 5:</p> <p>Burpee Box Jump Overs (24/20”)</p> <p>Rest 5:00</p> <p>AMRAP 4:</p> <p>10m Shuttle Runs</p> <p>Rest 4:00</p> <p>AMRAP 3:</p> <p>Power Cleans (You choose the weight)</p> <p>Guys: 75, 95, 135, 155</p> <p>Girls: 55, 65, 95, 105</p> <p>Rest 3:00</p> <p>AMRAP 2:</p> <p>Wallball Shots (20/14#)</p> <p>Rest 2:00</p> <p>AMRAP 1:</p> <p>Max Unbroken Pull-Ups</p> <p>Compare with 30 January 2017</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD:</p> <p>Oly Week 5 of 8</p> <p>Pause Clean (knees) & Jerk</p> <p>3x(2+1) @ 75%, 1x(2+1) @ 85%, 1x(2+1) @ 80%</p> <p>Overhead Squat 5x3 @ 75%</p> <p>WOD:</p> <p>2K Test</p> <p>For time:</p> <p>2,000m Row</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Rock, Paper, Scissors”</p> <p>Teams of 3:</p> <p>AMRAP 7:</p> <p>Back Squat:</p> <p>50 Reps at 135/95#</p> <p>50 Reps 185/135#</p> <p>AMRAP at 225/155#</p> <p>Rest 3:00</p> <p>AMRAP 7:</p> <p>Push Press:</p> <p>50 Reps at 135/95#</p> <p>50 Reps at 155/105#</p> <p>AMRAP at 185/135#</p> <p>Rest 3:00</p> <p>AMRAP 7:</p> <p>Hang Power Clean:</p> <p>50 Reps at 135/95#</p> <p>50 Reps at 155/105#</p> <p>AMRAP at 185/135#</p> <p>Compare with 16 August 2017</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Filthy 50”</p> <p>50 Box Jumps (24/20”)</p> <p>50 Jumping Pull-ups</p> <p>50 Kettlebell Swings (35/25#)</p> <p>50 Walking Lunges</p> <p>50 Toes-to-Bar</p> <p>50 Push Press (45/35#)</p> <p>50 Hip Extensions</p> <p>50 Wallballs (20/14#)</p> <p>50 Burpees</p> <p>50 Double-unders</p> <p>Compare with 16 January 2017</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>“Barbara”</p> <p>5 Rounds:</p> <p>20 Pull-ups</p> <p>30 Push-ups</p> <p>40 Sit-ups</p> <p>50 Air Squats</p> <p>*Rest 3:00 between rounds.</p> <p>Compare with 22 May 2017</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Announcements:</p> <p>“King of the Jungle”</p> <p>CFGB In-House Competition - Teams of Three</p> <p>Event: 10 am - 2 pm</p> <p>WOD 1:</p> <p>With a Running Clock... In 6 Minutes (0:00 – 6:00), 1-Rep Max Thruster Rest 1:00 In 3 Minutes (7:00 – 10:00) – Max Pull-Ups</p> <p>At the call of 3-2-1 Go, all three athletes will have a total of 6 minutes to each find their best 1-Rep Thruster for the day. Working together, teammates can help change plates, and each member can take as many attempts as they would like inside the time frame. Best lift for each teammate counts towards the team total</p>



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Sunday, 19 November 2017	Monday, 20 November 2017	Tuesday, 21 November 2017	Wednesday, 22 November 2017	Thursday, 23 November 2017	Friday, 24 November 2017	Saturday, 25 November 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>WOD:</p> <p>"Yep Yep"</p> <p>21-18-15-12-9-6-3</p> <p>Calorie Row</p> <p>Strict Press (75/55#)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD:</p> <p>Oly Week 6 of 8</p> <p>Snatch Pull 3x3 @ 110%</p> <p>WOD:</p> <p>"Criss Cross"</p> <p>AMRAP 15:</p> <p>30 Double-unders</p> <p>15 Power Cleans (115/75#)</p> <p>30 Double-unders</p> <p>15 Toes-to-Bar</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>"Freedom Sauce"</p> <p>AMRAP 3:</p> <p>21 Overhead Squats (95/65#)</p> <p>21 Over-the-Erg Burpees</p> <p>Max Calorie Row</p> <p>Rest 3:00</p> <p>AMRAP 3:</p> <p>18 Overhead Squats (115/80#)</p> <p>18 Over-the-Erg Burpees</p> <p>Max Calorie Row</p> <p>Rest 3:00</p> <p>AMRAP 3:</p> <p>15 Overhead Squats (135/95#)</p> <p>15 Over-the-Erg Burpees</p> <p>Max Calorie Row</p> <p>Rest 3:00</p> <p>AMRAP 3:</p> <p>12 Overhead Squats (155/105#)</p> <p>12 Over-the-Erg Burpees</p> <p>Max Calorie Row</p> <p>Score = total calories after all 4 rounds.</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD:</p> <p>Oly Week 6 of 8</p> <p>Pause Snatch (knees) 3x2 @ 75%, 1x2 @ 85%, 1x2 @ 80%</p> <p>WOD:</p> <p>"Grindstone"</p> <p>EMOM 10, Alternating:</p> <p>40 seconds on, 20 seconds off:</p> <p>Sumo Deadlifts</p> <p>Candlesticks</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Announcements:</p> <p>Happy Thanksgiving!</p> <p>"Burn the Bird" WOD</p> <p>One class only @ 9 AM</p> <p>WOD:</p> <p>"Murph"</p> <p>1 Mile Run</p> <p>100 Pull-Ups</p> <p>200 Push-Ups</p> <p>300 Air Squats</p> <p>1 Mile Run</p> <p>Partition reps 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>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD:</p> <p>Oly Week 6 of 8</p> <p>Front Squat 4x3 @ 80%</p> <p>WOD:</p> <p>"Aftermath"</p> <p>4 Rounds:</p> <p>60 Double-unders</p> <p>30 Sit-ups</p> <p>15 Kettlebell Swings (70/53#)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD:</p> <p>"Trifecta"</p> <p>Teams of 3:</p> <p>100 Calorie Bike</p> <p>75 Calorie Row</p> <p>50 Power Snatches (115/80#)</p> <p>100 Calorie Bike</p> <p>75 Calorie Row</p> <p>50 Clean and Jerks (115/80#)</p> <p>100 Calorie Bike</p> <p>75 Calorie Row</p> <p>50 Thrusters (115/80#)</p> <p>Credit: CFNE 2016 WOD-news</p>

GENERAL WORKOUT OF THE DAY ~ November 2017 ~

Sunday, 26 November 2017	Monday, 27 November 2017	Tuesday, 28 November 2017	Wednesday, 29 November 2017	Thursday, 30 November 2017	Friday, 01 December 2017	Saturday, 02 December 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>WOD:</p> <p>“Grounded” AMRAP 15: 100’ Walking Lunge 50 Double-unders 20 Burpees</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Oly Week 7 of 8</p> <p>Overhead Squat 4x2 @ 65%</p> <p>WOD: “Uppercut” 4 Rounds: 5 Ring Muscle-ups 10 Squat Snatches (95/65#) 15 Box Jump-overs (24/20”)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Strength WOD: Oly Week 7 of 8</p> <p>Clean Pull + Clean 3x(2+1) @ 70%</p> <p>“Chainsaw” Build to a heavy Power Clean</p> <p>Then, AMRAP 3: 15 Calorie Bike 15 Power Cleans (95/65#) Rest 3:00</p> <p>AMRAP 3:00 12 Calorie Bike 12 Power Cleans (115/80#) Rest 3:00</p> <p>AMRAP 3:00 9 Calorie Bike 9 Power Cleans (135/95#)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD: “Fire Alarm” 3 Rounds: 7 Thrusters (75/55#) 7 Pull-ups 7 Burpees 50/35 Calorie Row 3 Rounds: 7 Thrusters (75/55#) 7 Pull-ups 7 Burpees 50/35 Calorie Row 3 Rounds: 7 Thrusters (75/55#) 7 Pull-ups 7 Burpees</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>Today is bring a friend day!</p> <p>WOD: “Hold ‘Em” Buy-in: 200 Double-unders Directly into: 3 Rounds: 50’ Walking Lunge 25 Sit-Ups 50’ Walking Lunge 25 Kettlebell Swings (53/35#)</p> <p>Credit: CFNE 2016 WOD-news</p>	<p>WOD: “Open 16.4” AMRAP 13: 55 Deadlifts (225/155#) 55 Wallballs (20/14#) 55 Calorie Row 55 Handstand Push-ups</p> <p>Compare with 18 March 2017</p> <p>Credit: CFNE 2016 WOD-news</p> <p>Strength WOD: Oly Week 7 of 8</p> <p>Clean 3 @ 80%, 1 @ 85%, 1 @ 75%</p>	<p>WOD: “Flying V” 400m Run 25 Toes-to-Bar 400m Run 15 Front Squats (155/105#) 400m Run 5 Rope Climbs 400m Run 15 Front Squats (155/105#) 400m Run 25 Toes-to-Bar</p> <p>Credit: CFNE 2016 WOD-news</p>