

GENERAL WORKOUT OF THE DAY ~ November 2016 ~

Sunday, 30 October 2016	Monday, 31 October 2016	Tuesday, 01 November 2016	Wednesday, 02 November 2016	Thursday, 03 November 2016	Friday, 04 November 2016	Saturday, 05 November 2016
<p><b>Workout of the Day:</b></p> <p>"Midline Madness"</p> <p>3 Rounds:</p> <p>10 Strict TTB</p> <p>20 AbMat Sit-Ups</p> <p>30 Hip Extensions</p> <p>40 Flutter Kicks</p> <p>50 Banded Good Mornings</p> <p>60 Second Plank Hold</p> <p>Rest 3:00</p> <p>Master's Social - 5 PM @ Gordon Biersch</p>	<p><b>Workout of the Day:</b></p> <p>Happy Halloween!</p> <p>"Open Test"</p> <p>AMRAP 20:</p> <p>50 Wallballs (20/14)</p> <p>50 Double-Unders</p> <p>40 Box Jumps (24/20)</p> <p>40 Toes-to-Bar</p> <p>30 Chest-to-Bar Pull-Ups</p> <p>30 Barbell Facing Burpees</p> <p>20 Cleans (145/100)</p> <p>20 Jerks (145/100)</p> <p>10 Snatches (145/100)</p> <p>10 Muscle-Ups</p> <p>Compare scores with 20 January 2016</p>	<p><b>Workout of the Day:</b></p> <p>"Scissor Kick"</p> <p>5 Rounds:</p> <p>7 Deadlifts (275/185)</p> <p>30 Air Squats</p> <p>7 Strict Handstand Pushups</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday</p> <p>1. Overhead Squat</p> <p>Build to a Heavy Single</p> <p>2. Snatch Balance</p> <p>Build to a Heavy Single</p> <p>3. Hang Squat Snatch</p> <p>Build to a Heavy Single</p> <p>4. Kettlebell</p> <p>EMOM 8:</p> <p>15 KBS, as heavy as possible</p>	<p><b>Workout of the Day:</b></p> <p>1. Conditioning</p> <p>"The Good Life"</p> <p>3 Rounds:</p> <p>500 Meter Row</p> <p>12 Burpees</p> <p>21 Box Jumps (24"/20")</p> <p>Compare times with 18 July 2016</p> <p>2. Gymnastics</p> <p>EMOM 14:</p> <p>odd: strict pull-ups*</p> <p>even: strict ring dips*</p> <p>* each minute perform a set a few reps shy of failure.</p> <p>* on the last odd &amp; even minutes, perform a maximum set of reps</p>	<p><b>Workout of the Day:</b></p> <p>1. Conditioning</p> <p>"Benjamins"</p> <p>30 Dumbbell Snatches (70/45)</p> <p>100 Double-Unders</p> <p>20 Dumbbell Snatches (70/45)</p> <p>100 Double-Unders</p> <p>10 Dumbbell Snatches (70/45)</p> <p>100 Double-Unders</p> <p>2. Squat</p> <p>EMOMx5: 2 Front Squat, across</p>	<p><b>Workout of the Day:</b></p> <p>"Goat Day"</p> <p>On the Minute for 20:</p> <p>Odd Minutes – "Goat" #1</p> <p>Even Minutes – "Goat" #2</p> <p>"Goat" – CrossFit slang for a movement we have difficulty with.</p> <p>Examples: Double-Unders, Ring Dips, Overhead Squats.</p> <p>Choose two "Goats" to work on today. Coaches will have great suggestions!</p>

GENERAL WORKOUT OF THE DAY ~ November 2016 ~

Sunday, 06 November 2016	Monday, 07 November 2016	Tuesday, 08 November 2016	Wednesday, 09 November 2016	Thursday, 10 November 2016	Friday, 11 November 2016	Saturday, 12 November 2016
<p><b>Workout of the Day:</b></p> <p>1. Back Squat Heavy Set of 15 Heavy Set of 10 Heavy Set of 5</p> <p>2. "Cashout" Accumulate 2:00 in an L-Sit *Every Break, 10 Calorie Assault Bike</p>	<p><b>Workout of the Day:</b></p> <p>1. EMOM 8-minutes odd: 7 unbroken Power Cleans even: 7 unbroken Thrusters*</p> <p>* add/adjust the weight so that you are able to consistently complete each set unbroken.</p> <p>2. "Jump Around" 7 Rounds: 7 Power Cleans (95/65) 7 Thrusters (95/65) 7 Lateral Barbell Burpees</p>	<p><b>Workout of the Day:</b></p> <p>1. Back Squat</p> <p>A. Work up to a heavy 5 rep back squat</p> <p>B. Then, reduce the weight to 70% of the established 5 rep heavy back squat.</p> <p>EMOM 5 minutes 5 reps at 70% of established 5-rep</p> <p>2. "Lincoln" 2,000 Meter Row 200 Double-Unders 200 Meter Walking Lunge</p>	<p><b>Workout of the Day:</b></p> <p>"Washington" 5 Rounds: 12 Hang Power Snatches (95/65) 15 Pull-Ups</p>	<p><b>Workout of the Day:</b></p> <p>1. "Roosevelt" Teams of 3 AMRAP 20: 7 Kettlebell Swings (70/53) 7 Box Jumps (24"/20") 2x10 m Shuttle Sprint 7 Burpees 2x10 m Shuttle Sprint</p> <p>Once the first athlete clears the box jumps, the next athlete may start. Score is total number of rounds that the team is able to complete.</p> <p>2. Farmers Carry 40 m Farmers Carry, for max load.</p> <p>Find the max load (total weight carried in each hand) farmers carry that you can complete without setting down the load. Use the farmers carry handles for heavier loads. Once trip around the wooden board is approximately 40 m.</p>	<p><b>Workout of the Day:</b></p> <p>"Holleyman" 30 Rounds: 5 Wall Ball Shots (20/14) 3 Handstand Pushups 1 Power Clean (225/155)</p> <p>U.S. Army Staff Sergeant Aaron N. Holleyman, 27, of Glasgow, Montana, assigned to the 1st Battalion, 5th Special Forces Group, based in Fort Campbell, Kentucky, was killed on August 30, 2004, when his military vehicle hit an improvised explosive device in Khutayiah, Iraq. He is survived by his daughters Shelby and Erin, son Zachary, parents Ross and Glenda, and siblings Kelly and Daniel.</p> <p>"This nation will remain the land of the free only so long as it is the home of the brave." Happy Veteran's Day, CFGB.</p> <p>To all five branches of our Armed Services, we salute you. And to those currently overseas, you are in our thoughts and prayers.</p> <p>Today, let's wear our RED or patriotic shirts to the gym.</p> <p>R.E.D. – Remember Everyone Deployed</p>	<p><b>Workout of the Day:</b></p> <p>No classes - no open gym</p> <p>8 AM - 3:30 PM "The Underground Grinder"</p> <p>Why? The "Underground Grinder" is a charity event to raise money and awareness for Operation Underground Railroad Rescue (O.U.R. Rescue) – an U.S. based organization that sends teams to the darkest corners of the world to help local law enforcement rescue kidnapped children from slavery and the illegal sex trade of children. Learn more about O.U.R. Rescue here: <a href="https://ourrescue.org/">https://ourrescue.org/</a></p> <p>What? The "Underground Grinder" is an individual fitness competition in two parts. The first part is our local individual throw down competition with Rx, Scaled, and Masters Divisions, with a fantastic tee-shirt for all of the participants, top level judges, and great exhibitors.</p> <p>Schedule: Doors Open – 7 AM Athlete Check-in – 7 AM to 8 AM Event 1 – 8:30 AM Event 2 – 10:30 AM Event 3 – 12:45 PM Finals – 2:30 PM Event Awards – 3:30 PM</p>

GENERAL WORKOUT OF THE DAY ~ November 2016 ~

Sunday, 13 November 2016	Monday, 14 November 2016	Tuesday, 15 November 2016	Wednesday, 16 November 2016	Thursday, 17 November 2016	Friday, 18 November 2016	Saturday, 19 November 2016
<p><b>Workout of the Day:</b></p> <p>4 Rounds:                      Max Reps Bench Press (Bodyweight)                      1:00 Rest                      1:00 Row for Max Calories                      3:00 Rest</p> <p>“Cashout”                      AMRAP 5: Double-Unders                      *Every trip-up, complete 10 AbMat Sit-Ups</p>	<p><b>Workout of the Day:</b></p> <p>“Monroe”                      15 – 12 – 9 – 6:                      Power Cleans (155/105)                      Toes to Bar                      Push Jerks (155/105)                      Box Jumps (24”/20”)</p> <p>Box Brief                      This Thursday is Bring a Friend Day!</p> <p>Thanksgiving Week Schedule:                      Normal schedule, except Thursday                      Thanksgiving - one class only at 9:30 AM                      - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>1. “Satans Whiskers”                      3 Rounds:                      10 Chest-to-Bar Pull-Ups                      10 Front Squats (165/115)                      10 Burpees</p> <p>2. Row                      2 Rounds:                      Row 500 m, rest 75 seconds                      Row 400 m, rest 75 seconds                      Row 300 m                      Rest 4 minutes between rounds</p> <p>Box Brief                      This Thursday is Bring a Friend Day!</p> <p>Thanksgiving Week Schedule:                      Normal schedule, except Thursday                      Thanksgiving - one class only at 9:30 AM                      - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday                      3-Position Squat Snatch                      High Hang                      Knee-Level                      Floor</p> <p>Cashout                      On the Minute x 7:                      3 Squat Snatches (~85% of today’s 3-Pos)</p> <p>Box Brief                      This Thursday is Bring a Friend Day!</p> <p>Thanksgiving Week Schedule:                      Normal schedule, except Thursday                      Thanksgiving - one class only at 9:30 AM                      - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>Today is Bring a Friend Day!                      All Classes are Free to Try!</p> <p>“Deck of Cards”                      Number represents repetitions (Face cards = 10)</p> <p>Suit represents the movement.                      Hearts = AbMat Sit-Ups                      Diamonds = Goblet Squats (53/35)                      Spades = Kettlebell Swings (53/35)                      Clubs = Burpees                      Jokers = Plank Run (25 each leg)*</p> <p>Cards are flipped over one at a time.</p> <p>Entire class completes the repetitions before flipping the next card.</p> <p>Score is the time it takes your class to make it through the deck!</p> <p>*Plank Run : Also known as a mountain climbers or lumberjack - Get in a standard push-up position. Swing your knee up to your chest then swing it back to starting position. Repeat on the other side. This movement is done quickly and is as much a cardiovascular workout as it is a strengthening exercise.</p> <p>Come rep yo’ class.</p>	<p><b>Workout of the Day:</b></p> <p>“Onesies”                      Choose one test from each category:</p> <p>A. Squat Test                      1-Rep Max Front Squat                      1-Rep Max Back Squat                      1-Rep Max Overhead Squat</p> <p>B. Gymnastics Test                      Max Pull-Ups                      Max Weighted Pull-Up                      Max Muscle-Ups                      Max Strict Handstand Pushups</p> <p>C. Conditioning Test                      2:00 Air Bike for Max Calories                      500 Meter Row Time Trial</p> <p>Thanksgiving Week Schedule:                      Normal schedule, except Thursday                      Thanksgiving - one class only at 9:30 AM                      - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>“Adderall”</p> <p>In a 10 Minute Window:                      1 Mile Run + Max Clean and Jerk (135/95) in remaining time                      3:00 Minute Rest</p> <p>In a 7:00 Window:                      800 Meter Run + Max Power Snatch (115/80) in remaining time                      3:00 Minute Rest</p> <p>In a 4:00 Window:                      400 Meter Run + Max Thrusters (95/65) in remaining time</p> <p>Compare results: 8 October 2016</p>

GENERAL WORKOUT OF THE DAY ~ November 2016 ~

Sunday, 20 November 2016	Monday, 21 November 2016	Tuesday, 22 November 2016	Wednesday, 23 November 2016	Thursday, 24 November 2016	Friday, 25 November 2016	Saturday, 26 November 2016
<p><b>Workout of the Day:</b></p> <p>On the Minute x 12: Even Minutes – 7 Back Squats Odd Minutes – 3 Front Squats</p> <p>Use the same weight for both movements. Climbing in weight is optional.</p> <p>“Cashout” 50 Strict Toes-to-Bar</p>	<p><b>Workout of the Day:</b></p> <p>“Jefferson” 4 Rounds: 21 Box Jumps (24”/20”) 18 Wall Ball Shots (20/14) 15 Kettlebell Swings (53/35) 12 Burpees</p> <p>Thanksgiving Week Schedule: Normal schedule, except Thursday Thanksgiving - one class only at 9:30 AM - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>1. “Nixon” 3 Rounds: 500 Meter Row 12 Hang Power Cleans (155/105) 50 Double-Unders</p> <p>2. EMOM 15-minutes: min 1: strict Pull-Up* min 2: strict dip* min 3: Run 200 m</p> <p>* perform 5 to 7 reps. Scale movement as necessary to achieve 5 to 7 reps each minute. The reps do not need to be unbroken.</p> <p>Thanksgiving Week Schedule: Normal schedule, except Thursday Thanksgiving - one class only at 9:30 AM - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday Deadlift 5 – 1 – 5 – 1 – 5 – 1</p> <p>Mid-Line Cashout 3 Rounds: Minute 1 – :40s Abmat Sit-Ups Minute 2 – :40s Banded Good Mornings Minute 3 – :40s Hollow Hold Minute 4 – :40s Hollow-Arch ("Superman") Hold</p> <p>Thanksgiving Week Schedule: Normal schedule, except Thursday Thanksgiving - one class only at 9:30 AM - "Burn the Bird"</p>	<p><b>Workout of the Day:</b></p> <p>One Class Only at 9:30 AM Join us for a "Burn the Turkey" WOD</p> <p>Happy Thanksgiving!</p> <p>“Murph” 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><a href="https://www.crossfit.com/workout/2005/08/18/">https://www.crossfit.com/workout/2005/08/18/</a></p>	<p><b>Workout of the Day:</b></p> <p>1. “Swangarang” 21 – 18 – 15 – 12 – 9 – 6 – 3: Kettlebell Swangs (53/35) AbMat Sit-Ups</p> <p>2. Tabata</p> <p>Perform 8 tabata intervals (:20 work and :10 rest) for each of the following:</p> <p>Plank Hold Body (ring) Row Bear Crawl Hollow Hold*</p> <p>* may also perform hollow rock for more of a challenge.</p>	<p><b>Workout of the Day:</b></p> <p>“Tubthumping” Teams of 3: 100 Calorie Row, 100 Deadlifts 80 Calorie Row, 80 Hang Power Cleans 60 Calorie Row, 60 Front Squats 40 Calorie Row, 40 Push Jerks 20 Calorie Row, 20 Clusters</p> <p>Rx Weights – 135 / 95</p> <p>Write Creative Team Names on Whiteboard</p>

GENERAL WORKOUT OF THE DAY ~ November 2016 ~

Sunday, 27 November 2016	Monday, 28 November 2016	Tuesday, 29 November 2016	Wednesday, 30 November 2016	Thursday, 01 December 2016	Friday, 02 December 2016	Saturday, 03 December 2016
<b>Workout of the Day:</b>	<b>Workout of the Day:</b>	<b>Workout of the Day:</b>	<b>Workout of the Day:</b>	<b>Workout of the Day:</b>	<b>Workout of the Day:</b>	<b>Workout of the Day:</b>
Pausing Back Squat With a 5 second pause in the bottom of the squat, build to a heavy set of 3.  Cashout Run 1 Mile Time Trial Then, rest 4 minutes Row 1000 m	"Broly" 21 Power Snatches (115/80) 21 Lateral Barbell Burpees 15 Overhead Squats (115/80) 15 Lateral Barbell Burpees 9 Squat Snatches (115/80) 9 Lateral Barbell Burpees  Box Brief This Thursday is Bring a Friend Day!	"Mambo" 4 Rounds: 7 Clean and Jerks (185/135) 14 Toes to Bar 21 Box Jumps (24"/20")  Box Brief This Thursday is Bring a Friend Day!	Weightlifting Wednesday  Front Squat Build to a Heavy Set of 3  "Cashout" 4 Rounds: Minute 1 – 7 Front Squats (70%) Minute 2 – 50 Double-Unders Minute 3 – 7 Strict Chest-to-Bar Pull-Ups	Today is Bring a Friend Day!  "Macarena" Teams of 4-5 Athletes AMRAP 20: 12/8 Calorie Row 10 Kettlebell Swings (70/53) 50' Walking Lunge  Once the first athlete clears the rower, the second athlete can start.	"Fight Gone Bad"  3 rounds for Max Reps: 1:00 Wall Balls (20/14) 1:00 Sumo Deadlift High Pulls (75/55) 1:00 Box Jumps (20") 1:00 Push Presses (75/55) 1:00 Rowing for Calories 1:00 Rest  Compare with 18 June 2016	"Tiger Blood" 3 Rounds: 10 Clean and Jerks (135/95) 400 Meter Run