

GENERAL WORKOUT OF THE DAY ~ October 2016 ~

Sunday, 02 October 2016	Monday, 03 October 2016	Tuesday, 04 October 2016	Wednesday, 05 October 2016	Thursday, 06 October 2016	Friday, 07 October 2016	Saturday, 08 October 2016
<p><b>Workout of the Day:</b></p> <p>"Kintner"                      Tabata Style                      8 Rounds of 20 Seconds On, 10 Seconds Off:                      Wallball Shots (20/14)                      Sumo Deadlift High Pulls (95/65)                      Double-Unders                      Row (Calories)                      Perform all 8 intervals at the first station before rotating to the next.</p>	<p><b>Workout of the Day:</b></p> <p>"Brody"                      1,000 Meter Row                      30 Deadlifts (225/155)                      50 Pull-Ups</p>	<p><b>Workout of the Day:</b></p> <p>1. Gymnastics                      EMOM 12:                      odd: 20-secs handstand hold                      even: 20-secs max push-ups</p> <p>2. Conditioning                      "Hooper"                      AMRAP 10:                      2 Overhead Squats (95/65), 2 Box Jump Overs (24/20)                      4 Overhead Squats (95/65), 4 Box Jump Overs (24/20)                      6 Overhead Squats (95/65), 6 Box Jump Overs (24/20)                      Continue pattern, adding 2 repetitions per round until time expires.</p>	<p><b>Workout of the Day:</b></p> <p>"Quint"                      Teams of 3:                      AMRAP 7: Strict Press                      50 Reps (95/65)                      50 Reps (115/75)                      Max Reps (135/85)                      -3 Minute Rest-                      AMRAP 7: Back Squat                      50 Reps (135/95)                      50 Reps (185/135)                      Max Reps (225/155)                      -3 Minute Rest-                      AMRAP 7: Power Clean                      50 Reps (135/95)                      50 Reps (155/105)                      Max Reps (185/135)</p>	<p><b>Workout of the Day:</b></p> <p>"Orca"                      50 Calorie Row                      40 Overhead-Plate Walking Lunges Steps (45/25)                      30 Box Jumps (30/24)                      20 Burpees                      10 Bar Muscle-Ups                      20 Burpees                      30 Box Jumps (30/24)                      40 Overhead-Plate Walking Lunge Steps (45/25)                      50 Calorie Row</p>	<p><b>Workout of the Day:</b></p> <p>1. "Lurong Week 4"                      (details to be released)                      10 Minute AMRAP:                      15 Wall Balls                      30 Kettlebell Swings                      60 Double Unders</p> <p>2. Snatch Accessory                      A. 3x2 Snatch Pull from High Hang – pockets                      B. 2x2 Snatch Pull from Hang – mid thigh                      C. 1x2 Snatch Pull from Ground</p>	<p><b>Workout of the Day:</b></p> <p>"Red White and Blue Crew"                      In a 10 Minute Window:                      Run 1 Mile                      Time Remaining: Max Squat Snatches (135/95)                      Rest 3:00                      In a 7 Minute Window:                      Run 800 Meters                      Time Remaining: Max Squat Cleans (135/95)                      Rest 3:00                      In a 4 Minute Window:                      Run 400 Meters                      Time Remaining: Max Thrusters (135/95)                      Score is Total Reps</p>

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Sunday, 09 October 2016	Monday, 10 October 2016	Tuesday, 11 October 2016	Wednesday, 12 October 2016	Thursday, 13 October 2016	Friday, 14 October 2016	Saturday, 15 October 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. Deadlift 10 – 8 – 6 – 4 – 2 Build in weight each set</p> <p>2. Conditioning AMRAP 18: 3 Strict Pull-Ups 6 Pushups 9 Box Jumps (24/20) 12 Sit-Ups 200 M Sandbag Run (40/30)</p>	<p>Happy Columbus Day!</p> <p>Hero WOD "Bulger"</p> <p>Ten rounds for time of: Run 150 meters 7 Chest to bar pull-ups 135 pound Front squat, 7 reps 7 Handstand push-ups</p> <p><a href="https://www.crossfit.com/workout/2010/10/19">https://www.crossfit.com/workout/2010/10/19</a></p>	<p>"Notorious"</p> <p>3 Rounds: Row 500 Meters 12 Deadlifts (225/155) 21 Box Jump Overs (24"/20")</p>	<p>"Weightlifting Wednesday"</p> <p>1. Snatch Every 2:00 for 10 Rounds: 1 Power Snatch + 1 Squat Snatch + 1 Overhead Squat</p> <p>2. Push Press Find your 7 RM Push Press</p> <p>3. Jerk Work up to a heavy Split Jerk</p>	<p>Today is Bring a Friend Day! All classes are free to try!</p> <p>1. Conditioning AMRAP 10: 10 Ball Slams (20# greenball) 15 Wallball Shots (20/14) 30 Double-Unders</p> <p>2. Gymnastics Pull-up progressions and kipping practice EMOM 12 min: odd: 3 to 5 strict pull-ups even: 3 to 5 bar taps*</p> <p>* bar taps : alternating between hollow to hollow-arch on bar</p>	<p>1. "Lurong Week 5" (details to be released)</p> <p>9 Minute AMRAP: 12 Toes to Bar 9 Snatches 6 Box Jump Overs (Step Downs Allowed) 3 Muscle Ups (Rings)</p> <p>**Masters and Masters+ Athletes will be performing Chest to Bar Pull Ups</p> <p>2. Strength Front Squat 10 RM Back Squat 3 RM</p>	<p>"Snoop"</p> <p>Teams of 3 2 Rounds: 9 x 200 Meter Run 9 x 300 Meter Row</p>

GENERAL WORKOUT OF THE DAY ~ October 2016 ~

Sunday, 16 October 2016	Monday, 17 October 2016	Tuesday, 18 October 2016	Wednesday, 19 October 2016	Thursday, 20 October 2016	Friday, 21 October 2016	Saturday, 22 October 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. Bench Press 3 x 5 Building</p> <p>2. "Turkish Delight" 10 – 9 – 8 – 7 – 6 – 5 – 4 – 3 – 2 – 1 Pendlay Row Turkish Get-Up, total reps, alternating</p>	<p>"Air Force" 20 Thrusters 20 Sumo Deadlift High Pulls 20 Push Presses 20 Overhead Squats 20 Front Squats On the Minute – 5 Burpees Rx Weights – 95/65</p>	<p>1. Conditioning "Helen's on a Boat" 3 Rounds: 400 Meter Row 21 Kettlebell Swings (53/35) 12 Pull-Ups</p> <p>2. Midline 3 rounds NOT for time 20 GHDSU 25 Hip Extensions</p>	<p>"Weightlifting Wednesday" 1. Strength Every 2:00 for 10 Rounds: 1 Power Clean + 1 Squat Clean + 1 Front Squat</p> <p>2. Cashout Every Minute on the Minute for 10 Rounds: 10 Burpee Box Jumps (24/20)</p>	<p>1. Conditioning "Hip Hop Hooray" AMRAP 15: 10 Strict Pull-Ups 30 Abmat Sit-Ups 50' Walking Lunge 100 Double-Unders</p> <p>2. Squat 3x5 Tempo Back Squats, heavy with emphasis on form** Tempo is 33X1* * 3-seconds descending, 3-seconds pause at bottom, up as fast as possible, 1-second at the top ** Maintain proper lumbar extension throughout the movement, especially at the bottom -- No butt wink!</p>	<p>1. "Lurong Benchmark 1 Test" (details to be released) 2 Rounds for Time- 17 Min Cap: 500 M Row 40 Goblet squats 30 Sit Ups 20 Deficit Push Ups 10 Strict Pull Ups</p> <p>2. Clean Accessory 5x1 Complex of 2 Clean Segment Pulls + 1 Clean Pull * For each set, perform 2 Clean segment deadlifts and then 1 Clean Pull. * Rest as needed between sets. * Perform 5 total sets * Clean Segment Pull – with a clean grip, deadlift the bar to hang position (above knees) and pause for 3 full seconds, then complete clean pull directly from that position. Pause one more time on the way down at the hang position. Return the bar to the floor under control. Repeat for the second rep. * Clean Pull is essentially the same thing, without the pause at the hang position.</p>	<p>"Gangsta's Paradise" Tabata – 8 Rounds of :20 On / :10 Off Pull-Ups Pushups Box Jumps (24"/20") Wallball Shots (20/14)</p> <p>Score is total reps</p> <p>* Perform all 8 intervals at the first station before rotating to the next.</p>

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Sunday, 23 October 2016	Monday, 24 October 2016	Tuesday, 25 October 2016	Wednesday, 26 October 2016	Thursday, 27 October 2016	Friday, 28 October 2016	Saturday, 29 October 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>"Cool J"</p> <p>27 – 21 – 15 – 9:</p> <p>Calories on the Rower</p> <p>Power Snatch (75/55)</p>	<p>"The Ghost"</p> <p>6 Rounds:</p> <p>Minute 1 – Max Calorie Row</p> <p>Minute 2 – Max Burpees</p> <p>Minute 3 – Max Double-Unders</p> <p>Minute 4 – Rest</p>	<p>3 Rounds:</p> <p>5 Ring Muscle-Ups</p> <p>10 Squat Cleans (135/95)</p> <p>20 Box Jumps (24"/20")</p> <p>Courtesy of Pat Sherwood.</p>	<p>Weightlifting Wednesday</p> <p>1. Overhead</p> <p>Push Press – Build to a Heavy Set of 3</p> <p>Push Jerk – Build to a Heavy Set of 2</p> <p>Split Jerk – Build to a Heavy Set of 1</p> <p>2. "Cashout"</p> <p>AMRAP 10:</p> <p>5 Toes to Bar</p> <p>10 Pushups</p> <p>15 Air Squats</p>	<p>Today is Bring a Friend Day!</p> <p>All classes are free to try!</p> <p>"Shoop"</p> <p>Teams of 2</p> <p>AMRAP 20:</p> <p>40 Calorie Row</p> <p>40 Medball Squat Jumps**</p> <p>40 Calorie Row</p> <p>40 Overhead Medball Jumping Lunges</p> <p>40 Calorie Row</p> <p>40 Medball Sit-Ups</p> <p>*Rx Medball Weight – 20/14</p> <p>** Holding medicine ball, lower into squat and then jump up as high as you can go.</p>	<p>1. "Lurong Benchmark 2 Test" (details to be released)</p> <p>8 Minute AMRAP:</p> <p>5 Deadlifts</p> <p>4 Hang Power Cleans</p> <p>3 Front Squats</p> <p>2 Shoulder to Overhead</p> <p>1 Ground to Overhead</p> <p>2. Sprinting/Tag-Team</p> <p>* Divide the class into two teams. *</p> <p>Provide each team with 3-40# and 3-30# Sandbags.</p> <p>* Place the teams 50 m apart, opposing each other, with the sandbags on the ground in front of them.</p> <p>* Set a 10-minute time-cap on the clock.</p> <p>* On the count of 3,2,1, go... one player from each team, picks up a sand bag and delivers it to the other team's pile, and sprints back to the tag the next player.</p> <p>* One player from each team moving at a time, while the rest form a line and wait to be tagged-in.</p> <p>* Play stops when a team no longer has any sandbags, or time expires.</p>	<p>Halloween Throwdown</p> <p>WODs TBD</p>

GENERAL WORKOUT OF THE DAY ~ October 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”                      3 Rounds:                      10 Strict TTB                      20 AbMat Sit-Ups                      30 Hip Extensions                      40 Flutter Kicks                      50 Banded Good Mornings                      60 Second Plank Hold                      Rest 3:00</p>	<p><b>Workout of the Day:</b></p> <p>Happy Halloween!                      “Open Test”                      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 Barbell Facing Burpees                      20 Cleans (145/100)                      20 Jerks (145/100)                      10 Snatches (145/100)                      10 Muscle-Ups</p> <p>Compare scores with 15 February 2016</p>	<p><b>Workout of the Day:</b></p> <p>“Scissor Kick”                      5 Rounds:                      7 Deadlifts (275/185)                      30 Air Squats                      7 Strict Handstand Pushups</p>	<p><b>Workout of the Day:</b></p> <p>Weightlifting Wednesday                      1. Overhead Squat                      Build to a Heavy Single</p> <p>2. Snatch Balance                      Build to a Heavy Single</p> <p>3. Hang Squat Snatch                      Build to a Heavy Single</p> <p>4. Kettlebell                      EMOM 8:                      15 KBS, as heavy as possible</p>	<p><b>Workout of the Day:</b></p> <p>1. Conditioning                      “The Good Life”                      3 Rounds:                      500 Meter Row                      12 Burpees                      21 Box Jumps (24”/20”)</p> <p>Compare times with 18 July 2016</p> <p>2. Gymnastics                      EMOM 14:                      odd: strict pull-ups*                      even: strict ring dips*</p> <p>* each minute perform a set a few reps shy of failure.                      * 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                      “Benjamins”                      30 Dumbbell Snatches (70/45)                      100 Double-Unders                      20 Dumbbell Snatches (70/45)                      100 Double-Unders                      10 Dumbbell Snatches (70/45)                      100 Double-Unders</p> <p>2. Squat                      EMOMx5: 2 Front Squat, across</p>	<p><b>Workout of the Day:</b></p> <p>“Goat Day”                      On the Minute for 20:                      Odd Minutes – “Goat” #1                      Even Minutes – “Goat” #2                      “Goat” – CrossFit slang for a movement we have difficulty with.                      Examples: Double-Unders, Ring Dips, Overhead Squats.                      Choose two “Goats” to work on today.                      Coaches will have great suggestions!</p>