

~ CFGB Dec 2015 ~

Mon	Tue	Wed	Thu	Fri
<p>Monday, 30 November 2015</p> <p>Strength Workout:</p> <p>Front Squat 3x10@65%</p> <p>Workout of the Day:</p> <p>3x300m Shuttle</p> <p>Place cones 25m apart. One shuttle is 6 out-and-back round trips. Go hard. Record each shuttle time, and rest as needed between efforts.</p>	<p>Tuesday, 1 December 2015</p> <p>Strength Workout:</p> <p>High Hang Squat Snatch 5x3@75%</p> <p>Workout of the Day:</p> <p>For Time: 30 Cal Row 25 GHD Situps 20 Snatch 95/65 15 Snatch 115/75 10 Snatch 135/95 5 Muscle Ups</p>	<p>Wednesday, 2 December 2015</p> <p>Strength Workout:</p> <p>High Hang Squat Clean + 2 Split Jerk 7 complexes @ 80%</p> <p>Workout of the Day:</p> <p>“Grace” For Time: 30 Clean and Jerk 135/95</p>	<p>Thursday, 3 December 2015</p> <p>Strength Workout:</p> <p>Back Squat 7x5@75%</p> <p>Workout of the Day:</p> <p>4 RFT 100m Run 10 Burpees 100m Run 10 Box Jumps 24/20</p>	<p>Friday, 4 December 2015</p> <p>Strength Workout:</p> <p>Bench Press 3x10@65%</p> <p>Workout of the Day:</p> <p>With 1 Partner: For Time: 10-20-30-40-50 Pullup Wall Ball 20/14 to 10/9</p>
<p>Monday, 7 December 2015</p> <p>Strength Workout:</p> <p>Front Squat 4x8@75%</p> <p>Workout of the Day:</p> <p>Death By Toes to Bar</p>	<p>Tuesday, 8 December 2015</p> <p>Strength Workout:</p> <p>EMOM 8 2 Sand Bag Getups Link</p> <p>Workout of the Day:</p> <p>“AF Workout of the Day: ” For Time: 20 Thrusters 20 Sumo DL High Pulls 20 Push Jerks 20 Overhead Squats 20 Front Squats All loads 95/65 At the start of each minute, stop what you’re doing and complete 4 burpees.</p>	<p>Wednesday, 9 December 2015</p> <p>Strength Workout:</p> <p>Split Jerk 7x2@85%</p> <p>Workout of the Day:</p> <p>100 Double Under - then - 9 Snatch 95/65 9 Pullup 7 Snatch 135/95 7 C2B Pullup 5 Snatch 155/105 5 Muscle Up - then - 100 Double Under (30 April 2014)</p>	<p>Thursday, 10 December 2015</p> <p>Strength Workout:</p> <p>Back Squat 8x3@85%</p> <p>Workout of the Day:</p> <p>For Time: 15 Thrusters 135/85 3 Rope Climbs to 15ft 12 Thruster 135/85 2 Rope Climbs to 15ft 9 Thruster 135/85 1 Rope Climbs to 15ft</p>	<p>Friday, 11 December 2015</p> <p>Strength Workout:</p> <p>Hang Squat Snatch 5x1@90%</p> <p>Workout of the Day:</p> <p>7 Rounds, Each for Time: 20 Cal Row 30 Double Unders Rest 2 minutes between rounds.</p>

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Mon	Tue	Wed	Thu	Fri
Monday, 14 December 2015	Tuesday, 15 December 2015	Wednesday, 16 December 2015	Thursday, 17 December 2015	Friday, 18 December 2015
<p>Strength Workout:</p> <p>Split Clean 5x3@60%</p> <p>Workout of the Day:</p> <p>“El Cid”</p> <p>5 RFT, 7 Cycles Per Round: Snatch Grip Deadlift Hang Power Snatch Overhead Squat Overhead Step Up L Overhead Step Up R Snatch Grip Rack Thruster</p> <p>Loads are 95/65. Step up is 20 inch. Every time you drop the bar mid-cycle, you incur a 20 DU penalty to be completed at the end of the</p> <p>Workout of the Day: (the clock doesn't stop until your DUs are done). Rest no more than 1 min between rounds.</p>	<p>Strength Workout:</p> <p>Front Squat 4x8@55%</p> <p>Workout of the Day:</p> <p>5 RFT</p> <p>200m Sandbag Carry 40/30 20 Knees to Elbows</p>	<p>Strength Workout:</p> <p>Power Snatch + Overhead Squat + Squat Snatch 5 complexes @ 60%</p> <p>Workout of the Day:</p> <p>“Satan’s Whiskers” 3 RFT 10 C2B Pullups 10 Front Squat 165/115 10 Burpee</p>	<p>Strength Workout:</p> <p>EMOM 8 3 Deadlift @ 65%</p> <p>Workout of the Day:</p> <p>3 RFT 50 Double Unders 10 Single Arm KBS (left) 10 Single Arm KBS (right)</p> <p>Loads are 1.5/1pd and the KBS will be the Russian type, swinging until the bell is about eye-level.</p>	<p>Strength Workout:</p> <p>Back Squat 3x10@50%</p> <p>Workout of the Day:</p> <p>7 RFT 5 Handstand Pushup 20 Air Squats</p>

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Mon	Tue	Wed	Thu	Fri
Monday, 21 December 2015	Tuesday, 22 December 2015	Wednesday, 23 December 2015	Thursday, 24 December 2015	Friday, 25 December 2015
<p>Strength Workout:</p> <p>“Crossfit Total” After warmup, make three attempts at Back Squat, Press, and Deadlift. The total of your best of each lift is your total.</p>	<p>Strength Workout:</p> <p>EMOM 10 2 Box Step-Ups</p> <p>Use 24/20 box, 2/1.5pd in one hand, and 1.5/1pd in the other hand Each minute do one step-up with each leg, and then rotate the heavier kettlebell to the other hand for the next minute.</p> <p>Workout of the Day:</p> <p>“Holleyman” 30 RFT 5 Wall Ball 20/14 to 10/9 3 HSPU 1 Clean 225/155</p> <p>This workout is intended to be a long grind. When scaling, try to preserve that aspect of the Workout of the Day: . Time cap should be about 45 minutes.</p>	<p>Strength Workout:</p> <p>Clean & Jerk 5x1@100%</p> <p>Workout of the Day:</p> <p>3RFT 400m Run 5 OHS 135/95 1 Muscle Up 5 Back Rack Lunges (left) 135/95 1 Muscle Up 5 Back Rack Lunges (right) 135/95 1 Muscle Up</p>	<p>Strength Workout:</p> <p>Snatch 3x2@95%</p> <p>Workout of the Day:</p> <p>A. Max Effort Box Jump B. 400m Run Time Trial</p>	<p>Merry Christmas</p>

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Mon	Tue	Wed	Thu	Fri
Monday, 28 December 2015	Tuesday, 29 December 2015	Wednesday, 30 December 2015	Thursday, 31 December 2015	Friday, 1 January 2016
<p>Strength Workout:</p> <p>Front Squat 7x5@70%</p> <p>Workout of the Day:</p> <p>AMRAP 15 3 C2B Pullup 6 Pistol 9 Pushup</p>	<p>Strength Workout:</p> <p>Bench Press 8x3@75%</p> <p>Workout of the Day:</p> <p>3 RFT 5 Power Snatch 115/75 10 Overhead Squat 115/75 50 Double Unders</p>	<p>Strength Workout:</p> <p>Back Squat 3x10@60%</p> <p>Workout of the Day:</p> <p>“Helen” 3 RFT 400m Run 21 KBS 1.5/1 12 Pullup</p>	<p>Strength Workout:</p> <p>High Hang Clean 5x2@70%</p> <p>Workout of the Day:</p> <p>AMRAP 15 10 Burpee Box Jump 24/20 10 Deadlift 225/155</p>	<p>Happy New Year</p>