

~ CFGB December 2014 ~

	Mon	Tue	Wed	Thu	Fri
<p>Endurance Workouts:</p> <p>A. 8 Rounds, on a 2:30 clock, Row 250m.</p> <p>B. 5k Run</p>	<p>Monday, 1 December 2014</p> <p>Skill work: 3x10 2 False Grip Ring Row + 1 MU Transition)</p> <p>Workout of the Day: 5 RFT Run 200m 30 Double Unders</p>	<p>Tuesday, 2 December 2014</p> <p>Strength Workout: 20RM Back Squat</p> <p>Workout of the Day: 6 Rounds, Each For Time On a 3 minute clock. 3 Split Jerks, Unbroken 185/95 15 GHD SU Rest for the remainder.</p>	<p>Wednesday, 3 December 2014</p> <p>Workout of the Day: “Nutts” For Time: 10 Handstand Pushups 15 Deadlift 250/135 25 Box Jump 30/24 50 Pullups 100 Wall Ball 20/14 200 Double Unders 400m Plate Carry 45/25</p> <p>Time Cap 40 Minutes</p>	<p>Thursday, 4 December 2014</p> <p>Strength Workout: 20RM+5/2.5 Back Squat Snatch 5,3,2,1,1,1,1 (PR)</p> <p>Workout of the Day: “Annie” 50-40-30-20-10 Double Unders Abmat Situps</p>	<p>Friday, 5 December 2014</p> <p>Skill work: 4x5 Ring Stability Pupshups 3x ME Pullup Hold (at the top, chin over bar)</p> <p>Workout of the Day: Death By Front Squat 115/75</p>
<p>Endurance Workouts:</p> <p>A. 6x400m Run, 1:1 work rest. If you’re feeling froggy, wear a vest.</p> <p>B. 3x2k Row. Rest 10 Minutes Between.</p>	<p>Monday, 8 December 2014</p> <p>Strength Workout: 20RM+10/5 Back Squat</p> <p>Workout of the Day: 10 Min Capacity Test V2 4 Min Box Jump 24/20 3 Min C2B Pullup 2 Min Pistols 1 Min Toes Thru Rings</p> <p>Rest 1 Minute between stations, score is total reps.</p>	<p>Tuesday, 9 December 2014</p> <p>Skill work: 10 Minutes Transition Practice (from floor) 6x12sec Ring Hold, turning out if able</p> <p>Workout of the Day: 5 RFT Row 250m 10 KB Single OHS 1.5/1 (5 Per Arm)</p>	<p>Wednesday, 10 December 2014</p> <p>Workout of the Day:s A. AMRAP 5 Thruster 135/85</p> <p>Rest 2 Mins</p> <p>B. 5 RFT 30 Double Unders 15 Box Jumps 24/20</p>	<p>Thursday, 11 December 2014</p> <p>Strength Workout: 20RM+15/7.5 Back Squat</p> <p>Workout of the Day: 5 RFT 15 OHS 115/75 15 Pullups</p>	<p>Friday, 12 December 2014</p> <p>Skill work: 3x5 MU Transition (from box) EMOM 10 MU (use box or band)</p> <p>Workout of the Day: 5 Rounds 2 Minute Row for Cals Rest 1 Minute.</p> <p>Score is total Cals</p>

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<p>Endurance Workouts:</p> <p>A. EMOM 10. 100m Row+Death by Burpee</p> <p>B. 2 Mile Run</p>	<p>Monday, 15 December 2014</p> <p>Skill work: 3x ME Strict Dips (box or ring)</p> <p>10 Minutes MU Transition Practice (from floor)</p> <p>Workout of the Day: 21-15-9 Power Clean Front Rack Walking Lunge 95/65</p>	<p>Tuesday, 16 December 2014</p> <p>Strength Workout: 20RM+20/10 Back Squat</p> <p>Workout of the Day: 5 RFT 30 Double Unders 15 Burpees</p>	<p>Wednesday, 17 December 2014</p> <p>Workout of the Day: “The Seven” 7 RFT 7 HSPU 7 Thruster 135/95 7 Knees 2 Elbows 7 Deadlift 245/175 7 Burpees 7 KBS 2/1.5 7 Pullups Time Cap 45 Mins</p>	<p>Thursday, 18 December 2014</p> <p>Strength Workout: 20RM+25/12.5 Back Squat Clean 5,3,2,1,1,1,1 (PR)</p> <p>Workout of the Day: “Misery” 3 RFT 200m Barbell OH Carry 95/65 10 Front Squat 95/65</p>	<p>Friday, 19 December 2014</p> <p>Skill work: 3x ME Pullups Rest 2-3 Mins 10 Minutes MU Transition Practice (from box)</p> <p>Workout of the Day:s A. Every 2 minutes for 10 minutes: 10 Pistols 5 HSPU Rest 5 Mins</p> <p>B. AMRAP 5 Pistols/HSPU Switch between movements as you desire. Score is total reps.</p>
<p>Endurance Workouts:</p> <p>A. 5x800m Run. Rest 5 Minutes Between Efforts.</p> <p>B. Do the 10k Row on Monday.</p>	<p>Monday, 22 December 2014</p> <p>Strength Workout: 20 RM+30/15</p> <p>Workout of the Day: 10k Row</p>	<p>Tuesday, 23 December 2014</p> <p>Skill work: MU Practice (As much as time allows – this should be somewhat free-flow time. Work with people to get their first MU, first strict MU, or string MU together, as applicable)</p> <p>Workout of the Day: 30-20-10 Wall Ball 20/14 Power Clean 115/75 Push Jerk 115/75</p>	<p>Wednesday, 24 December 2014</p> <p>Workout of the Day: 12 Days of Christmas</p> <p>1 Muscle Up 2 Box Jump 30/24 3 HSPU 400m Run 5 Bar Facing Burpees 6 Hang Power Clean 135/95 7 Pullup 8 Pistols 9 KBS 2/1.5 10 Single KB Thruster 1.5/1 11 OHS 135/95 12 Single KB OH Lunges 1.5/1</p>	<p>Thursday, 25 December 2014</p> <p>Merry Christmas!</p> <p>Rest</p>	<p>Friday, 26 December 2014</p> <p>Skill work: MU Practice (As much as time allows – this should be somewhat free-flow time. Work with people to get their first MU, first strict MU, or string MU together, as applicable)</p> <p>Strength Workout: 20RM+35/17.5 Back Squat</p>

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<p>Endurance Workouts:</p> <p>A. Run/Bike/Swim/Row for 1 Hour (cumulative)</p>	<p>Monday, 29 December 2014</p> <p>Workout of the Day: "Isabel" 30 Snatch 135/95</p> <p>Rest as needed.</p> <p>2 Mile Run (If weather isn't cooperating, Row 5k)</p>	<p>Tuesday, 30 December 2014</p> <p>Strength Workout: Back Squat 5,3,2,1,1,1,1 (PR)</p> <p>Workout of the Day: For time, complete 100 pullups. Every time you drop from the bar, complete 50 double unders. Score is the time it takes you to complete the pullups.</p>	<p>Wednesday, 31 December 2014</p> <p>A. In 12 minutes, Run 1 mile. The remainder is rest. Immediately</p> <p>B. AMRAP 5 Handstand Shoulder Taps Rest 3 Mins</p> <p>C. "Randy" 75 Power Snatch 75/55</p>	<p>Thursday, 1 January 2015</p> <p>Happy New Year!</p> <p>Rest</p>	<p>Friday, 2 January 2015</p> <p>Skill work: AMRAP 5 Muscle Up (If you don't have one, use this time to continue to work on that.)</p> <p>Workout of the Day: Every 4 minutes for 20 minutes, each round for time:</p> <p>Sprint 50m Drag Sled 50m (Weight TBD, but it will be heavy – close to BW. Sprint out to a cone at 50m, grab the sled, drag it back to the start.)</p>