

~ CFGB Jan 2016 ~

Mon	Tue	Wed	Fri	Sat
Monday, 4 January 2016	Tuesday, 5 January 2016	Wednesday, 6 January 2016	Friday, 8 January 2016	Saturday, 9 January 2016
<p>Push Press 7x5@75%</p> <p>EMOM 8 High Hang Snatch + Hang Snatch + Snatch@70%</p> <p>“Isabelle” For Time 30 Snatch 135/95</p> <p>Run4x800m Rest twice as long as your last interval.</p> <p>MWOD Partner Lat Smash (heel smash on lats) Partner Quad Smash</p>	<p>For Time: 1k Row 30 Handstand Pushups 1k Row</p> <p>Back Squat 10x3@80%</p> <p>MWOD Tricep Smash (bar on rack) Shoulder kitchen sink mob (bar on rack)</p>	<p>2 RFT 800m Run 50 Air Squats 5 Rope Climbs to 15ft</p> <p>EMOM 6 2 Hang Split Clean@75%</p> <p>EMOM 10 Odds: 8 Pistols Evens: 6 T2B</p> <p>MWOD Forearm Smash (barbell) Calf Smash (barbell. Achilles all the way to up to underneath knee)</p>	<p>EMOM 10 Odds: 1 Clean @ 90% Evens: 2 Cleans @ 60%</p> <p>Use the light minutes to isolate and correct your inefficiencies from the heavy minutes.</p> <p>6x500m Row Rest 1:1 Record each interval time.</p> <p>Back Squat 4x8@70%</p> <p>2x400m 1-Arm Farmer’s Carry. Go heavy.</p> <p>MWOD Olympic Wall Squat</p>	<p>Front Squat 3x10@ 65%</p> <p>“Fran Plus” For Time 21-15-9 Thruster 115/75 C2B Pullup</p> <p>EMOM 8 Odds: 8 GHD Situp Evens: 8 Barbell Good Mornings 45/35</p>

~ CFGB Jan 2016 ~

Mon	Tue	Wed	Fri	Sat
<p>Monday, 11 January 2016</p> <p>Barbell Row 5x7@40% of 1RM Clean</p> <p>For Time 21-15-9 Pullup Air Squat Pushup Box Jump 24/20</p> <p>Deadlift 7x5@80%</p> <p>MWOD Rotator Cuff Love Lower Back Tack and Floss</p>	<p>Tuesday, 12 January 2016</p> <p>AMRAP 15 10 Thruster 95/65 30 Double Under</p> <p>Front Squat 3x10@70%</p> <p>MWOD Couch Stretch (can use PVC in order to sit upright) Lat Stretch with band</p>	<p>Wednesday, 13 January 2016</p> <p>Overhead Squat 5x3@80%</p> <p>Every 2 mins for 10 mins: Handstand walk 5+ steps, then attempt free-standing HSPU. This might seem intimidating—just try, that’s how you improve.</p> <p>“Filthy 50” 50 Box Jumps, 24/20 50 Jumping Pull-ups 50 Kettlebell Swings 35/26 50 Walking Lunges 50 Knees To Elbows 50 Push Press 45/35 50 Back Extensions 50 Wall Ball 20/14 to 10/9 50 Burpees 50 Double Unders</p> <p>MWOD Pigeon Stretch Shoulder Smash Calf Smash (KB)</p>	<p>Friday, 15 January 2016</p> <p>“Randy” For Time 75 Power Snatch 75/55</p> <p>EMOM 6 Hang Clean + Clean + Split Jerk@85%</p> <p>AMRAP 20, Teams of 4: - C2B Pullup - 500m Row - Box Jump 30/24 - Rest</p> <p>One athlete starts at each station. When the athlete on the rower is finished, rotate. Score is total reps of C2B and Box Jump.</p> <p>MWOD Delt Smash (lacrosse ball) Wrist Stretch</p>	<p>Saturday, 16 January 2016</p> <p>EMOM 9 1s: 3 Snatch Pull 2s: 2 Snatch Balance 3s: 1 Hi Hang Snatch Load at 40% 1RM Snatch</p> <p>3 RFT 1k Row 25 Pushup 25 Abmat Situp</p> <p>Back Squat 3x8@75%</p> <p>Not for time: 21 Unbroken Thrusters 15 Unbroken Thrusters 9 Unbroken Thrusters</p> <p>95/65 Rest as needed between sets.</p>

~ CFGB Jan 2016 ~

Mon	Tue	Wed	Fri	Sat
<p>Monday, 18 January 2016</p> <p>10x1 Snatch Balance + 2 OHS @ 50% 1RM Snatch</p> <p>EMOM 8 Row 150m</p> <p>Back Squat 10x3@65%</p> <p>3 Rounds, NOT for time: 10 Pistols (alt) 10 C2B Pullup 10 Deficit HSPU*</p> <p>Challenge yourself on the deficit. If you're kipping, do your best to go all 10 unbroken, on both C2B and HSPU.</p> <p>MWOD Olympic Wall Squat (various positions)</p>	<p>Tuesday, 19 January 2016</p> <p>For Time 21-15-9 Deadlift 225/155 Handstand Walk (meters)</p> <p>Spend 10 minutes working legless rope climbs.</p> <p>MWOD Hamstring Smash and (sitting on box with ball under hamstring and KB on top. Move ball from above the knee all the way to glute)</p> <p>Shoulder Stretch on box</p>	<p>Wednesday, 20 January 2016</p> <p>Front Squat 3x10@50%</p> <p>TnG Power Clean 7x5@60% 1RM Clean</p> <p>"Open Test" AMRAP 20 50 Wall Ball 20/14 to 10/9 50 Double Unders 40 Box Jumps 24/20 40 Toes to Bar 30 C2B Pullup 30 Burpees 20 P. Cleans 145/100 20 Jerks 145/100 10 Snatch 145/100 10 Muscle Ups</p> <p>MWOD Roll Foot on Lacrosse Ball Shoulder/ Forearm Smash with Bar</p>	<p>Friday, 22 January 2016</p> <p>Lurong WOD 1</p> <p>4x: 3 Press 3 Push Press 3 Push Jerk 3 Split Jerk @ 65% 1RM Press This should be done as an unbroken complex. Rest as needed between complexes.</p> <p>5 Complexes: 2 Power Cleans + 1 Push Jerk + 1 Split Jerk</p> <p>EMOM 8 Run 100m</p>	<p>Saturday, 23 January 2016</p> <p>Bring Sally Up Back Squat 115/75</p> <p>For Time 800m Run - then - 30-20-10 Sumo Deadlift High Pull 95/65 Front Rack Walking Lunge 95/65 - then - 800m Run</p> <p>EMOM 10 2 Snatch Pull + 1 Snatch @ 65%</p> <p>MWOD Trap/Rhomboid Tack and Floss</p>

~ CFGB Jan 2016 ~

Mon	Tue	Wed	Fri	Sat
<p>Monday, 25 January 2016</p> <p>“Burgener Total” After warm-up, make 3 attempts at a 1RM Snatch, Clean and Jerk, and Front Squat. The total of the best of each lift is your total.</p> <p>Row 2x2k Rest 1:1</p> <p>3 Rounds, NOT for time: 20 GHD Situp 20 Weighted Back Exts 20m Yoke Carry. Heavy.</p>	<p>Tuesday, 26 January 2016</p> <p>Teams of 3: For Time 500 Double Unders (total) 400m Run (together) 300 Air Squats (total) 200m Run (together) 100 Pullups (total)</p> <p>On the Double Unders, Air Squats, and Pullups, 1 person works at a time. Complete the runs together. Do not start on the next movement until everyone is back from the run.</p> <p>Back Squat 7x5@90%</p> <p>MWOD Calf Stretch (against rig) Foam Roll IT Band</p>	<p>Wednesday, 27 January 2016</p> <p>Up/Down Ladder, NOT for time: 1-12-1 Unbroken T2B</p> <p>Rest as much as you need to do the next set unbroken – no more.</p> <p>“10 Minute Capacity Test” 4 Min Row (cals) 3 Min Pullups 2 Min B. Squat BW/.75BW 1 Min Push Press 135/95</p> <p>Rest 1 minute between stations. Score is total reps/cals.</p> <p>MWOD Foam Roll Lats</p>	<p>Friday, 29 January 2016</p> <p>Death by: MU + Ring Dip Ex: 1MU + 1 Dip 2 MU + 2 Dip 3 MU + 3 Dip, etc All the work every minute should be <u>unbroken</u>.</p> <p>Back Squat 3x8@85%</p> <p>Open 14.3 AMRAP 8 10 Deadlift 135/95 15 Box Jump 24/20 15 Deadlift 185/135 15 Box Jump 24/20 20 Deadlift 225/155 15 Box Jump 24/20 25 Deadlift 275/185 15 Box Jump 24/20 30 Deadlift 315/205 15 Box Jump 24/20 35 Deadlift 365/225 15 Box Jump 24/20</p> <p>MWOD Low Back Smash (lacrosse ball, feet on wall) Cobra to Child's Pose</p>	<p>Saturday, 30 January 2016</p> <p>Lurong WOD 2</p> <p>Unbroken Thruster Ladder for Time: 5@95/65 4@115/75 3@135/85 2@165/95 1@185</p> <p>Each set needs to be unbroken. You may attempt this more than once, if you desire, or want to beat your friends.</p> <p>5k Run Time Trial</p>