

~ CFGB March 2015 ~

Mon	Tue	Wed	Thu	Fri
<p>Monday, 2 March 2015</p> <p>Strength Workout: In less than 5 working attempts, find 1RM Deadlift</p> <p>Workout of the Day: For Time: 100 Double Unders -then- 21-15-9 Row for Cals Burpees -then- 100 Double Unders</p>	<p>Tuesday, 3 March 2015</p> <p>Strength Workout: In less than 5 working attempts, find 1RM Press</p> <p>Workout of the Day: AMRAP 12 5 Ring Muscle Ups* 10 Wall Ball 20/14 10/9</p> <p>*If athletes are unable to do muscle ups, do this: 5 C2B Pullup 5 Ring Dip 10 Wall Ball</p>	<p>Wednesday, 4 March 2015</p> <p>Strength Workout: In less than 5 working attempts, find 1RM Back Squat</p> <p>Workout of the Day: “Jack” AMRAP 20 10 Push Press 115/75 10 Kettlebell Swing 1.5/1 10 Box Jump 24/20</p>	<p>Thursday, 5 March 2015</p> <p>Workout of the Day: For Time: 500m Row 10 Toes-to-Bar 300m Row 20 Knees-to-Elbows 150m Row 30 Abmat Situps</p>	<p>Friday, 6 March 2015</p> <p>Workout of the Day: Open 15.2</p>
<p>Monday, 9 March 2015</p> <p>Workout of the Day: “Half Angie” 50 Pullups 50 Pushups 50 Situps 50 Air Squats</p> <p>Complete all of each movement before moving to the next.</p> <p>Strength Workout: 5x10 Deadlift @ 55% On the last set, lift to within 2 reps of failure.</p>	<p>Tuesday, 10 March 2015</p> <p>Strength Workout: 5x10 Press @ 55% On the last set, lift to within 2 reps of failure.</p> <p>Workout of the Day: 3 RFT 5 Power Snatch 115/75 10 Overhead Squat 115/75 50 Double Unders</p>	<p>Wednesday, 11 March 2015</p> <p>Strength Workout: 5x10 Front Squat @ 55% On the last set, lift to within 2 reps of failure.</p> <p>Workout of the Day: For time: 5-4-3-2-1 Rope Climb Deadlift 315/175 Box Jump 30/24</p>	<p>Thursday, 12 March 2015</p> <p>Workout of the Day: 4 RFT 200m Run 20 Pushups</p>	<p>Friday, 13 March 2015</p> <p>Workout of the Day: Open 15.3</p>

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<p>Monday, 16 March 2015</p> <p>Workout of the Day: "Grace" 30 Clean and Jerk 135/95</p> <p>Strength Workout: Deadlift 5x @50% 5x @ 60% 3x10 @ 75% On the last set, lift to within 1 rep of failure.</p>	<p>Tuesday, 17 March 2015</p> <p>Workout of the Day: 5 RFT 30 Double Unders 10 Pistols 5 Handstand Pushups</p> <p>Strength Workout: Push Press 5x @50% 5x @ 60% 3x10 @ 75% On the last set, lift to within 1 rep of failure.</p>	<p>Wednesday, 18 March 2015</p> <p>Workout of the Day: For time: 400m Run -then- 21-15-9 GHD Situp Wall Ball 20/14 10/9 Hang Power Clean 135/95 -then- 500m Row</p> <p>Strength Workout: Back Squat 5x @50% 5x @ 60% 3x10 @ 75% On the last set, lift to within 1 rep of failure.</p>	<p>Thursday, 19 March 2015</p> <p>Workout of the Day: 5 RFT 20 Double Unders 10 Split Jerks 115/75*</p> <p>*From the floor.</p>	<p>Friday, 20 March 2015</p> <p>Workout of the Day: Open 15.4</p>
<p>Monday, 23 March 2015</p> <p>Workout of the Day: 2k Row Time Trial</p> <p>Strength Workout: Deadlift 5x @ 45% 3x @ 55% 1x @ 65% Max Reps @ 70% (to failure)</p>	<p>Tuesday, 24 March 2015</p> <p>Workout of the Day: "Nasty Girls" 3 RFT 50 Air Squats 7 Muscle Ups 15 Hang Power Cleans 135/95</p> <p>Strength Workout: Press 5x @ 45% 3x @ 55% 1x @ 65% Max Reps @ 70% (to failure)</p>	<p>Wednesday, 25 March 2015</p> <p>Workout of the Day: 3 RFT 800m Run 12 Hang Power Snatch 95/65 12 Box Jump 24/20</p> <p>Strength Workout: Front Squat 5x @ 45% 3x @ 55% 1x @ 65% Max Reps @ 70% (to failure)</p>	<p>Thursday, 26 March 2015</p> <p>Workout of the Day: For time: 200 Double Unders 20 Handstand Pushups 20 Pistols</p> <p>Break up and accumulate reps however you want.</p>	<p>Friday, 27 March 2015</p> <p>Workout of the Day: Open 15.5</p>

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Mon	Tue	Wed	Thu	Fri
Monday, 30 March 2015	Tuesday, 31 March 2015	Wednesday, 1 April 2015	Thursday, 2 April 2015	Friday, 3 April 2015
<p>Workout of the Day: For time: 40 Walking Lunges 35 Toes-thru-Rings 30 Walking Lunges 25 Toes-thru-Rings 20 Walking Lunges 15 Toes-thru-Rings</p> <p>Strength Workout: Deadlift 5x @ 40% 5x @ 50% 5x @ 60%</p>	<p>Workout of the Day: AMRAP 20 300m Row 12 Dumbbell Snatch</p> <p>Strength Workout: Push Press 5x @ 40% 5x @ 50% 5x @ 60%</p>	<p>Workout of the Day: AMRAP 5 Snatch 115/75 -rest 5 mins- AMRAP 5 Ring Muscle Ups (scale to C2B if necessary) -rest 5 mins- AMRAP 5 Double Unders</p> <p>Strength Workout: Back Squat 5x @ 40% 5x @ 50% 5x @ 60%</p>	<p>Workout of the Day: 30 Power Cleans 95/65 15 Toes-to-Bar 20 Power Cleans 95/65 10 Toes-to-Bar 10 Power Cleans 95/65 5 Toes-to-Bar</p>	<p>Workout of the Day: 4x800m Run 1:1 Work: Rest</p>