

~ CFGB September 2014 ~

Mon	Tue	Wed	Thu	Fri
<p align="center">1 SWOD</p> <p>Clean 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% Back Squat 2@50%, 2@60%, 2@70%, 2@75%, 2@80%, 2@85%, 2@90%, 2x2@95%</p> <p align="center">WOD "Jack Bauer" For time 3/21, 6/18, 9/15, 12/12, 15/9, 18/6, 21/3 KB Swing/KB SDLHP 1.5pd/1pd</p> <p align="center">Throwback: http://vimeo.com/1963490</p>	<p align="center">2 SWOD</p> <p>Push Press 2@50%, 2@60%, 2@70%, 2@75%, 2@80%, 2@85%, 2@90%, 2x2@95% Clean Pull 2@50%, 2@70%, 2@80%, 2@90%, 3x2@95%</p> <p align="center">WOD AMRAP 6 50m Shuttle (25m out and back) 2 MU</p>	<p align="center">3 WOD</p> <p>AMRAP 20 5 Deadlift 275/155 10 Pullup 20 Burpee</p>	<p align="center">4 SWOD</p> <p>Snatch 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% Front Squat 2@50%, 2@60%, 2@70%, 2@75%, 2@80%, 2@85%, 2@90%, 2x2@95%</p> <p align="center">WOD The Chief 5xAMRAP3 3 Clean 135/95 6 Pushup 9 Air Squat</p> <p align="center">Rest 1 Min between AMRAPs Only Full Rounds Count</p>	<p align="center">5 SWOD</p> <p>Rack Jerk 2x2@ 60, 70% Split Jerk 4x2@ 60, 70, 80, 85%</p> <p align="center">WOD 3 RFT 500m Row 50 Double Unders</p>
<p align="center">8 SWOD</p> <p>Snatch 2@50%, 2@60%, 2@70, 2x1@75% Back Squat 2@50%, 2@60%, 2@70, 2x1@75%</p> <p align="center">WOD GI Jane 100 Burpee Pullups For Time</p>	<p align="center">9 SWOD</p> <p>Push Press 2@50%, 2@60%, 2@70, 2x1@75% Clean Pull 2@50%, 2@70%, 2x2@80%</p> <p align="center">WOD For Time: 800m Run 20 Deadlifts 225/135 400m Run 10 Deadlifts 275/155 200m Run 5 Deadlift 315/185 100m Run</p>	<p align="center">10 WOD</p> <p>2 RFT 1k Row 15 C2B Pullups 30 Pwr Snatch 95/65</p>	<p align="center">11 SWOD</p> <p>Clean 2@50%, 2@60%, 2@70, 2x1@75% Front Squat 2@50%, 2@60%, 2@70, 2x1@75%</p> <p align="center">WOD EMOM 16 Odds: 5 Box Jump 30/24 Evens: 100m Sprint</p> <p align="center">For this WOD, there will be a penalty if your run takes too long. Need to test this one out and come out with realistic expectations for that.</p>	<p align="center">12 SWOD</p> <p>Handstand Hold 3 Minutes Total Jerk 5x2@50%</p> <p align="center">WOD AMRAP 2 KB Snatch Left AMRAP 2 KB Snatch Right AMRAP 2 KBS</p> <p align="center">No rest between AMRAPs All loads 1.5/1 Pd Record Scores for each AMRAP, and the total</p>

~ CFGB September 2014 ~

Mon	Tue	Wed	Thu	Fri
<p align="center">15 SWOD</p> <p>Clean 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p>Back Squat 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p align="center">WOD 2 Mile Run</p>	<p align="center">16 SWOD</p> <p>Push Press 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p>Clean Pull 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p align="center">WOD 5 RFT 5 Deadlift 275/165 10 Burpees</p>	<p align="center">17 WOD</p> <p>4 RFT</p> <p>15 Thrusters 95/65</p> <p>15 Pullups</p> <p>400m Run</p>	<p align="center">18 SWOD</p> <p>Snatch 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p>Front Squat 2@50, 2@60, 2@70% 1@75, 1@80, 1@85, 1@90% 1@95%, 1@100%</p> <p align="center">WOD For Time: 30 Pwr Clean 115/75 20 Bar Facing Burpees 15 Push Press 115/75 10 Bar Facing Burpees</p>	<p align="center">19 SWOD</p> <p>Split Jerk 5-3-2-1-1-1</p> <p align="center">WOD 5RFT 10 Pistols 10 C2B Pullup 20 Abmat Situp</p>
<p align="center">22 WOD</p> <p>For Time: 30 C&J 135/95 20 Snatch 115/75 10 OHS 95/65</p> <p>Pwr Clean/Snatch are acceptable.</p>	<p align="center">23 WOD</p> <p align="center">AMRAP 18</p> <p>1 Rope Climb 10 Double Unders 2 Rope Climbs 20 Double Unders 3 Rope Climbs 30 Double Unders Continue until time expires</p>	<p align="center">24 WOD</p> <p>4 RFT</p> <p>15 K2E</p> <p>25 Box Jump 24/20</p> <p>100m Farmers Carry 2/1.5 pood (25m out and back x2)</p>	<p align="center">25 WOD</p> <p>For Time 800m Run 30 C2B Pullups 400m Run 30 Pistols 200m Run 30 GHD Situps 100m Run</p>	<p align="center">26 WOD</p> <p>Burgener Total</p>
<p align="center">29 WOD</p> <p>Partner WOD</p> <p>One person working at a time, accumulate 5k Run and 5k Row. Break it up however you like. ONE PERSON WORKS AT A TIME.</p>	<p align="center">30 WOD</p> <p>“Diane” 21-15-9 Deadlift 225/155 HSPU</p>	<p align="center">1 WOD</p> <p>CF Open 11.4 AMRAP 10 60 Bar Facing Burpees 30 OHS 120/90 10 Muscle Up</p>	<p align="center">2 WOD</p> <p>Half Murph 800m Run 150 Squats 100 Pushups 50 Pullups 800m Run</p> <p>Break Calisthenics as desired. Wear 20lb vest if you have it.</p>	<p align="center">3 WOD</p> <p>7 RFT 7 OHS 95/65 20 Wall Ball 20/14</p>