

Reps:	1	2	3	4	5	6	7	8	9	10	11	12	15
%1RM	Baechle	100	95	93	90	87	85	83	80	77	75	67	65

~ December 2013 ~					
Sunday, 01 December 2013	Monday, 02 December 2013	Tuesday, 03 December 2013	Wednesday, 04 December 2013	Thursday, 05 December 2013	Friday, 06 December 2013
Fit 1.0	<p>Strength Workout:</p> <p>Overhead Squat - 5,3,2,1,1 @ 75,80,85,90,90% of 1RM</p> <p>Bench Press - 5,3,2,1,1 @ 85, 90, 90, 95, 95% of 1RM</p>	<p>Strength Workout:</p> <p>Clean & Jerk - 1,1,1,1,1 @ 75,80,85,95,95% of 1RM</p>	<p>Strength Workout:</p> <p>Rest</p>	<p>Strength Workout:</p> <p>Back Squat - 1,1,1,1,1 @ 75,80,90,95,95% of 1RM</p> <p>Bench Press - 3,3,3,3,3 @ 75,80,85,90,90 of 1RM</p>	<p>Strength Workout:</p> <p>Deadlift - 4X3@ 50, 60, 70, 80% of 1RM* (warming-up to METCON weight)</p> <p>Lunge with Double KB Overhead Press 4X6 [use four or five sets to find your approximate 6RM]</p>
	<p>Workout of the Day:</p> <p>CF GAMES 11.1</p> <p>10 MIN AMRAP:</p> <p>30 DOUBLE UNDERS</p> <p>15 POWER SNATCH (75#/55#)</p> <p>Cashout: Row 100 M for time</p>	<p>Workout of the Day:</p> <p>3 ROUNDS FOR TIME:</p> <p>800M RUN</p> <p>20 TOES TO BAR</p> <p>10 CLEAN TO THRUSTER (135#/95#)*</p> <p>*BAR</p> <p>WILL RETURN TO GROUND AFTER EVERY REP</p>	<p>Workout of the Day:</p> <p>Lumberjack 20</p> <p>20 Deadlifts, 275/185 lbs</p> <p>Run, 400 m</p> <p>20 Kettlebell Swings, 2/1.5 pood</p> <p>Run, 400 m</p> <p>20 Overhead Squats, 115/85 lbs</p> <p>Run, 400 m</p> <p>20 Burpees</p> <p>Run, 400 m</p> <p>20 Pull Up (Chest To Bar)s</p> <p>Run, 400 m</p> <p>20 Box Jumps, 24/20 in</p> <p>Run, 400 m</p> <p>20 Dumbbell Squat Cleans, 45/30 lbs</p> <p>Run, 400 m</p>	<p>Workout of the Day:</p> <p>15 MIN AMRAP:</p> <p>ROW 250M</p> <p>25 PUSH-UP</p> <p>Cashout: Front Roll to Inverted Hang on rings</p>	<p>Workout of the Day:</p> <p>5 ROUNDS, EACH FOR TIME:</p> <p>5 DEADLIFT (80% of 1RM)</p> <p>100 YD SPRINT</p> <p>*REST 2 MIN BETWEEN ROUNDS</p>

Reps:	1	2	3	4	5	6	7	8	9	10	11	12	15
%1RM	Baechle	100	95	93	90	87	85	83	80	77	75	67	65

~ December 2013 ~					
Sunday, 08 December 2013	Monday, 09 December 2013	Tuesday, 10 December 2013	Wednesday, 11 December 2013	Thursday, 12 December 2013	Friday, 13 December 2013
<p>Fit 1.0</p> <p>Circus - 12 Minute AMRAP</p> <p>Complete as many rounds as possible in 12 minutes of:</p> <ul style="list-style-type: none"> 5 Ring Push-Ups 10 Body Rows 15 Walking Lunge with Overhead Plate (45#/25#) 	<p>Strength Workout:</p> <p>Box Squats with bands 5x2 - with 40% 1RM weight plus bands, gradually adjust resistance bands, performing 5 sets of 2 reps</p> <p>Platform Depth Jump (18") to a Box (find your max height box)</p> <p>Trainer's Notes Box Squat Demo @ http://www.verticaljumping.com/box_squat_with_bands.html</p> <p>Note: For Platform depth jump - the platform height remains the same throughout the exercise.</p>	<p>Strength Workout:</p> <p>Overhead Barbell Box Step-ups - 3X8 @ 40 to 60% of 1RM (of OHS)*</p> <p>*Box height should be 18 to 20 ", i.e. with foot on box, the thigh would be parallel to the ground.</p>	<p>Strength Workout:</p> <p>Rest</p>	<p>Strength Workout:</p> <p>Three position Snatch - 1,1,1,1,1 @ 55, 60, 65, 70, 70% of 1RM (of snatch)</p>	<p>Strength Workout:</p> <p>Three position Clean - 1,1,1,1,1 @ 55, 60, 65, 70, 70% of 1RM (of clean)</p> <p>Clean Pull - 3x2 @ 90% of 1RM</p>
<p>Mixer - For time:</p> <ul style="list-style-type: none"> 500 M Row 5 Ball Slams 400 M Row 10 Ball Slams 300 M Row 15 Ball Slams 200 M Row 20 Ball Slams 100 M Row 25 Ball Slams 	<p>Workout of the Day:</p> <p>12 MIN AMRAP:</p> <p>10 MEDBALL CLEAN TO WALLBALL* 10 SDHP (75#/55#) *Medball will return to floor after every rep</p>	<p>Workout of the Day:</p> <p>4 ROUNDS FOR TIME:</p> <p>25M FRONT-RACK WALKING LUNGE (65#/45#) 25M OVERHEAD CARRY (135#/95#) 25M FARMER'S CARRY (35#/25#)* 375M RUN *Farmer's carry is to be performed by simply gripping a rubber plate in hand and hanging at the athlete's side. Weight is per each arm. **Trainer Note - See course set-up notes.</p>	<p>Workout of the Day: "Badger"</p> <p>3 ROUNDS FOR TIME:</p> <p>30 CLEANS (95#/65#)* 30 PULL-UPS 800M RUN</p>	<p>Workout of the Day:</p> <p>3 ROUNDS:</p> <p>90 SEC AIRDYNE 90 SEC FRONT LEANING REST* 90 SEC DOUBLE-UNDERS 90 SEC HOLLOW ROCKS 90 SEC REST *FRONT LEANING REST TO BE PERFORMED AS STATIC HOLD ON RINGS</p> <p>CASHOUT: Standing backward medball toss into tire (20#/14#) for distance and accuracy</p>	<p>Workout of the Day:</p> <p>BASELINE 5</p> <p>5 ROUNDS FOR TIME:</p> <p>500M ROW 40 AIR SQUAT 30 ABMAT SIT-UP 20 PUSH-UP 10 STRICT PULL-UP</p>

Reps:	1	2	3	4	5	6	7	8	9	10	11	12	15
%1RM	Baechle	100	95	93	90	87	85	83	80	77	75	67	65

~ December 2013 ~					
Sunday, 15 December 2013	Monday, 16 December 2013	Tuesday, 17 December 2013	Wednesday, 18 December 2013	Thursday, 19 December 2013	Friday, 20 December 2013
<p>Fit 1.0</p> <p>Pressure Cooker - For time: 15 Strict Press, 115/63 lbs 30 Burpee (Bar Facing)s 15 Push Press, 115/63 lbs 20 Burpee (Bar Facing)s 15 Push Jerks, 115/63 lbs 10 Burpee (Bar Facing)s</p>	<p>Strength Workout: Box Squats with bands 5x2 - with 60% 1RM weight plus bands, gradually adjust resistance bands, performing 5 sets of 2 reps</p> <p>Narrow Grip Bench Press - 2,2,2,2 @ 95% of 1RM</p>	<p>Strength Workout: Deadlift - 2,2,2,2 @ 95% of 1RM Clean - 2,2,2,2 @ 70% of 1RM</p>	<p>Strength Workout: Rest</p>	<p>Strength Workout: Find your 1 RM Snatch</p>	<p>Strength Workout: Rest - Holiday Pot Luck</p>
<p>CrossFit Games Open 11.2</p> <p>Complete as many rounds as possible in 15 mins of: 9 Deadlifts, 155#/100# 12 Push-ups 15 Box Jumps, 24"/20"</p>	<p>Workout of the Day: CF GAMES 11.6 "INFRANITY" 7 MIN AMRAP:</p> <p>3 THRUSTER (100#/65#) 3 C2B PULL-UP 6 THRUSTER 6 C2B PULL-UP 9 THRUSTER 9 C2B PULL-UP... * PATTERN CONTINUES UNTIL CLOCK EXPIRES (3,6,9,12,15,ETC.)</p>	<p>Workout of the Day: KING KONG(ISH) 3 ROUNDS FOR TIME:</p> <p>1 DEADLIFT @95% 1RM 2 MUSCLE UPS 3 CLEANS @90% 1RM 4 HSPU</p> <p>CASHOUT: "Donkey Kong Jr" 3 Rounds for Time: 1 Rope Climb 5 HSPU 10 Over-the-Box Jumps (20/18")</p>	<p>Workout of the Day: TABATA MEDLEY II FULL TABATA ROUNDS, 1 MIN REST BETWEEN EACH ROUND: AIR SQUAT* KB CLEAN+JERK (LEFT) PLYOMETRIC (JUMPING) LUNGES KB CLEAN+JERK (RIGHT) AIR SQUAT* *ATHLETE WILL HOLD BOTTOM OF SQUAT FOR THE 10 SECOND "REST" PERIOD</p> <p>CASHOUT: Row 1000M at 50-60% effort [3:00 - 3:30 pace] for recovery and quality of form</p>	<p>Workout of the Day: 15 MIN AMRAP:</p> <p>5 Body Rows Rings Medley Forward Roll to Inverted Hang to One-Leg Front Lever to Skin the Cat to Dismount 30 DOUBLE-UNDER</p> <p>DEMOS on GymnasticWOD.com</p>	<p>Workout of the Day: RETURN OF THE PROWLER FOR TIME, TEAMS OF TWO OR MORE WILL COMPLETE: 1 MILE PROWLER PUSH/PULL @50% BW OF *1 MILE= 16X100 Meter pushes</p> <p>Each Partner adds weight to the prowler, using this table: If your BW>=100, then add 10# If your BW>=110, then add 25# If your BW>=140, then add 35# If your BW>=165, then add 50# If your BW>=185, then add 60# If your BW>=210, then add 75# If your BW>=240, then add 85#</p>

Reps:	1	2	3	4	5	6	7	8	9	10	11	12	15	
%1RM	Baechle	100	95	93	90	87	85	83	80	77	75		67	65

~ December 2013 ~					
Sunday, 29 December 2013	Monday, 30 December 2013	Tuesday, 31 December 2013	Wednesday, 01 January 2014	Thursday, 02 January 2014	Friday, 03 January 2014
Fit 1.0	Strength Workout: JANUARY	Strength Workout: JANUARY	Strength Workout: JANUARY	Strength Workout: JANUARY	Strength Workout: JANUARY
	Workout of the Day: JANUARY	Workout of the Day: JANUARY	Workout of the Day: JANUARY	Workout of the Day: JANUARY	Workout of the Day: JANUARY

Wednesday 10 December 2013 - Course Setup

(*) - Barbell Starting Position

(@) - Plates for Farmers Carry

① := Cones spaced 25 M's apart

At the start of each round,

Clean (65#/45#) barbell to front-rack

- perform walking lunge to next cone

Add (2x35#/2x25#) Plates; Press barbell to overhead

- perform overhead carry to next cone

Remove (2x35#/2x25#) Plates; Suitcase deadlift plates (one in each hand)

- walk or move quickly to next cone

Set plates down (reverse deadlift movement)

- sprint two laps around cones - to position of fatbar to start the next round.

