

~ February 2014 ~

Sunday, 02 February 2014	Monday, 03 February 2014	Tuesday, 04 February 2014	Wednesday, 05 February 2014	Thursday, 06 February 2014	Friday, 07 February 2014
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
	30/20/30 Then -- EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls	3 Rounds of :15 Good Mornings :15 GHD Hip-extensions :15 AbMat Situps :15 Hand-to-Hand KB Swing Then - 30/20/30	3 Rounds of :15 Good Mornings :15 GHD Hip-extensions :15 Pushups :15 Hand-to-Hand KB Swing Then - 30/20/30	30/20/30 Then -- EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls	3 Rounds of :15 Good Mornings :15 GHD Hip-extensions :15 Pushups :15 Hand-to-Hand KB Swing Then - 30/20/30
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
WOD 1 - 25 Minute AMRAP Team: Fight Gone Bad Wall Ball (20#/14#), 1 minute Sumo Deadlift High-Pull, (75#/55#) Box Jump (20") Push Press, (75#/55#) Row (calories), 1 min Teams of 2 to 4 people, 1 person working at a time, no rest, Work for 1 minute. Change on the minute, every minute.	Back Squat 3-3-3-3-3 Use the heaviest weight you can for each set. Rest as needed between sets.	EMOM for 10 Minutes * 2-Position Clean and then 1 Jerk @ 70% of 1RM	Rest Skill Test: Max AbMat Situps in 2 minutes Skill Test: Max Pullups	Front Squat 3x4 @ 75% of 1RM Then - 3x10 Alternating Pistols (5 each leg)	EMOM for 10 Minutes 3-Position Snatch (High Hang, Hang, Floor) at 60% of 1RM
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
	Rings, GHD	Jump Rope	BB 115/75, C2 Rower	Rings, Slam ball	Rope, medball, slam ball
	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
WOD 2 - There and Back Again EMOM for 4 minutes Sprint 53m out and back	15min amrap - 3 muscle ups, 6 HSPU, 12 GHD Situps	100 dbl unders then -- 10RDS 5 pullups, 10 pushups, 15 situps then -- 100 dbl unders	10RDS 250m row, 3 Romanian DL (115/75), 3 power clean (115/75), 3 push press (115/75)	4RDS 400m run, 10 pullups, 10 ring dips, 10 ball slams, farmers carry (70#/54# [each hand]) (75 feet [around rig])	with a partner (1 person working at a time) - 5min amrap of rope climbs, Then rest 1 mins, 5min amrap of burpees Then rest 1 mins, 5min amrap of wall balls (20/14), Then rest 1 mins, 5min amrap of ball slams (20)

~ February 2014 ~

Sunday, 09 February 2014	Monday, 10 February 2014	Tuesday, 11 February 2014	Wednesday, 12 February 2014	Thursday, 13 February 2014	Friday, 14 February 2014
Warm Up: Row 400m 30/20/30 Run 400m	Warm Up: 30/20/30 Then -- 4 Rds of :10 Good Mornings :10 Jump Squats :5 Inchworms :10 Ab-Mat Sit-ups	Warm Up: EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls Then -- EMOM warm-up for 5 Minutes 5 burpees, 7 box jumps, 9 Wall Balls	Warm Up: 30/20/30 Row 400m Then -- Row 20-strokes for maximum distance	Warm Up: 30/20/30 Then -- 3 RDS :15 KBS :15 Push-Press (bar) :15 GHD Sit-Ups :15 Push-ups	Warm Up: EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls Then -- EMOM warm-up for 5 Minutes 5 burpees, 7 box jumps, 9 Wall Balls
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
WOD 1 - CrossFit Baseline For Time: 500m row, 40 air squats, 30 abMat sit-ups, 20 push-ups, 10 pull-ups	EMOM for 10 Minutes Clean & Jerks (1 + 2) @ 70% of 1RM	5x2 Front Squat @ 80% of 1RM	3x5 Pendlay Row @ 70 % 1RM (DEMO http://www.youtube.com/watch?v=ZlRrls0DpKg) 3x10 Overhead Band Pulldown (DEMO http://www.youtube.com/watch?v=X6zsfKFJKIo)	Find your 1 RM Strict Press Then -- EMOM for 7 Minutes Clean & Thruster (1 + 3) at 85% (of strict press)	Squat 3x4 @ 75% of 1RM
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
Medball, Box, AbMat	Rings, KB (2pd,1pd)	Parallettes	chalk	Jump rope, DB 35/20	BB 165/105
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
WOD 2 - "PICKUP STICKS" 15 Minute AMRAP 1,2,3,4... reps of: Wallball (20#/14#), Toes to Bar Box Jumps (24"/20") AbMat Situp	800m run then -- 10min amrap of 2 muscle ups, 4 HSPU, 8 KBS (2pd/1.5pd) then -- 800m run	20min amrap 30sec hand stand hold, 30sec squat hold, 30sec L-sit hold, 30sec chin over bar hold ** please accumulate 30 seconds of a static hold at each station before moving to the next. ** squat hold is a loaded position, with perfect form	10RDS 12 burpees, 12 pullups 25 minute timecap Mobility WOD: Shoulder MOB DEMO (http://www.youtube.com/watch?v=q0Elx93duAA)	3 rounds, 1 min per station, of: Row Double Under KBS (2pd/1.5pd) Toes To Bar Dumbbell Push Press (35#/20#) Rest Perform this like "Fight Gone Bad," by rotating immediately to the next station every 1 min, the clock does not stop or reset between stations.	14 Minute AMRAP of 2 Hang Power Clean (165#/105#) 14 GI Janes Rest 5 minutes -- Then -- Death by Push Press (135/95#, no rack)

~ February 2014 ~

Sunday, 16 February 2014	Monday, 17 February 2014	Tuesday, 18 February 2014	Wednesday, 19 February 2014	Thursday, 20 February 2014	Friday, 21 February 2014
Warm Up: Row 400m 30/20/30 Run 400m	Warm Up: Row 400m 30/20/30 Run 400m	Warm Up: 30/20/30 Then -- 4 Rds of :10 Good Mornings :10 Jump Squats :5 Inchworms :10 Ab-Mat Sit-ups	Warm Up: 4 Rounds of :30 seconds – jump rope :15 KB Swing :15 Good mornings :15 Slam Ball Then - 30/20/30	Warm Up: 30/20/30 Then -- 4 Rounds of :30 seconds – jump rope :15 KB Swing :15 Good mornings :15 Push press (bar)	Warm Up: 30/20/30 Then -- 4 Rds of :10 Good Mornings :10 Jump Squats :5 Inchworms :10 Ab-Mat Sit-ups
Fit 1.0 WOD 1 - Half-Cindy Complete as many rounds as possible in 10 mins of: 5 Pull-ups 10 Push-ups 15 Air Squats	Strength Workout: Back Squat 3,3,3,3,3+ of 90% of 1RM 3 Sets of Max Strict Pullups	Strength Workout: Rest	Strength Workout: EMOM for 10 minutes Perform either 5 strict chest-to-bar chin ups, or 2 strict muscle ups	Strength Workout: 1,1,1,1 of 3-Position Clean & 1 Jerk @ 70% of 1RM Clean Pulls 4x3 @ 100 % of 1RM (of Clean)	Strength Workout: Squat 4x3 @ 80% of 1RM
Equipment: BB (95/65)	Equipment: AbMat/Jump Rope	Equipment: KB (2pd/1.5pd)	Equipment: medball, box, C2	Equipment: yoke, GHD, C2	Equipment: BB 135/95
Workout of the Day: WOD 2 - Nancy 5 Rounds for Time Run 400m, 15 Overhead Squats (95/65)	Workout of the Day: "Annie" 50-40-30-20-10 of: double unders, situps	Workout of the Day: 10RDS 10 KBS (2pd/1.5pd), 10 hollow rocks 25 Minute time cap. Skill Test: 10 Minute Squat Test* *Watch Form! - Collect 10 minutes in the bottom of a relaxed butt to ankle-paleo chair-Squat. Protect your knees when you have to stand up. (DEMO http://www.youtube.com/watch?v=H_Mtbl4dYY or http://www.youtube.com/watch?v=jzFgLf8CC1Y)	Workout of the Day: FGB style 4RDS 1min each wall ball (20/14), box jump (24/20), row (calories), burpees, rest	Workout of the Day: with a partner -- 3 yoke walks each (50 feet) (increasing weight each repetition) then -- 3RDS 40 GHD situps**, 1000m row** **Note: 1 person working at a time	Workout of the Day: 5RDS 10 DL 135#/95#, bear crawl 25m, 10 strict hanging leg raises, crab walk 25m

~ February 2014 ~

Sunday, 23 February 2014	Monday, 24 February 2014	Tuesday, 25 February 2014	Wednesday, 26 February 2014	Thursday, 27 February 2014	Friday, 28 February 2014
Warm Up: Row 400m 30/20/30 Run 400m	Warm Up: EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls Then -- EMOM warm-up for 5 Minutes 5 burpees, 7 box jumps, 9 Wall Balls	Warm Up: Row 400m 30/20/30 Run 400m	Warm Up: EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls Then -- EMOM warm-up for 5 Minutes 5 burpees, 7 box jumps, 9 Wall Balls	Warm Up: 3 Rounds of :15 Good Mornings :15 GHD Hip-extensions :15 Pushups :15 Hand-to-Hand KB Swing Then - 30/20/30	Warm Up: Row 400m 30/20/30 Run 400m
Fit 1.0	Strength Workout: Overhead Squat 5-5-5-5-5 Use the heaviest weight you can for each set. Rest as needed between sets	Strength Workout: EMOM for 10 minutes - Perform 5 Power Cleans, 3 Push Jerks @ 60 % of 1RM	Strength Workout: Rest Mobility WOD: Hamstring Mobility (DEMO http://www.youtube.com/watch?v=UCFO T6t_1AU or http://www.youtube.com/watch?v=y0ay ugSjKZA)	Strength Workout: Front Squat 4x3 @ 80% of 1RM	Strength Workout: Snatch 1-1-1-1-1-1-1 Use the heaviest weight you can for each set. Rest as needed between sets.
Equipment: KB (53/35), BB 135/95	Equipment: Bumper 45/25, AbMat	Equipment: KB (24kg/12kg), Rings	Equipment: Shoes?	Equipment: Jump Rope, Medball, Rings, KB(16kg/12kg)	Equipment: Rings, slam ball
Workout of the Day: "Helen Meets Grace" Teams of 2: - One partner works at a time, split reps up w/partner however you want except both partners must run 400m each time together. For time: Run, 400 m 21 Kettlebell Swings, 53/35 lbs 12 Pull-ups Run, 400 m 21 Kettlebell Swings, 53/35 lbs 12 Pull-ups Run, 400 m 21 Kettlebell Swings, 53/35 lbs 12 Pull-ups 30 Clean & Jerks, 135/95 lbs	Workout of the Day: 5RDS Row 250m, 10 OH lunges (45#/25# plate), 15 situps w/ 45#/25# plate	Workout of the Day: 15min amrap 20KBS (24kg/16kg), 15 toes to bar, 10 ring dips	Workout of the Day: 30min max effort run or row Specific WOD - TBD	Workout of the Day: with a partner, complete*: 100 double unders, 100 wall balls, 100 pull-ups, 100 burpees, 100 KBS (24kg/16kg), 100 double unders Note: 1 person working at a time, complete in sequence.	Workout of the Day: 15min amrap 3 muscle ups, 6 alternating pistols, 9 knees to elbows, 12 ball slams

~ February 2014 ~

Sunday, 02 March 2014	Monday, 03 March 2014	Tuesday, 04 March 2014	Wednesday, 05 March 2014	Thursday, 06 March 2014	Friday, 07 March 2014
Warm Up: 3 RDS :15 Good Mornings :Walking Lunge :Butt-Kickers :Frankensteins :High Knees :15 Jump Squats	Warm Up: 3 RDS :15 Good Mornings :Walking Lunge :Butt-Kickers :Frankensteins :High Knees :15 Box Jumps	Warm Up: Row 400m 30/20/30 Run 400m Then -- 8 DB Snatch - Each Arm	Warm Up: Row 1000m Then -- 3 RDS :15 Good Mornings :Walking Lunge :Butt-Kickers :Frankensteins :High Knees	Warm Up: EMOM warm-up for 7 Minutes 4 burpees, 6 box jumps, 8 Wall Balls Then -- EMOM warm-up for 5 Minutes 5 burpees, 7 box jumps, 9 Wall Balls	Warm Up: 3 RDS :15 Good Mornings :Walking Lunge :Butt-Kickers :Frankensteins :High Knees :15 Box Jumps
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
WOD 1 - "BANANNA SPLITS" 8x400 M Run / Rest Rest 1:1 interval	Deadlift 3 reps @ 75%, 80%, and 85% of 1RM Rest as needed between sets. Find your max height box jump - 3 attempts. 4x6 Alternating Weighted Pistols (3 each leg) [Kb Goblet Pistol]	1,1,1,1,1 of 2-Position Snatch @ 75% of 1RM Then -- 5x1 Clean from blocks (20" blocks) - starting light, increasing weight once speed and form is mastered - Congo-line style* *Conga-line style - athletes form a line, each taking a turn at performing the lift.	Max AbMat Situps in 2 minutes 3 sets of Max Pullups	Back Squat 5-5-5-5-5 Use the heaviest weight you can for each set. Rest as needed between sets	1,1,1,1,1 Clean & Jerk @ 85% of 1RM 5,3,1 Clean Pulls @ 95%, 100%, 105% 1RM (of Clean)
Equipment: C2 Rower	Equipment: KB 24 kg/16kg	Equipment: C2 Rower	Equipment: BB 135/85, sled	Equipment: Box, BB 115/75, Rope	Equipment:
Workout of the Day: WOD 2 - Row 500m Time Trial	Workout of the Day: "Helen" 3RDS 400m run, 21 KBS (24kg/16kg) 12 pullups	Workout of the Day: Accumulate 6000m distance: Teams of 3 row 500m, burpees, rest Note: 1 person per station, accumulate 6000m of total distance row Team score is the total time to complete the row minus one second for every burpee accumulated.	Workout of the Day: with a partner -- 10 min amrap 135#/85# bench press*, then rest 3 min -- 15min amrap sled (0.5 BW) drag 50m**, seld (0.5 BW) pull 50m** *Note: one person working at a time for max reps **Note: partners alternate on the sled	Workout of the Day: 3RDS 2 rope climbs, 4 burpee box jump overs (20")*, 6 knees to elbows, 8 push press 115/75#, 1 min rest (DEMO http://www.youtube.com/watch?v=_1N9l9qsNRs)	Workout of the Day: EMOM for 10 to 20 minutes sprint 100m