

~ CFGB Programming March 2013 ~

| Mon  | Tue   | Wed   | Thu  | Fri  |
|--|---|---|--|--|
|  |   |   |  | <b>1</b><br><b>SWOD:</b><br>Snatch – 1RM<br>Clean & Jerk – 1RM<br>Back Squat – 1RM<br><br><b>WOD:</b><br>DIANE   |
| <b>4</b><br><b>SWOD:</b><br>Front Squat – 1RM<br>Bench Press – 3RM, 3x3 @ 90% of 3RM<br><br><b>WOD:</b><br><b>In 12 minutes complete:</b><br>100 Double-Unders<br>Then - AMRAP of:<br>5 Push Jerks (M=185/F=105#)<br>Run 200m<br><br>*You can use a rack for this one  | <b>5</b><br><b>SWOD:</b><br>Power Clean – 1RM, then 5x2 @ 90%<br>One Arm DB Rows – AHAP 3 x max reps<br><br><b>WOD:</b><br><b>3 rounds for time of:</b><br>Row 250m<br>10 Squat Clean to Thrusters (M=95/F=65#)<br>15 Burpees (12.1 standard)                                       | <b>6</b><br><b>WOD:</b><br><b>For time:</b><br>1k Row<br>Then – (no rest)<br><b>3 rounds for time of:</b><br>12 Deadlifts (M=275/F=155#)<br>24 Bar Facing Burpees<br>Then – (no rest)<br>1k Row | <b>7</b><br><b>SWOD:</b><br>Front Squat – 3RM<br>Close Grip Bench – 5RM, 1 x max reps at body weight<br><br><b>WOD:</b><br><b>WOD 1:</b> 10 Minute AMRAP of:<br>5 HSPU on plates*<br>10 Burpees (12.1 standard)<br><br>*Notes: Men’s standard is 2 45# plates with an abmat between, for women 2 25# plates with an abmat between.<br><br><b>*Rest 2 minutes.</b><br><br><b>WOD 2:</b> 4 minute AMRAP of:<br>12 GHD Situps<br>12 Chest clapping push-ups | <b>8</b><br><b>SWOD:</b><br>Weighted Box Jumps – 2RM (10-25 lbs DBs in each hand)<br>Power Snatch – 2RM, 5x2 @ 85% of 2RM<br><br><b>WOD:</b><br>CINDY  |
| <b>11</b><br><b>SWOD:</b><br>Back Squat – 3RM, then 2x3 @90% of 3RM<br>Rack Jerk 1, 1, 1, 1, 1<br><br><b>WOD:</b><br><b>5 Rounds each for time of:</b><br>5 Tuck lever pull-ups ( <a href="#">Description</a> – scroll down)<br>10 KBS (M=2/F=1.5)<br>50 Double-unders<br><br>*Rest 2 minutes between each round | <b>12</b><br><b>SWOD:</b><br>Snatch – 2RM then 3x2 @ 90%<br><br><b>HERO WOD: DAE HAN</b><br><b>3 Rounds for time of:</b><br>Run 800 meters with 45#’s<br>15 foot Rope climb, 3 ascents<br>12 Thruster (M=135/F=85)<br><br>*You can use a vest, sandbag, weight, or bar for the run. | <b>13</b><br><b>WOD:</b><br>15x200m Sprints<br><br>The walk to the next 200 is your rest. Rest enough to allow yourself to go 100% on every sprint.   | <b>14</b><br><b>SWOD:</b><br>Box Jump – 1RM<br>Front Squat – 3RM<br>Close Grip Bench – 3RM, 1 x max reps at body weight<br><br><b>WOD:</b><br><b>8 minute AMRAP of:</b><br>5 OHS (M=115/F=75#)<br>10 Toes to Bar<br>15 KB Swing (M=1.5/F=1pood)  | <b>15</b><br><b>SWOD: Rest</b><br><br><b>HERO WOD: Team CLOVIS</b><br><b>For Time:</b><br>Run 10 miles<br>150 Burpee pull-ups<br><br><b>* To be completed as part of a 3 person team. Each team member must run at least 2 miles and perform 30 burpee pull-ups</b><br><b>**Partition the run and burpee pull-ups as needed.</b> |

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| <p><b>18</b><br/><b>SWOD: Rest</b></p> <p><b>Outlaw CF WOD 130114:</b><br/><b>For time:</b><br/>50' Prowler Push (high handles)*<br/>25 OHS (M=95/F=65#)<br/>25 T2B<br/>50' Prowler Push (low handle)*<br/>20 OHS (M=95/F=65#)<br/>20 T2B<br/>50' Prowler Push (high handles)<br/>15 OHS (M=95/F=65#)<br/>15 T2B<br/>50' Prowler Push (low handle)<br/><br/>* Prowler push (M=215/F=165#)</p> | <p><b>19</b><br/><b>SWOD:</b><br/>Snatch - heavy single; then 3x1 @80% (of heavy single)<br/>Good Morning – 3x5 (very light)</p> <p><b>WOD: Crushing Helen</b><br/><b>Complete 8 rounds for time of:</b><br/>100 yard Sprint<br/>8 KB Swings – (M=2/F=1.5 pood)<br/>5 Plyo Push Ups</p> <p>*Perform a plyo push up by placing one hand on a 45 lbs plate and the other on the ground, perform an explosive push-ups that allows you to transition the hand on the ground to the hand on the plate and vice versa.</p> | <p><b>20</b><br/><b>WOD:</b><br/><b>For time: 50-25-50-25 of:</b><br/>Double Unders<br/>Abmat sit-ups<br/>Row for Calories</p>   | <p><b>21</b><br/><b>SWOD:</b><br/>Squat – 10 RM (No more than 2 attempts after performing suitable warm-up sets)<br/>Floor Press – 3RM (No more than 2 attempts after performing suitable warm-up sets)<br/>Bent Over Row – 3x max reps w/ 3RM<br/>Floor Press weight</p> <p><b>WOD:</b><br/><b>20 min AMRAP of:</b><br/>10 box jump overs (M=24/F=20")<br/>10 pull-ups<br/>10 push press (M=115/F=75#)</p> | <p><b>22</b><br/><b>SWOD:</b><br/><a href="#">1 RM Seated Box Jump</a></p> <p><b>HERO WOD: JJ</b><br/>For time:<br/>1 Squat clean (M=185/F=95)<br/>10 Parallette HSPU<br/>2 Squat clean (M=185/F=95)<br/>9 Parallette HSPU<br/>3 Squat clean (M=185/F=95)<br/>8 Parallette HSPU<br/>4 Squat clean (M=185/F=95)<br/>7 Parallette HSPU<br/>5 Squat clean (M=185/F=95)<br/>6 Parallette HSPU<br/>6 Squat clean (M=185/F=95)<br/>5 Parallette HSPU<br/>7 Squat clean (M=185/F=95)<br/>4 Parallette HSPU<br/>8 Squat clean (M=185/F=95)<br/>3 Parallette HSPU<br/>9 Squat clean (M=185/F=95)<br/>2 Parallette HSPU<br/>10 Squat clean (M=185/F=115)<br/>1 Parallette HSPU</p> <p><b>*Females use 25# plates for HSPUs</b></p> |
| <p><b>25</b><br/><b>SWOD:</b><br/>Front Squat – 2RM (No more than 2 attempts after performing suitable warm-up sets)<br/>Press – 10RM (No more than 2 attempts after performing suitable warm-up sets)</p> <p><b>WOD:</b><br/><b>3 rounds for time of:</b><br/>Run 400m<br/>6 Hang Cleans (M=115/F=75#)<br/>12 DB Push Press(M=40/F=25#)</p>  | <p><b>26</b><br/><b>SWOD:</b><br/>Muscle Snatch – 3x3 <a href="#">Muscle Snatch Demo</a><br/>Snatch – 2RM, then 5x2 @ 90% of 2RM<br/>Weighted Pull-up – 5RM</p> <p><b>WOD:</b><br/><b>3 Rounds each for time of:</b><br/>Run 800 meters<br/>15 ft Rope Climb (2ascents)<br/>30 SDLHP (M=75/F=55)<br/>* Rest 2 minutes between rounds</p> <p><b>*sub 15 towel pull-ups for rope climb</b></p>  | <p><b>27</b><br/><b>WOD:</b><br/>2 min Max Distance Farmers Carry (AHAP) -then (no rest)-<br/><b>3 rounds for total reps of:</b><br/>1:00 of Muscle-ups<br/>Rest :30<br/>2:00 Row for Calories<br/>Rest :30<br/>1:00 Box Jumps (M=30"/F=24")<br/>Rest :30<br/>-then-<br/>2 min Max Distance Farmers Carry (AHAP)</p> | <p><b>28</b><br/><b>SWOD:</b><br/>Squat – 7RM (No more than 2 attempts after performing suitable warm-up sets)</p> <p><b>WOD:</b><br/><b>7 Rounds for time of:</b><br/>7 OHS (M=95,F=65)<br/>7 Box Jumps overs (20")<br/>7 Clapping push-ups</p>  | <p><b>29</b><br/><b>SWOD:</b><br/>Work up the heaviest set possible of<br/>1 Power Clean + 3 Front Squats (4-7 working sets)</p> <p><b>WOD:</b><br/><b>3 rounds for time of:</b><br/>25 HSPU (2012 Regional standard)<br/>20 Lateral Burpees (over BB)<br/>100m Barbell Carry (M=185/F=115# back rack)</p>   |