

~ March 2014 ~

Sunday, 09 March 2014	Monday, 10 March 2014	Tuesday, 11 March 2014	Wednesday, 12 March 2014	Thursday, 13 March 2014	Friday, 14 March 2014
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
	Front Squat – 1RM Bench Press – 3RM, 3x3 @ 90% of 3RM	Power Clean – 1RM, then 5x2 @ 90% One Arm DB Rows – AHAP 3 x max reps	Rest	Front Squat – 3RM Close Grip Bench – 5RM, 1 x max reps at body weight	Weighted Box Jumps – 2RM (10-25 lbs DBs in each hand) Power Snatch – 2RM, 5x2 @ 85% of 2RM
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
WOD 1 - 1/4 Murph For time: Run, 400 m 25 Pull-ups 50 Push-ups 75 Squats Run, 400 m WOD 2 - "No Time for That" For time: 20 Kettlebell Swings, 70/53 lbs 30 Toes To Bars Run, 400 m	In 15 minutes complete: 100 Double-Unders Then - AMRAP of: 5 Push Jerks (M=185/F=105#) Run 200m *You can use a rack for this one	For time: 1k Row Then – (no rest) 3 rounds for time of: 12 Deadlifts (M=275/F=155#) 24 Bar Facing Burpees Then – (no rest) 1k Row	HERO WOD: DAE HAN 3 Rounds for time of: Run 800 meters with 45#'s 15 foot Rope climb, 3 ascents 12 Thruster (M=135/F=85) *You can use a vest, sandbag, weight, or bar for the run.	WOD 1: 10 Minute AMRAP of: 5 HSPU on plates* 10 Burpees (12.1 standard) *Notes: Men's standard is 2 45# plates with an abmat between, for women 2 25# plates with an abmat between. *Rest 2 minutes. WOD 2: 4 minute AMRAP of: 12 GHD Situps 12 Chest clapping push-ups	CINDY

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Sunday, 16 March 2014	Monday, 17 March 2014	Tuesday, 18 March 2014	Wednesday, 19 March 2014	Thursday, 20 March 2014	Friday, 21 March 2014
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
Fit 1.0	Strength Workout: Back Squat – 3RM, then 2x3 @90% of 3RM Rack Jerk 1, 1, 1, 1	Strength Workout: Snatch – 2RM then 3x2 @ 90%	Strength Workout: Rest	Strength Workout: Box Jump – 1RM Front Squat – 3RM Close Grip Bench – 3RM, 1 x max reps at body weight	Strength Workout: Rest
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
	Workout of the Day: 5 Rounds each for time of: 5 Tuck lever pull-ups** 10 KBS (M=2/F=1.5) 50 Double-unders *Rest 2 minutes between each round **Description - http://www.beastskills.com/front-lever/	Workout of the Day: 5 rounds, each round for time, of: Row, 250 m 15 Thrusters, 95/65 lbs 9 Chest-to-bar Pull-ups Rest 1 min between each round.	Workout of the Day: Hero WOD AdamBrown 2 rounds for time of: 24 Deadlifts, 295/185 lbs 24 Box Jumps, 24/20 in 24 Wall Balls, 20/14 lbs 24 Bench Press, 195/115 lbs 24 Box Jumps, 24/20 in 24 Wall Balls, 20/14 lbs 24 Cleans, 145/85 lbs * 45 Minute Time Cap	Workout of the Day: 12 minute AMRAP of: 5 OHS (M=115/F=75#) 10 Toes to Bar 15 KB Swing (M=1.5/F=1pood)	Workout of the Day: Danny Finisher: 15 Wall Walks, 2 minute plank hold

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Sunday, 23 March 2014	Monday, 24 March 2014	Tuesday, 25 March 2014	Wednesday, 26 March 2014	Thursday, 27 March 2014	Friday, 28 March 2014
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
WOD 1 - "POP ROCKS" AMRAP 12 mins of 12 Push Press, 115 lbs 12 Pull Up (Chest To Bar)s 12 Pistols	Snatch : 1 @ 100%, 1 @ 80%, 1 @ 80%, 1 @ 80% Good Morning 3x5	Max effort box jump height	Rest	Burgener Total Snatch 1 rep Clean & Jerk 1 rep Front Squat 1 rep *Perform a single maximal effort for the lifts listed above. *After warm-ups, 3 attempts max attempts are allowed. *Total must be done in the specified order.	Squat – 10 RM (No more than 2 attempts after performing suitable warm-up sets) Floor Press – 3RM (No more than 2 attempts after performing suitable warm-up sets) Bent Over Row – 3x max reps w/ 3RM Floor Press weight
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
WOD 2 - "Catepillar" For time: 5 Wall Walks 10 AbMat Sit-ups 4 Wall Walks 20 AbMat Sit-ups 3 Wall Walks 30 AbMat Sit-ups 2 Wall Walks 40 AbMat Sit-ups 1 Wall Walk 50 AbMat Sit-ups	"Crushing Helen" 7 rounds for time of: 100 yd Run 8 Kettlebell Swings 2 pood 5 Plyo Push-ups	"J.J." For time: 1 Clean, 185/135 lbs 10 Handstand Push-up (paralletes)s 2 Cleans, 185/135 lbs 9 Handstand Push-up (paralletes)s 3 Cleans, 185/135 lbs 8 Handstand Push-up (paralletes)s ... 9 Cleans, 185/135 lbs 2 Handstand Push-up (paralletes)s 10 Cleans, 185/135 lbs 1 Handstand Push-up (paralletes)	Outlaw CF WOD 130114: For time: 50' Prowler Push (high handles)* 25 OHS (M=95/F=65#) 25 T2B 50' Prowler Push (low handle)* 20 OHS (M=95/F=65#) 20 T2B 50' Prowler Push (high handles) 15 OHS (M=95/F=65#) 15 T2B 50' Prowler Push (low handle) * Prowler push (M=215/F=165#)	Rest	AMRAP 20 mins: Box Jump Overs, Pull-ups and Push Press Complete as many rounds as possible in 20 mins of: 10 Box Jump Overs, 24/20 in 10 Pull-ups 10 Push Press, 115/75 lbs

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Sunday, 30 March 2014	Monday, 31 March 2014	Tuesday, 01 April 2014	Wednesday, 02 April 2014	Thursday, 03 April 2014	Friday, 04 April 2014
Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:	Warm Up:
Fit 1.0	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:	Strength Workout:
	2RM Front Squat Shoulder Press 10RM	Rest	Rest	CrossFit Total.	Power Clean 1 rep Front Squat 3 reps Work up the heaviest set possible of 1 Power Clean + 3 Front Squats (4-7 working sets)
Equipment:	Equipment:	Equipment:	Equipment:	Equipment:	Equipment:
	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
WOD 1 - "11:51 PM" Complete as many rounds as possible in 9 mins of: 7 Kettlebell Swings, 53/35 lbs 7 Burpees Run (shuttle), 50 m WOD 2 - "UNBROKEN in HOBOKEN" 5 RFT 15 Wall Balls, 20/14 lbs 30 Double Unders	For time: 19 Wall Walks -- then -- 5 rounds of: Run, 200 m 6 Hang Cleans, 115/75 lbs 12 Push Press, 115/75 lbs -- then -- 19 Wall Walks	CFFM - "El Cid" 5 Rounds for time 7 cycles per round of: Snatch grip deadlift, Hang Power Snatch, Overhead Squat, Overhead barbell step-up (left leg), Overhead barbell step-up (right leg), Rack thruster (snatch grip) *M=95/F=65# - Every time you drop the weight in the middle of a cycle this constitutes a penalty. For every penalty counted, perform 20 Double unders at the end of the WOD. *Rest no more than 1 minute between rounds.	3 Rounds For Total Reps: 1 Minute Muscle Up 30 Seconds Rest 2 Minutes Row 30 Seconds Rest 1 Minute DL 30 Seconds Rest 1 Minute Box Jump 30 Seconds Rest	Rest	3 rounds for time of: 25 Handstand Push Ups 20 Lateral Burpee (Over Barbell)s Barbell Carry, 185/115 lbs, 100 m * The barbell carry can be an OH carry, Front Rack Carry, Back Rack Carry, or Zurcher Carry