

~ October 2013 ~

Mon	Tue	Wed	Thu	Fri
<p>30</p> <p>Strength Workout:</p> <p>Back Squat – 3 x 15 @ 50%* *Complete 15 DUs between sets</p> <p>Deadlift – 3 x 15 @ 50%* *Complete 15 Sit ups between sets</p> <p>WOD: 3 rounds for time of: 6 Man-Makers 12 Wall ball (M=20/F=14#) 10ft 500 Meter Row</p> <p>Man-Maker = DBs to the ground, kick back into plank, push-up, row left, row right, jump feet in, power clean, push press (DB remain overhead), lunge with left leg then lunge with right.</p>	<p>1</p> <p>Strength Workout:</p> <p>Press – 3 x 15 @ 50%* *Complete 15 hanging leg raises between sets</p> <p>Barbell Row – 3 x 15 @ 50%* *Complete 15 Pushups between sets</p> <p>5 ROUNDS FOR TIME: 5 BAR MUSCLE UP 7 HSPU 30 METER BROAD JUMP</p>	<p>2</p> <p>Strength Workout:</p> <p>Bench Press – 3x15 @50%* *Complete 15 DUs between sets</p> <p>Pull Up – 3x Max reps (strict)* *Complete 15 hollow rocks between sets</p> <p>"The (Senior) Chief"</p> <p>Max rounds in 3 minutes of: 155 pound Power cleans, 3 reps 6 Push-ups 9 Squats</p> <p>Rest 1 minute. Repeat for a total of 5 cycles.</p>	<p>3</p> <p>Strength Workout:</p> <p>Front Squat – 3x15 @50%* *Complete 15 Ball Slams (20#) between sets</p> <p>Deadlift – 3x12 @50%* *Complete 5 toes through rings between sets</p> <p>10 MINUTE AMRAP: 1 MUSCLE UP 2 HSPU 30 DOUBLE UNDERS</p>	<p>4</p> <p>Strength Workout:</p> <p>Bench Press – 3x15 @50%* *Complete 15 bicycle-kicks between sets</p> <p>Clean – 3x15 @50%* *Complete 15 Sit ups between sets</p> <p>For Time: Run 1 Mile "Karen" – 150 Wall Ball (20#/14#) Run 1 Mile</p>

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<p>7</p> <p>Strength Workout:</p> <p>Back Squat – 3 x 12 @ 60%* *Complete 12 hanging leg raises between sets</p> <p>Deadlift – 3 x 12 @ 60%* *Complete 12 Ball Slams between sets</p> <p>15 MIN AMRAP:</p> <p>2 HANG POWER CLEAN (135#/95#) 40 DOUBLE UNDER</p>	<p>8</p> <p>Strength Workout:</p> <p>Barbell Row – 3 x 12 @ 60%* *Complete 12 Push Ups between sets</p> <p>Snatch – 3 x 12 @ 60%* *Complete 12 box jumps (24#/20#) between sets</p> <p>5 ROUNDS FOR TIME:</p> <p>5 GHD SIT W/ OVERHEAD KB PRESS (L) 5 GHD STATIC KB PRESS (L) 5 GHD SIT W/ OVERHEAD PRESS (R) 5 GHD STATIC KB PRESS (R) 20 DEADLIFT (135#/95#)</p>	<p>9</p> <p>Strength Workout:</p> <p>Rest</p> <p>"Hotshots 19"</p> <p>Six rounds for time of: 30 Squats 19 Power clean (135#/95#) 7 Strict Pull-ups Run 400 meters</p>	<p>10</p> <p>Strength Workout:</p> <p>Front Squat – 3 x 12 @ 60%* *Complete 20M Farmers Carry (115#/75#), in each hand, between sets</p> <p>Fat-Bar Deadlift – 3 x 10 @ 60%* *Complete 24 DUs between sets</p> <p>15 MIN EMOM:</p> <p>25M PROWLER PUSH (@75% BW)</p> <p>*LOGISTICALLY, TRAINERS CAN PAIR ATHLETES OF EQUAL SIZE UP AND HAVE THEM ALTERNATE PUSHES</p>	<p>11</p> <p>Strength Workout:</p> <p>Back Squat – 3 x 12 @ 60%* *Complete 12 good-mornings with light weight between sets</p> <p>Bench Press – 3 x 12 @ 60%* *Complete 24 flutter-kicks between sets</p> <p>12 MIN AMRAP:</p> <p>1 ROPE CLIMB 15 PUSH UP</p> <p>*CHALLENGE- HANDS ONLY ON ROPE CLIMBS</p>

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<p>14</p> <p>Strength Workout:</p> <p>Back Squat – Find your 5 RM* *Gradually add weight until your find your 5 RM</p> <p>Bench Press – Find your 5 RM* *Gradually add weight until your find your 5 RM</p> <p>THANKS FOR TESTING, ASHLEY:</p> <p>FOR TIME</p> <p>RUN 800M 30 BACK SQUAT (225#/135#) RUN 800M 30 DEADLIFT (225#/135#) RUN 800M</p>	<p>15</p> <p>Strength Workout:</p> <p>Deadlift – Find your 5 RM* *Gradually add weight until your find your 5 RM</p> <p>Clean – Find your 3 RM* *Gradually add weight until your find your 3 RM</p> <p>AMRAP ANNIE</p> <p>20 MIN AMRAP:</p> <p>20 ABMAT SIT-UP 20 DOUBLE UNDER</p>	<p>16</p> <p>Strength Workout:</p> <p>Rest</p> <p>“KALSU”</p> <p>FOR TIME:</p> <p>100 THRUSTERS (135#/95#)</p> <p>*EVERY MINUTE ON THE MINUTE, PERFORM FIVE BURPEES</p> <p>**ALMOST EVERYONE SHOULD BE SCALING ON THIS DAY</p>	<p>17</p> <p>Strength Workout:</p> <p>Performed with a fat-bar:</p> <p>Front Squat – 2X10 @ 60% Rack Press – 2X10 @ 60% Barbell Row – 2x10 @ 60%</p> <p>TABATA MEDLEY:</p> <p>AIR DYNE HANG CLEAN (75#/45#) PUSH PRESS (75#/45#) SDHP (75#/45#) AIR DYNE</p> <p>*FULL, 4 MINUTE, TABATA ROUND OF EACH EXERCISE, 1 MIN REST B/T STATIONS</p>	<p>18</p> <p>Strength Workout:</p> <p>Prowler Push High - 25 meters - 3X @ 80% of BW Prowler Push Low - 25 meters - 3X @ 60% of BW</p> <p>Atlas Stone over bar 6X</p> <p>21-15-9</p> <p>95#/65# FRONT SQUAT PULL UP BURPEE</p>

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<p>28</p> <p>Strength Workout:</p> <p>Front Squat – Find your 3 RM *Gradually add weight until you find your 3 RM</p> <p>“BEAR COMPLEX” 5 ROUNDS OF 7 REPETITIONS:</p> <ol style="list-style-type: none"> 1. Power Clean 2. Front Squat 3. Push-Press 4. Back Squat 5. Push-Press <p>*ATHLETES WILL WORK THROUGH ENTIRE SEQUENCE 7 TIMES FOR EACH ROUND **REST AS NEEDED BETWEEN ROUNDS ***10 BURPEE PENALTY EVERYTIME THE BAR IS DROPPED EACH ROUND</p>	<p>29</p> <p>Strength Workout:</p> <p>Farmers Carry - 100 feet - 1X @ 80% of 1RM Yoke Walk – 25 feet - 4X @ (200%/150%) of BW</p> <p>3 ROUNDS FOR TIME:</p> <p>RUN 400M 2 ROPE CLIMB 5 THRUSTERS (135#/95#) 20M OVERHEAD WALKING LUNGE (45#)</p>	<p>30</p> <p>Strength Workout:</p> <p>Rest</p> <p>MAX EFFORT 400M RUN, REST 5 MIN, THEN</p> <p>5 ROUNDS:</p> <p>WITH A 6 MIN RUNNING CLOCK, ATHLETE WILL PERFORM</p> <p>500M ROW 400M RUN</p> <p>*REMAINING TIME IS REST EARNED **ATHLETES WITH A 400M TIME <1:30 WILL PERFORM WORKOUT WITH A 5 MIN RUNNING CLOCK</p>	<p>31</p> <p>Strength Workout:</p> <p>Clean Pull - 6X1 @ 80% of 1RM Jerk Balance - 6X1 @ 75% of 1RM Split Jerk Behind the Neck - 6X1 @ 75% of 1RM</p> <p>12 MIN AMRAP:</p> <p>5 GHD SIT UP 7 HANG POWER SNATCH (85#/55#) 9 OHS (85#/55#)</p>	<p>Notes:</p> <p>HALLOWEEN TEAM WOD 1NOV13</p>