

GENERAL WORKOUT OF THE DAY ~ August 2016 ~

Sunday, 07 August 2016	Monday, 08 August 2016	Tuesday, 09 August 2016	Wednesday, 10 August 2016	Thursday, 11 August 2016	Friday, 12 August 2016	Saturday, 13 August 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
<p>AMRAP 7 10 Abmat Situps w/medball 20 Air Squat 6x10m Shuttle Sprint</p> <p>Rest as needed, then:</p> <p>For Time: 10 Pullups 20 Push Ups 30 Kettlebell Swings (24 kg/16 kg) 40 Box Jumps (24/20) 500 m Row</p>	<p>1. Strength A. 1x15 Overhead Squats for max load B. 1x10 Front Squats for max load C. 1x5 Back Squats for max load Rest as needed between sections.</p> <p>2. Barbell/Conditioning</p> <p>“Chewbacca”* 21 – 15 – 9 Power Clean Front Rack Lunge Push Jerk Rx Loads – 135 / 95</p> <p>*Workout courtesy of Pat Sherwood</p>	<p>1. Gymnastics/Skill Hollow Rocks, 20x Supermans, 20x False Grip body row on rings, 2x5 reps</p> <p>EMOM-8x odd-Strict Chest to Bar 3-5 reps, (max reps unbroken in final set) even-Strict Deep Ring Dips 3-5 reps, (max reps unbroken in final set)</p> <p>2. Conditioning</p> <p>“Nate” AMRAP 20: 2 Muscle-Ups 4 Handstand Pushups 8 Kettlebell Swings (70/53)</p>	<p>1. Conditioning</p> <p>“Truffle Shuffle” Teams of 3 AMRAP 20: 200 Meter Run, 40 Squat Cleans (115/80) 200 Meter Run, 40 Squat Cleans (135/95) 200 Meter Run, 40 Squat Cleans (155/105) 200 Meter Run, 40 Squat Cleans (185/135) 200 Meter Run, Max Squat Cleans (205/145) All runs are done together. Squat cleans are team totals.</p> <p>2. Conditioning EMOMx16 Min 1: 0:40 secs of Rowing for max calories Min 2: 0:40 secs of Double unders for max reps Min 3: 0:40 secs of Assault Bike for max calories Min 4: Rest</p>	<p>1. Strength A. 3x3 Dead Lift B. 4x8 Romanian Dead Lifts</p> <p>2. Conditioning</p> <p>“Jar Jar Binks” 3 Rounds: 400 Meter Run 30 Calorie Row 15 Burpees Over Barbell</p>	<p>1. Snatch Accessory A. Quickly work up to a heavy single Snatch Balance B. Quickly work up to a heavy single Squat Snatch *A note about what “heavy” means.... Heavy is not a max. You should not fail a rep on the way up to achieving a “heavy” lift. “Heavy” means you lift as heavy as you can – while still maintaining excellent technique and speed.</p> <p>2. Conditioning “Boba Fett” AMRAP 15: 5 Power Snatch (115/80) 10 Toes to Bar 15 Box Jump Overs (24/20)</p>	<p>1. Conditioning</p> <p>“DT” 5 Rounds: 12 Deadlifts 9 Hang Power Cleans 6 Push Jerks Rx Weights – 155/105</p>

GENERAL WORKOUT OF THE DAY ~ August 2016 ~

Sunday, 14 August 2016	Monday, 15 August 2016	Tuesday, 16 August 2016	Wednesday, 17 August 2016	Thursday, 18 August 2016	Friday, 19 August 2016	Saturday, 20 August 2016
<p>Workout of the Day:</p> <p>1. Strength Front Squat 5 x 3 Across *Superset each set with 3 to 5 Strict Chest to Bar Pull-Ups</p> <p>2. Conditioning "Cashout"</p> <p>2 Rounds: 25 Calorie Row 50 Air Squats 100 Double-Unders 200 Meter Prowler Push (45/0)</p>	<p>Workout of the Day:</p> <p>1. Bounding 5x1, Seated box jumps*</p> <p>*In groups of 6 to 8, take turns and find your max height seated box jump.</p> <p>2. Conditioning</p> <p>"Triangle Couplet" 15 – 10 – 6: Thrusters (165/115) Bar Muscle-Ups</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Black and Blue" 5 Rounds: 10 Power Cleans (135/95) 10 Burpees</p> <p>2 Strength 4x10 Back Squat, climbing</p>	<p>Workout of the Day:</p> <p>"Weightlifting Wednesday"</p> <p>1. Strict Press 10-3-10-3-10</p> <p>2. Snatch A. 3-rep heavy Overhead Squat B. 2-rep heavy Snatch Balance C. 1-rep heavy High Hang Squat Snatch</p> <p>3. Strength 5x5 Front Squat</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Cindy" AMRAP 20: 5 Pull-Ups 10 Pushups 15 Air Squats</p> <p>(Bring a Friend Day)</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Dune Buggy" 5 Rounds: 5 Unbroken Strict Presses 15 Calorie Row 25 Ab-Mat Sit-ups Rest 1:00 between rounds. Athletes choose Strict Press load.</p> <p>2. Strength A. Heavy 2-rep Front Squat B. 3x10 Back Squats, across C. 3x2 Clean Segment Pulls – with a clean grip, deadlift the bar to hang position (above knees) and pause for 3 full seconds, then complete clean pull directly from that position. Return the bar to the floor under control.</p>	<p>Workout of the Day:</p> <p>King of the Jungle III</p> <p>In-House/Friendly Community Competition</p>

GENERAL WORKOUT OF THE DAY ~ August 2016 ~

Sunday, 21 August 2016	Monday, 22 August 2016	Tuesday, 23 August 2016	Wednesday, 24 August 2016	Thursday, 25 August 2016	Friday, 26 August 2016	Saturday, 27 August 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
<p>1. Conditioning</p> <p>“Popeye”</p> <p>10 Rounds:</p> <p>200 Meter Row</p> <p>5 Strict Pull-Ups</p>	<p>1. Conditioning</p> <p>“Elizabeth”</p> <p>21 – 15 – 9:</p> <p>Squat Cleans (135/95)</p> <p>Ring Dips</p> <p>2. Snatch</p> <p>EMOMx12:</p> <p>Mins 1-3: 1 rep at 75%</p> <p>Mins 4-6: 1 rep at 80%</p> <p>Mins 7-9: 1 rep at 85%</p> <p>Mins 10-12: 1 rep at 80%</p>	<p>1. Conditioning/Barbell</p> <p>“50 Shades”</p> <p>For time:</p> <p>50 Snatches (135/95)</p> <p>3. Endurance/Interval</p> <p>Death by*:</p> <p>odd: Run 100m</p> <p>even: 1,2,3,4,5,... T2B</p> <p>* On every odd minute, run 200 m. On all odd minutes, complete 1 additional T2B. Continue until you are no longer able to complete the required number of T2B.</p>	<p>1. Conditioning</p> <p>“Jerry”</p> <p>1 Mile Run</p> <p>2,000 Meter Row</p> <p>1 Mile Run</p> <p>2. Gymnastics Pushing</p> <p>EMOMx10</p> <p>Strict Unbroken HSPU</p>	<p>1. Conditioning</p> <p>“3 Musketeers”</p> <p>3 Rounds:</p> <p>800 Meter Run</p> <p>80 Squats</p> <p>8 Muscle-Ups</p>	<p>1. Strength</p> <p>EMOMx12</p> <p>odd- 0:40 second Handstand Hold</p> <p>even- OHSx3, building</p> <p>2. Conditioning</p> <p>“Milky Way”</p> <p>4 Rounds:</p> <p>500 Meter Row</p> <p>10 Overhead Squats (155/105)</p>	<p>1. Conditioning</p> <p>“Rene”</p> <p>7 Rounds:</p> <p>400 Meter Run</p> <p>21 Walking Lunges</p> <p>15 Pull-Ups</p> <p>9 Burpees</p>

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Sunday, 28 August 2016	Monday, 29 August 2016	Tuesday, 30 August 2016	Wednesday, 31 August 2016	Thursday, 01 September 2016	Friday, 02 September 2016	Saturday, 03 September 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
<p>1. "Lifting" Strict Press 5 – 4 – 3 – 2 – 1 Attempt to build in each set.</p> <p>2. Conditioning</p> <p>"Brownie Batter Core" 5 Rounds: 7 Strict Presses (choice) 14 AbMat Sit-Ups, w/medball 7 Hand-Release Pushups 14 Kettlebell Deadlifts</p>	<p>1. Front Squat 3-3-3-3-3 Front Squat, with a 3-second hold in the bottom, ascend as rapidly as possible from the bottom</p> <p>2. Conditioning</p> <p>"5th Avenue" 5 Rounds: 7 Squat Cleans (155/105) 14 Kettlebell Swings (53/35)</p>	<p>1. Conditioning</p> <p>EMOMx30: Odd: 5 Pull Ups + 10 Push ups + 15 Squats Even: 15 AbMat SitUps</p>	<p>1. Jerk Complex Build to a Heavy Set of 2 Push Jerk + 1 Split Jerk</p> <p>2. Deadlift 10 – 5 – 3 – 5 – 10</p> <p>3. Farmers Carry 3x max distance Kettle Bell farmers Carry (32 Kg/24 kg)*</p> <p>* Set up cones 50 m apart. With two kettlebells -- one in each hand -- without setting the KBs down, walk for maximum distance. * Rest as needed between attempts.</p>	<p>1. Conditioning</p> <p>"Aero" AMRAP 14: 20 Kettlebell Swings (1.5/1) 20 Box Jumps (20") 20 AbMat Sit-Ups 20 Kettlebell Front Rack Step Ups (20") 200 Meter Run</p> <p>(Bring a Friend Day)</p>	<p>1. Conditioning</p> <p>"Idaho Spud" AMRAP 10: 10 Sumo-Deadlift High Pulls (115/80) 10 Lateral Barbell Burpees</p> <p>2. Squat/EMOM EMOMx18: odd- 3 Back Squats, across even- unbroken Ring Pushups (choice of reps)</p>	<p>1. Conditioning</p> <p>"Kit Kat" 5 Rounds: 15 Chest to Bar Pull-Ups 400 Meter Run</p>

GENERAL WORKOUT OF THE DAY ~ August 2016 ~

Sunday, 04 September 2016	Monday, 05 September 2016	Tuesday, 06 September 2016	Wednesday, 07 September 2016	Thursday, 08 September 2016	Friday, 09 September 2016	Saturday, 10 September 2016
Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:	Workout of the Day:
<p>1. Power Clean 2 Reps "On the Minute" for 10 Minutes</p> <p>2. Conditioning</p> <p>"No Pepsi, Coke!" AMRAP 10: 10 Hang Power Cleans (115/80) 50 Double-Unders</p>	<p>Happy Labor Day</p> <p>Open Gym – 7AM to 11AM</p> <p>1. Conditioning/Team</p> <p>Teams of 3 3 Rounds* 75 Front Squats 50 Bench Presses</p> <p>* Barbell weights vary each round:</p> <p>Front Squat: Round 1: (135/95) Round 2: (185/125) Round 3: (95/65)</p> <p>Bench Press: Round 1: (115/65) Round 2: (165/85) Round 3: (75/45)</p> <p>* Post time and creative team names on whiteboard.</p>	<p>1. Conditioning</p> <p>"Mars Bar"</p> <p>4 Rounds: 20 Box Jumps (30"/24") 400 Meter Run</p> <p>2. Gymnastics/Skill "Crouching Tiger - Fight Scene"</p> <p>Class Divides into 2 or 4 Teams with 3 Rounds:</p> <p>Station 1 – Gymnastics Movements* * One person working at a time. Round 1: Max HSPU Round 2: Max Pull Ups Round 3: Max Dips (Ring or Box)</p> <p>Station 2 – SkiErg 30 Calories</p> <p>The two teams start on opposing stations. When the team at station 2 complete the 30 calorie SkiErg, the teams switch stations.</p> <p>Score is total number of reps of HSPU+ Pull Ups + Dips.</p>	<p>1. Strength Work up to a heavy 3-rep Back Squat</p> <p>2. Conditioning</p> <p>"Rocky Road" AMRAP 10: 10 Power Snatch (95/65) 15 Calorie Row</p>	<p>1. Strength 3x10 Bench press at 65%</p> <p>2. Conditioning/Sprint</p> <p>"Diane" 21 – 15 – 9: Deadlifts (225/155) Handstand Pushups</p>	<p>Hero WOD "Glen"</p> <p>For time: 30 Clean & Jerks, 135/95 lbs Run, 1 mi 10 Rope Climbs, 15 ft Run, 1 mi 100 Burpees</p>	<p>1. Strength Work up to a heavy complex of: Front Squat + Push Press + Thruster</p> <p>2. Conditioning</p> <p>"Take Five" 4 Rounds of :45 On/:15 Off: Thrusters (95/65) Double-Unders Push Ups Russian Kettlebell Swings (70/53) Rest Score is max reps, scored separately at each station.</p>