

GENERAL WORKOUT OF THE DAY ~ July 2016 ~

Sunday, 03 July 2016	Monday, 04 July 2016	Tuesday, 05 July 2016	Wednesday, 06 July 2016	Thursday, 07 July 2016	Friday, 08 July 2016	Saturday, 09 July 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>3 Rounds for time of: 21 Walking Lunges with Overhead Plate (45/25) 15 Push Ups 9 Burpees to Jump on Plate</p> <p>2. Conditioning</p> <p>AMRAP 12 Minutes 2, 4, 6, 8, ... Kettlebell Swing 2x50 M Run</p>	<p>Independence Day</p> <p>“Captain America” Every 2 minutes for 10 rounds (20 mins total) 7 Burpee Pullups 5 Thrusters (115/75) 3 HSPU</p> <p>Open Gym from 9 AM - 12 Noon Group Class at 9:30 AM</p>	<p>1. Snatch</p> <p>EMOMx12: Snatch Min 1: 30-40# under pr Min 2: 25-35# under pr Min 3: 20-30# under pr Min 4: 15-25# under pr Min 5: 10-20# under pr Min 6: rest Min 7: 30-40# under pr Min 8: 25-35# under pr Min 9: 20-30# under pr Min 10: 15-25# under pr Min 11: 10-20# under pr Min 12: PR Attempt</p> <p>2. Conditioning</p> <p>“Chunky Monkey” 3 Rounds for Time 21 Calorie Row 15 Box Jumps 9 Power Snatches (115/80)</p>	<p>1. Conditioning</p> <p>“Buttery Swirl” 1200 Meter Run 100 Squats 80 Sit-Ups 60 Push-Ups 40 Pull-Ups</p>	<p>1. Conditioning</p> <p>“Big Foot’s Lodge” AMRAP 15 10 Deadlifts (225/155) 15 Unbroken Wallballs (20/14)</p> <p>2. Strength</p> <p>3x3 Back Squat, across Then, 1 Set for Max Reps Back Squat @ 80% of weight used in your last set of 3x3 Back Squats.</p> <p>(Bring a Friend Day)</p>	<p>1. Gymnastics/Skills</p> <p>A. 3x3 Strict HSPU B. 3x6 Kipping HSPU C. 3x9 Strict Dips (Ring or Box) D. 3x12 Strict Pushups</p> <p>2. Conditioning</p> <p>“Wayne’Swirled” 21-15-9 Clean and Jerk (135/95) Toes To Bar</p>	<p>1. Conditioning</p> <p>“Crazy Kruger” 3 Rounds for Time 800 Meter Run 21-15-9 Kettlebell Swings (70/53) Burpees</p> <p>* This is 3 rounds. Each round starts with an 800 meter run. The number of reps of KB and burpees decreases each round, although the run is always 800 m.</p>

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Sunday, 10 July 2016	Monday, 11 July 2016	Tuesday, 12 July 2016	Wednesday, 13 July 2016	Thursday, 14 July 2016	Friday, 15 July 2016	Saturday, 16 July 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>"Zues"</p> <p>3 RFT:</p> <p>30 Wall ball shots, 20/14 pound ball</p> <p>30 Sumo deadlift high-pull, 75/55</p> <p>30 Box jumps, 20" box</p> <p>30 Push press, 75/55</p> <p>30 calorie Row</p> <p>30 Push-ups</p> <p>10 Body weight Back squat</p>	<p>1. Snatch</p> <p>EMOMx9*</p> <p>Min 1-3: Snatch Balance</p> <p>Min 4-6: High-Hang Squat Snatch</p> <p>Min 7-9: Hang Squat Snatch</p> <p>* The goal is form, consistency, and speed under the bar.</p> <p>2. Conditioning</p> <p>"Hang Squat Snatch Biathlon"</p> <p>400 Meter Run</p> <p>21 Hang Squat Snatch (115/80)</p> <p>400 Meter Run</p> <p>15 Hang Squat Snatch (115/80)</p> <p>400 Meter Run</p> <p>9 Hang Squat Snatch (115/80)</p> <p>*200 Meter Run Penalty Each Time The Bar is Dropped. All penalty meters are tacked on to the end of the workout and are to be performed after the last snatch. Penalty meters are included in your total workout time.</p>	<p>1. Conditioning</p> <p>"Holy Cannoli"</p> <p>5 Rounds</p> <p>15 Chest To Bar</p> <p>25 Calorie Row</p> <p>50 Double Unders</p> <p>1:00 Rest</p> <p>*Rest is included in total time</p>	<p>1. Strength</p> <p>"The Other Total"</p> <p>A) 1 Rep Max Clean</p> <p>B) 1 Rep Max Bench Press</p> <p>C) 1 Rep Max Overhead Squat</p>	<p>1. Conditioning</p> <p>"Dublin Mudslide"</p> <p>Teams of 2</p> <p>21-18-15-12-9-6-3</p> <p>Burpee Over the Rower</p> <p>Calorie Row</p> <p>*One partner completes 21's then second partner completes 21's and so on until each partner completes 3 and 3</p> <p>2. Gymnastics Skill</p> <p>EMOMx9:</p> <p>3-5 Strict Unbroken Pullups*</p> <p>* Scale to build volume in your pull up progression (body row, or strict with bands, for example); or scale up to c2b, c2b+t2b complex, or ring muscle up, for example.</p>	<p>1. Strength</p> <p>Work up to a heavy complex of: 1 Push Press + 1 Push Jerk + 1 Split Jerk</p> <p>2. Conditioning</p> <p>"Bad Attitude"</p> <p>5 Rounds On The 3 Minute 200 Meter Run</p> <p>In the Remaining Time Squat Clean Thrusters (155/105)</p> <p>*Score is total number of Squat Clean Thrusters</p>	<p>"Snatch Chief"</p> <p>5 Cycles of</p> <p>3 Minutes On 1 Minute Off of:*</p> <p>3 Power Snatch (135/95)</p> <p>6 Push-Ups</p> <p>9 Air Squats</p> <p>*Complete as many rounds and reps as possible in the three minutes. Then rest one minute. Start each cycle by restarting with the power snatches. Your score is the total number of reps completed across all five cycles.</p>

GENERAL WORKOUT OF THE DAY ~ July 2016 ~

Sunday, 17 July 2016	Monday, 18 July 2016	Tuesday, 19 July 2016	Wednesday, 20 July 2016	Thursday, 21 July 2016	Friday, 22 July 2016	Saturday, 23 July 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" Deadlift 5 x 1 Across</p> <p>2. Conditioning</p> <p>"Midline Madness" 3 rounds NOT for time 10 Strict TTB, or strict knee raise 20 Abmat Sit-Ups 30 Hip Extensions 40 Banded Good Mornings</p>	<p>1. Conditioning</p> <p>"The Good Life" 3 Rounds: 500 Meter Row 12 Burpees 21 Box Jumps (24/20)</p> <p>2. Strength EMOMx9 1xStone Clean + 15 m carry + 1xSangbag Get Up + 15 m carry + 1xKettlebell Snatch + 15 m overhead carry (alternate)</p>	<p>1. Conditioning</p> <p>"Cherry Garcia" 21 Thrusters (75/55) 21 Kettlebell Swings (53/35) 400 Meter Run 15 Thrusters (75/55) 15 Kettlebell Swings (53/35) 400 Meter Run 9 Thrusters (75/55) 9 Kettlebell Swings (53/35) 400 Meter Run</p> <p>2. Gymnastics/Skill 50 Strict TTB for time</p>	<p>"Weightlifting Wednesday"</p> <p>1. Front Squat Work up to a heavy single</p> <p>2. Snatch Grip Push Press Work up to a heavy single</p> <p>3. Snatch Grip Push Jerk Work up to a heavy single</p> <p>4. Snatch Balance Work up to a heavy set of 3</p> <p>5. Hang Squat Snatch Work up to a heavy set of 2</p> <p>6. Squat Snatch Work up to a heavy set of 1</p> <p>Goal today is body positioning and speed beneath the bar.</p>	<p>1. Conditioning/Team</p> <p>"Cinnamon Buns" In Teams of 6-8 AMRAP 20: 10 Calorie Assault Bike 25' Walking Lunge 50' Prowler Push (45/0) Workout is done funnel style. Athlete 1 starts with the Assault Bike. Once calories are completed, Athlete 2 can start the Assault Bike, and so on. Before returning to the rotation, athletes complete the 25' Walking Lunge and 50' Prowler. Score is total calories on the Assault Bike.</p> <p>(Bring a Friend Day)</p>	<p>2016 Masters Game WOD - TBD</p> <p>*We will select one of the 2016 Masters WODs from the 2016 CrossFit Games. The WOD announcement will be made on Facebook Thursday evening.</p>	<p>1. Conditioning</p> <p>Team "Triathlon" In Teams of 3, with one person working at a time: 1.5 Km SkiErg 3 Km Row 6 Km Run</p> <p>* Teams may divide the work as they wish. Only one person working at a time. For the run, pass a baton (i.e. peg board peg) -- relay style.</p> <p>* If there are more than two teams, stagger start as needed.</p>

GENERAL WORKOUT OF THE DAY ~ July 2016 ~

Sunday, 24 July 2016	Monday, 25 July 2016	Tuesday, 26 July 2016	Wednesday, 27 July 2016	Thursday, 28 July 2016	Friday, 29 July 2016	Saturday, 30 July 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>"Biathlon"</p> <p>3 Rounds: 12/9 Calorie SkiErg 1,2,3,4,5,... Wallball Shots to Targets* Run 400 m</p> <p>*Use the ten targets on the wall, left of the SkiErgs. Starting with the first target, make one wall ball shot. Then move to the second target and make two shots. Then move to the third and make three shots, and so on. Continue to accumulate points by clearing targets. However, any shot that misses a target or hits the ground ends your round. You must then run 400 m.</p> <p>* Your score is the total number of targets cleared successfully in the five rounds. A perfect score is 30 points (representing 165 perfect unbroken wallballs)</p>	<p>1. Snatch On The 2:00 x 5, building Power Snatch + Hang Squat Snatch + Squat Snatch</p> <p>2. Conditioning/Sprint</p> <p>"Snake Bite" 21 – 15 – 9 Squat Snatch (95/65) Chest to Bar Pull-Ups</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>"Sugar Daddy" 21 – 15 – 9 Deadlifts (225/155) 400 Meter Run</p>	<p>"Weightlifting Wednesday"</p> <p>1. Shoulder to Overhead A) Build to a heavy set of 3 Push Press B) Build to a heavy set of 2 Push Jerk C) Build to a heavy single Split Jerk</p> <p>2. Clean A. 3x1 – Clean Pull + Tall Clean + Squat Clean.</p> <p>*Clean Pull – Bring bar to navel, but no higher. Tall clean – With locked out hips and knees, shrug and drop into squat. This is a technique primer. Light weights, fast movement.</p> <p>B. EMOMx12, 3 Rounds: Min 1 – 3 Squat Clean, 60% Min 2 – 2 Squat Clean, 70% Min 3 – 1 Squat Clean, 80% Min 4 – 1 Squat Clean, 90%</p>	<p>1. Conditioning "Cookies n' Cream" Teams of 2* AMRAP 20: 60 Calorie Row, 60 Kettlebell Swings (53/35) 50 Calorie Row, 50 Box Jumps (24/20) 40 Calorie Row, 40 Burpees 30 Calorie Row, 30 Wallballs (30/20) 20 Calorie Row, 200 Meter Run</p> <p>* Divide the work as desired. Complete the run together.</p> <p>2. Gymnastics/Skill "Choose your own adventure" 3 sets of 60% of best unbroken set of Your Gymnastic Movement, rest as needed between sets - for quality of movement.</p> <p>*Choose a gymnastics pull, like strict pull up, c2b pull ups, or muscle ups, for example.</p>	<p>1. Clean Accessory A. 3x2 Clean Deadlift at 80-110% of 1RM Clean, with a 2-second pause in hang, 2-second pause at hips (dip position), and - when returning to the ground -- a 2-second pause at hang once again; work up to a heavy double B. 3x2 Clean Deadlift, no pause C. 3x2 Clean Pull finish with the bar as close as possible without turning it over.</p> <p>2. Conditioning "Hummer" 3 Rounds: 50 Double Unders 25 Toes to Bar 10 Clean and Jerks (135/95)</p>	<p>Hero WOD "Holbrook"</p> <p>Ten rounds, each for time of: 115/75 pound Thruster, 5 reps 10 Pull-ups 100 meter Sprint Rest 1 minute Score is your fastest and slowest round.</p>

GENERAL WORKOUT OF THE DAY ~ July 2016 ~

Sunday, 31 July 2016	Monday, 01 August 2016	Tuesday, 02 August 2016	Wednesday, 03 August 2016	Thursday, 04 August 2016	Friday, 05 August 2016	Saturday, 06 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. "Lifting"</p> <p>On the Minute x 10</p> <p>3 Deadlifts</p> <p>3 Lateral Barbell Burpees</p> <p>*You choose the starting weight. Add weight on all of the odd minutes.</p> <p>2. "Cashout"</p> <p>3 Rounds not for time, resting as needed between:</p> <p>25 AbMat Sit-Ups</p> <p>25 Hip Extensions</p> <p>25 Band Pull-Aparts</p> <p>25s L-Sit Hold</p> <p>25 Banded Good Mornings</p>	<p>1. Back Squat</p> <p>10-3-20-2-30 Back Squat</p> <p>2. Conditioning</p> <p>"Surfer on Acid"</p> <p>3 Rounds:</p> <p>400 Meter Run</p> <p>21 Burpees</p>	<p>1. Gymnastics/Skill</p> <p>3 Rounds, not for time:</p> <p>In 1-minute: max Plank Hold</p> <p>In 1-minute: max Handstand Hold</p> <p>In 1-minute: max Hollow Hold/Rock</p> <p>In 1-minute: max Shoulder Taps, for quality of movement</p> <p>2. Conditioning</p> <p>"Double Down"</p> <p>1,000 Meter Row</p> <p>30 Overhead Squats (135/95)</p> <p>30 Chest to Bar Pull-Ups</p> <p>500 Meter Row</p> <p>15 Overhead Squats (135/95)</p> <p>15 Chest to Bar Pull-Ups</p>	<p>1. Barbell/Conditioning</p> <p>"Gwen"</p> <p>15 – 12 – 9</p> <p>Unbroken Clean and Jerks</p> <p>Athlete chooses the weight, but the bar cannot rest on the ground.</p> <p>This is an original CrossFit "Girl" benchmark.</p> <p>On the 0:00, perform their set of 15</p> <p>On the 7:00, perform your set of 12</p> <p>On the 14:00, perform your set of 9</p> <p>2. Strength</p> <p>5x5 Pausing Overhead Thrusters, climbing up in weight each set. Must pause for 2 full seconds at the top of every rep.</p>	<p>1. Conditioning/Team</p> <p>"Sword Fight"</p> <p>Class Divides into 2 Teams</p> <p>3 Rounds:</p> <p>Station 1 – 400m Team Prowler Push</p> <p>Station 2 – Max Assault Bike Calories</p> <p>The two teams start on opposing stations. When the prowler returns, stations switch.</p> <p>Score is Max Assault Bike Calories over the three rounds.</p> <p>2. Strength/Accessory</p> <p>8-8-8-8 Pendlay Row, building</p> <p>3. Gymnastics/Conditioning</p> <p>EMOMx5: 10 Barbell Facing Burpees for time</p> <p>(Bring a Friend Day)</p>	<p>1. Conditioning</p> <p>"Dragonfly"</p> <p>AMRAP 15:</p> <p>300 Meter Row</p> <p>30 Wallballs (20/14)</p> <p>2. Gymnastics</p> <p>3 Rounds, for quality of movement*:</p> <p>In 1-minute: max Bar Hang in Hollow Hold</p> <p>In 1-minute: max Hollow-Arch Hold/Rock</p> <p>In 1-minute: max Hollow Hold on Rings (or Box)</p> <p>In 1-minute: max Parallette Pass Throughs, for quality of movement</p> <p>* if your form breaks down, rest</p>	<p>1. Conditioning</p> <p>"Rankel"</p> <p>AMRAP 20:</p> <p>6 Deadlifts (225/155)</p> <p>7 Burpee Pull-Ups</p> <p>10 Kettlebell Swings (70/53)</p> <p>200 Meter Run</p>