

COMPETITIVE ~ 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:
Rest	<p><b>Pre/Post Class - 1. Snatch</b>            A. 15 Snatches for time at 75%            B. 10 Snatches for time at 80%            C. 5 Snatches for time at 85%            Rest as needed between sections.</p> <p>2. 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>3. Barbell/Conditioning</p> <p>“Chewbacca”*            21 – 15 – 9            Power Clean            Front Rack Lunge            Push Jerk            Rx Loads – 135 / 95            *Workout courtesy of Pat Sherwood</p>	<p><b>Pre/Post Class - 1. Clean and Jerk</b>            A. EMOMx10: 1 Rep, climbing</p> <p><b>Pre/Post Class - 2. Strength</b>            5x3 Front Squats</p> <p>3. 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><b>Pre/Post Class - 2. Strength</b>            A. 3x3 Dead Lift            B. 4x8 Romanian Dead Lifts</p> <p>3. 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>	Recovery	<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)  <b>Session 2 - (from #970)</b>            1. Warm-up            30 Band Pull Aparts            Then            30 Jump Squats            30 Calorie Row            20 Inchworms w/ Push Up</p> <p>2. Strength            6x3 Power clean to split jerk – Start @80% of Power Clean max and work up</p> <p>3. Met-Con            For Time:            50 Power Cleans 135/95lbs            50 Ring Dips            800m Run            200ft Handstand Walk</p> <p>4. Interval            Sled Push Sprint (lightweight)            50m x 8            Rest 2-4 minutes</p>	<p>1. Conditioning</p> <p>“DT”            5 Rounds:            12 Deadlifts            9 Hang Power Cleans            6 Push Jerks            Rx Weights – 155/105</p>

COMPETITIVE ~ 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
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:
Rest	<p>1. Conditioning</p> <p>“Triangle Couplet” 15 – 10 – 6: Thrusters (165/115) Bar Muscle-Ups</p> <p><b>Pre/Post Class - 2. Snatch</b> 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. We lift heavy often on this program. Save the max efforts for max effort days.</p> <p><b>Pre/Post Class - 3. Gymnastics Pulling</b> 15-12-9-6-3 unbroken TTB for time – if you are unable to complete a set unbroken, you must rest and repeat that set again.</p>	<p>1. Conditioning</p> <p>“Black and Blue” 5 Rounds: 10 Power Cleans (135/95) 10 Burpees</p> <p>2 Strength 4x10 Back Squat, climbing</p> <p><b>Pre/Post Class - 3. Rowing</b> 9x1:40 on, :20 off (2 min rest after round 5)</p> <p><b>Session 2 - (#974)</b> 1. Warm-up 30 Band Pull Aparts Then 30 Jump Squats 30 Calorie on AAB 5 Rope Climbs</p> <p>2. Strength 6x3 Squat Clean and Split Jerk – Start @70% and Work up</p> <p>3. Met-Con 5 Rounds For Time: 15 Calories on Skierg 15 Deadlifts 245/165lbs 60 Double Unders</p> <p>4. Interval Forward Facing Sled Push (Heavy but Unbroken) 80ft x 4 Rest 5 minutes</p>	<p><b>Pre/Post Class - 1. Conditioning</b> AMRAP 10: 50 Double unders 21 Box Jumps, 24/20 15 C2B Pull ups</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><b>Pre/Post Class - 4. Gymnastics</b> 5 sets of Max Rep Ring Muscle ups in :30, rest as needed between sets</p>	Recovery	<p>1. Conditioning</p> <p>“Dune Buggy” 5 Rounds: 5 Unbroken Strict Presses (as heavy as possible) 20/15 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><b>Pre/Post Class - 3. Rowing</b> 5x300m, 1 minute rest</p>	<p>King of the Jungle III</p> <p>In-House/Friendly Community Competition</p>

COMPETITIVE ~ 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:
Rest	<p>1. Conditioning</p> <p>“Elizabeth” 21 – 15 – 9: Squat Cleans (135/95) Ring Dips</p> <p>2. Snatch EMOMx12: Mins 1-3: 1 rep at 75% Mins 4-6: 1 rep at 80% Mins 7-9: 1 rep at 85% Mins 10-12: 1 rep at 80%</p> <p><b>Pre/Post Class - 3. Gymnastics</b> EMOMx5: Muscle ups Practice – The idea here is to move better. More reps are not better...better reps are better. Try to keep your legs straight throughout the entire movement and catch higher in the dip.</p>	<p>1. Conditioning/Barbell</p> <p>“50 Shades” For time: 50 Snatches (135/95)</p> <p><b>Pre/Post Class - 2. Strength</b> Work up to a heavy set of: 3 Front Squats + 1 Jerk</p> <p>3. Endurance/Interval Death by*: odd: Run 100m 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” 1 Mile Run 2,000 Meter Row 1 Mile Run</p> <p><b>Pre/Post Class - 2. Barbell</b> Conditioning 3 RFT: 10 Unbroken Hang Squat Cleans, you choose the weight :10 rest 25 Unbroken Wall Balls, 20/14 Rest 2 minutes</p> <p>3. Gymnastics Pushing EMOMx10 Strict Unbroken HSPU</p>	Recovery	<p>1. Strength EMOMx12 odd- 0:40 second Handstand Hold even- OHSx3, building</p> <p>2. Conditioning</p> <p>“Milky Way” 4 Rounds: 500 Meter Row 10 Overhead Squats (155/105)</p> <p><b>Pre/Post Class - 3. Strength</b> A. 3x2 Front Squat B. 2x3 Back Squat C. 3x2 Snatch Grip Push Press D. 2x3 Clean Grip Dead Lift</p>	<p>1. Conditioning</p> <p>“Rene” 7 Rounds: 400 Meter Run 21 Walking Lunges 15 Pull-Ups 9 Burpees</p>

COMPETITIVE ~ August 2016 ~

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:
Rest	<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><b>Session 2 - (#974)</b> 1. Warm-up 30 Band Pull Aparts Then 30 Jump Squats 30 Calorie on AAB 5 Rope Climbs</p> <p>2. Strength 6x3 Squat Clean and Split Jerk – Start @70% and Work up</p> <p>3. Met-Con 5 Rounds For Time: 15 Calories on Skierg 15 Deadlifts 245/165lbs 60 Double Unders</p> <p>4. Interval Forward Facing Sled Push (Heavy but Unbroken) 80ft x 4 Rest 5 minutes</p>	<p>1. Conditioning EMOMx30: Odd: 5 C2B + 10 Push ups + 15 Squats Even: 15 Burpees</p> <p><b>Pre/Post Class - 2. Strength</b> A. Deadlift 5 rep heavy B. Push Press, 5 rep heavy</p>	<p><b>Pre/Post Class - 1. Strength</b> 5x5 unbroken Hang Power Clean</p> <p><b>Pre/Post Class - 2. Conditioning</b> ARMAP 10: 6 Power Cleans, 155/105 12 Box Jumps, 24/20</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>	Recovery	<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><b>Pre/Post Class - 3. Rowing/Skill Work</b> Not for time: 1,000m Row 100 Double unders 750m Row 75 Double unders 500m Row 50 Double unders</p>	<p>1. Conditioning</p> <p>“Kit Kat” 5 Rounds: 15 Chest to Bar Pull-Ups 400 Meter Run</p>

COMPETITIVE ~ 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:
Rest	<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) * Post time and creative team names on whiteboard.</p> <p><b>Session 2 - (#978)</b> 1. Warm-up 5 Slow Rounds: 15 Band Pull Aparts Row 200m</p> <p>2. Strength Find your 1RM Clean and Jerk</p> <p>3. Met-Con For Time: "Grace" 30 Clean and Jerks 135/95 Rest 60 seconds "Isabel" 30 Snatches 135/95</p>	<p><b>Session 1 -</b> 1. Warm-up 30 Empty Bar OHS Then 30 Pull Ups Then 15 Glute-Ham Raises</p> <p>2. Strength Find your 1RM Max Power Snatch Catch noticeably higher than parallel. Close? Doesn't count.</p> <p>3. Met-Con 5 Rounds for Time: 5 Squat Snatch 185/125lbs Run 400m</p> <p>4. Gymnastics Test 600m Sled Drag Forward Facing, Light Weight (not a test)</p> <p><b>Session 2 (with class) -</b> 1. Conditioning "Mars Bar" 4 Rounds: 20 Box Jumps (30"/24") 400 Meter Run</p> <p>2. Gymnastics/Skill "Crouching Tiger - Fight Scene"</p>	<p><b>Session 1 - (#980)</b>1. Warm-up AAB 5K – Weakness Warm Up</p> <p>2. Strength Find your 2RM Back Squat</p> <p>3. Met-Con For Time: 21-15-9 Thrusters 135/95lbs Chest to Bar Pull Ups</p> <p>4. Gymnastics Test 3 Rounds For Time: 100m Farmers Carry 70/53lb KBs 25 Kipping Handstand Push Ups</p> <p><b>Session 2 (with class)</b> 1. Strength Work up to a heavy 3-rep Back Squat</p> <p>2. Conditioning "Rocky Road" AMRAP 10: 10 Power Snatch (95/65) 15 Calorie Row</p>	Recovery	<p><b>Session 1 -</b> 1. Warm-up 3 Steady Rounds: 20 Light DB Push Press 15 Box Jumps 10 Push Ups Then Floss Shoulders</p> <p>2. Strength Find Your 1RM Push Jerk</p> <p>3. Met-Con AMRAP 15 Minutes: 30/20 Calories on AAB 20 Burpee Box Jump Overs 24/20" 10 Strict Handstand Push Ups</p> <p>4. Interval 50m Sled Push x 6 Medium Weight Rest as needed, 2-5 minutes (not a test)</p> <p><b>Session 2 (with class) -Hero WOD "Glen"</b></p> <p>For time: 30 Clean &amp; 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 "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>