

GENERAL WORKOUT OF THE DAY ~ September 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:
<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>Today is Bring a Friend Day!</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>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>

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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>Illuminate the Darkness WOD</p> <p>"Illuminate" In Recognition of Suicide Awareness Month 6 Rounds* For Time</p> <p>*For each round, perform 22 reps of each listed movement *At 22 minutes into the workout, we will stop and take a 2 minute moment of silence for those who have died in the veteran suicide epidemic.</p> <p>Round 1: WBs Round 2: Dubs, WBs Round 3: Sit-Ups, Dubs, WBs Round 4: Push-Ups, Sit-Ups, Dubs, WBs Round 5: C2B Pull-Ups, Push-Ups, Sit-Ups, Dubs, WBs Round 6: HPC (135/95), C2B Pull-Ups, Push-Ups, Sit-Ups, Dubs, WBs</p> <p>WB := Wallballs (20/14) HPC := Hang Power Clean at 135#/95# C2B Pull-Ups := Chest to bar Pull-Ups Dubs := Double Unders (jump rope) Sit-Ups := Sit-Ups with an AbMat</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" 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>

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Sunday, 11 September 2016	Monday, 12 September 2016	Tuesday, 13 September 2016	Wednesday, 14 September 2016	Thursday, 15 September 2016	Friday, 16 September 2016	Saturday, 17 September 2016
<p>Workout of the Day:</p> <p>“Always Remembered” Teams of 2 (1 athlete works at a time) 2001 Meter Row “Buy-In” 4 rounds: 9 Rope Climbs 11 Bear Complexes* 2977 Meter Row “Cash-Out”</p> <p>* teams choose barbell weight for Bear complex</p> <p>2001 -year 4 – Number of planes 9 – month 11 – day 2977 – number of lives lost</p> <p>* bear complex consists of a power clean, front squat, push press, back squat, and second push press. Completion of all five lifts counts as one rep.</p>	<p>Workout of the Day:</p> <p>1. Conditioning “Nutrageous” AMRAP 15: 5 Power Cleans (155/105) 5 Burpees over the Barbell</p> <p>2. Olympic Lifting A. 5x1 Pausing OHS, climbing, :10 hold at the bottom B. 4x1 Snatch Balance, climbing C. 3x1 High Hang Squat Snatch, climbing</p>	<p>Workout of the Day:</p> <p>1. Conditioning “Baby Ruth” 200 Double-Unders 75 Calorie Row 50 Box Step-Ups* *Females Rx – 30lb DB’s to a 20” Box Males Rx – 45lb DB’s to a 24” Box</p> <p>2. Gymnastics In 6 minutes, climb as high up the ladder as possible of unbroken C2B Pull ups 3-6-9-12-15... Once you have to break up the reps start over at 3 reps and continue climbing again.</p>	<p>Workout of the Day:</p> <p>“The Other Total” 1-Rep Max Clean 1-Rep Max Bench Press 1-Rep Max Overhead Squat</p> <p>Compare scores with 13 July 2016</p>	<p>Workout of the Day:</p> <p>Today is Bring a Friend Day!</p> <p>“Fast Break” 5 Rounds of 3:00 On/1:00 Off: 200 Meter Run 15 Wallballs Max Reps Burpee Box Jumps (24/20) in time remaining.</p> <p>Score is Total Burpee Box Jumps</p>	<p>Workout of the Day:</p> <p>1. "Lurong Benchmark 1 Test" (details to be released)</p> <p>2 Rounds for Time- 17 Min Cap: 500 M Row 40 Goblet squats 30 Sit Ups 20 Deficit Push Ups 10 Strict Pull Ups</p> <p>2. Squat EMOMx10: 1 Back Squat, across</p>	<p>Workout of the Day:</p> <p>“Fran” 21 – 15 – 9: Thrusters (95/65) Pull-Ups</p> <p>Compare time with 7 January 2016</p>

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Sunday, 18 September 2016	Monday, 19 September 2016	Tuesday, 20 September 2016	Wednesday, 21 September 2016	Thursday, 22 September 2016	Friday, 23 September 2016	Saturday, 24 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:
100 Calorie Row For Time *Every Minute on the Minute – 7 Kettlebell Swings (53/35)	“PowerHouse” 800 Meter Run 50 Sit-Ups, 50 Deadlifts (135/95) 800 Meter Run 35 Sit-Ups, 35 Deadlifts (135/95) 800 Meter Run 20 Sit-Ups, 20 Deadlifts (135/95)	1. Conditioning “Heath” AMRAP 12: 10 Jerks (135/95) 10 Toes to Bar 30 Double-Unders 2. Snatch Complex 5 sets of: Snatch Pull + Snatch + OHS, climbing	1. Back Squat Build to a Heavy Single 2. Conditioning “Toblerone” 5:00 Row for Max Meters, Rest 5:00 3:00 Row for Max Meters, Rest 3:00 1:00 Row for Max Meters	1. Conditioning “Skor” AMRAP 10: 10 Power Snatch (95/65) 10 Box Jump Overs (24/20) 2. Gymnastics/Skill Hollow Rocks, 20x Supermans, 20x False Grip body row on rings with MU transition and press out, 3x4 reps	1. "Lurong Benchmark 2 Test" (details to be released) 8 Minute AMRAP: 5 Deadlifts 4 Hang Power Cleans 3 Front Squats 2 Shoulder to Overhead 1 Ground to Overhead 2. Sprinting/Prowler Every 3-minutes for 15 minutes 50 m Push Prowler (120/70)* * load on prowler is added weight. The load should be lighth enough to allow the athlete to move quickly the entire distance without stopping	“Almond Joy” 5 Rounds: 1 Rope Climb 12 Toes to Bar 1 Rope Climb 12 Dumbbell Squat Cleans (45’s/25’s)

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Sunday, 25 September 2016	Monday, 26 September 2016	Tuesday, 27 September 2016	Wednesday, 28 September 2016	Thursday, 29 September 2016	Friday, 30 September 2016	Saturday, 01 October 2016
<p>Workout of the Day:</p> <p>1. Deadlift 5 x 3 Across</p> <p>2. Burner 20 Burpees 50 Ab-Mat Sit-Ups 20 Burpees *On the Minute, complete 3 Deadlifts (225/155)</p> <p>Bring a Friend Day is this Thursday!</p>	<p>Workout of the Day:</p> <p>"Charleston Chew" 7 Rounds: 11 Front Squats 10 Push Jerks Rx – 135/95</p>	<p>Workout of the Day:</p> <p>1. Conditioning "Chunky" 5 Rounds: 10 Dumbbell Snatches (70/50) 20 Calorie Row</p> <p>2. Gymnastics/Strength 3 to 5 Rounds Not for Time of: 5 Weighted Strict Pull ups 5 Weighted Strict Dips 10 Back Rack Lunges, (5/side) Rest 2-3 mins after each round.</p>	<p>Workout of the Day:</p> <p>"Filthy Fifty" 50 Box Jumps, 24/20 in 50 Jumping Pull-ups 50 Kettlebell Swings, 35/26 lbs 50 Walking Lunges 50 Knees To Elbows 50 Push Press, 45/35 lbs 50 Back Extensions 50 Wall Balls, 20/14 lbs 50 Burpees 50 Double Unders</p> <p>Compare time to 13 May 2016 and 13 January 2016</p>	<p>Workout of the Day:</p> <p>Today is Bring a Friend Day!</p> <p>1. Conditioning "Escape from Wonderland" 3 Rounds: 75 Double-Unders 50 Air Squats 25 Calorie Row</p> <p>Compare with 6 June 2016</p> <p>2. Barbell EMOM: 10 Snatch Complex of: Snatch Pull + Snatch + OHS, * add weight on even minutes, as long as form is maintained.</p>	<p>Workout of the Day:</p> <p>1. "Lurong Week 3" (details to be released)</p> <p>10,9,8,7,6,5,4,3,2,1 of the following:- 16 Min Cap Hang Squat Clean Thrusters Bar Facing Burpees</p> <p>2. Strength 10 RM Back Squat 3 RM Front Squat</p>	<p>Workout of the Day:</p> <p>Operation Underground Railroad (O.U.R.) fundraiser</p> <p>"Haiti" AMRAP 7: 6 Ring Muscle-Ups 11 Thrusters (115/80) Rest 7:00</p> <p>"India" 18 Wallballs (20/14) 12 Burpees</p>