

8/3/20

Monday

Strength: 12 EMOM

- Min 1-4: Snatch Pull + Snatch + OHS
- Min 5-8: Snatch Pull + Snatch
- Min 9-12: Snatch
- 12 CAP

Class Wod: 12 AMRAP

- 1500/1350m Row
- AMRAP in remaining time
- 3 BMU
- 9 OHS@95/65
- 12 CAP

Tuesday

Strength: 12 EMOM

- Min 1-4: Clean Pull + Clean + FS
- Min 5-8: Clean Pull + Clean
- Min 9-12: Clean
- 12 CAP

Class Wod: Every 7 minutes x 3

- 27/20 Cal Bike
- 18 Hang Power Clean@115/85 (RX+: 155/105)
- 9 BBJO@30/24
- 20 CAP, score is slowest round

Wednesday

Strength: 10 EMOM

- Min 1: 3 Jerk@50%
- Min 2: 2 Jerk@60%
- Min 3: 2 Jerk @70%
- Min 4: 1 Jerk@80%
- Min 5-10: 1 Jerk@85%+
- 12 CAP

Class Wod: 3 min ON/ 2 min OFF x 3

- 6 Push Press@115/85
- 6 Back Rack Lunge@115/85
- 6 Push Jerk@115/85
- 6 DL@115/85
- 13 CAP

Thursday

Strength: 10 EMOM

- Min 1: 5 Back Squat@50%
- Min 2: 3 Back Squat@60%
- Min 3: 2 Back Squat@70%
- Min 4: 1 Back Squat@80%
- Min 5-10: 1 Back Squat@85%+
- 10 CAP

WOD: 3 RFT

- 400m Run
- 20 T2B
- 20 DB Box Step Over@50/35 (RX+: 50s/35s)
- 14 CAP

Friday

Strength:

Class Wod: 20 AMRAP

- 20 Pull Up
- 15 Wall Ball@20/14 (RX+: 30/20)
- 10 DL@185/125 (RX+: 225/145)
- Alternating Rounds w/ partner
- 20 CAP

Saturday

Strength:

Class Wod: coaches choice

7/27/20

Monday

Strength: 12 EMOM

- Min 1: 3 Jerk@50%
- Min 2: 2 Jerk@60%
- Min 3: 2 Jerk @70%
- Min 4: 1 Jerk@75%
- Min 5-12: 1 Jerk@80-90%
- 12 CAP

Class Wod: 3 min ON/ 2 min OFF x 3

- 6 2 DB Push Press@50/35
- 6 2 DB Reverse Lunge@50/35 (db to side in hands)
- 6 Push Up (hands on DBs, chest to floor, so range of motion should be bigger)
- 6 2 DB Front Rack Squat
- 13 CAP

Tuesday

Strength: 12 EMOM

- Clean Pull + Clean + FS, climbing in load
- 12 CAP

Class Wod: 8 AMRAP

- 3 PC@155/105 (RX+: 185/125)
- 10 HSPU
- 8 CAP

Wednesday

Strength: 12 EMOM

- Min 1: 5 Back Squat@50%
- Min 2: 3 Back Squat@60%
- Min 3: 2 Back Squat@70%
- Min 4: 2 Back Squat@75%
- Min 5-12: 1 Back Squat@80-90%
- 12 CAP

WOD: 3 Rounds

- 500/450m Row
- 400m Run
- Rest 1.5 min b/w rounds
- 15 CAP

Thursday Strength: 15-20 Min For Quality (Warm Up)

- 5 BB Goodmorning
- 5 DB Z-Press

- 10 DB RDL (toes on plate)
- 10 Ring Row (feet elevated)
- 20 Band Face Pull
- 100ft SA DB OH Walking Lunge (50ft each arm)

Class Wod: Partner Chipper

- 60 Bar facing Burpee
- 50 T2B
- 40 DL@165/115 (RX+: 205/135)
- 30 Hang Power Clean@115/85 (RX+: 155/105)
- 20 SHSPU
- 30 Hang Power Cleans@115/85
- 40 DL@165/115
- 50 T2B
- 60 Bar Facing Burpee
- 25 CAP

Friday

Strength: 12 EMOM

- Snatch Pull + Snatch + OHS, climbing in load
- 12 CAP

Class Wod: 12 AMRAP

- 20 C2B
- 20 Wall Ball@20/14
- 20 KBS@53/35
- 20 Box Jump w/ step down
- 12 CAP

Saturday

Strength:

Class Wod: coaches choice

7/20/20

Monday

Strength: 10 EMOM

- Snatch Lift Off (to knee) + Snatch Pull + Snatch + OHS, climbing in load
- 10 CAP

Class Wod: For Time

- 30 Power Snatch@75/55
- 40/30 Cal Bike
- 50 Pull Up
- 40/30 Cal Bike
- 30 Power Snatch@75/55
- 12 CAP

Tuesday

Strength: 13 EMOM

- Min 1: 5 Back Squat@50%
- Min 2: 3 Back Squat@60%
- Min 3: 2 Back Squat@70%
- Min 4-13: 1 Back Squat@75-85%
- 13 CAP

WOD: For Time

- 150 Wall Balls
- Every minute including 0:00 perform 7 Deadlifts@165/115 (RX+: 225/145)
- 10 CAP

Wednesday

Strength: 13 EMOM

- Min 1: 3 Jerk@50%
- Min 2: 2 Jerk@60%
- Min 3: 1 Jerk @70%
- Min 4-13: 1 Jerk@75-85%
- 13 CAP

Class Wod: 3 min ON/ 2 min OFF x 3

- 6 HSPU (RX+: SHSPU)
- 6 DB Box Step Up@50/35 (RX+: 70/50)
- 6 HRPU
- 6 Box Jump w/ step down@24/20
- 10 CAP, restart amrap every round

Thursday

Strength: 10 EMOM

- Clean Lift Off + Clean Pull + Clean + FS, climbing in load
- 10 CAP

Class Wod: 10 RFT

- 5 Power Clean@135/95 (RX+: 165/115)
- 5 Bar Facing Burpee
- *every 4:00 including 0:00 complete a 400m Run
- 16 CAP

Friday

Strength: 20 Min For Quality (Warm Up)

- 5ea Hand Assisted Shrimp Squat (control descent)
- 10ea DB SA Row
- 5 Strict Chin Ups
- 10ea DB SL Hip Thrust (shoulder elevated)
- 20 Plate Lateral Raise
- 100ft Walking Lunge

Class Wod: 2 rounds

- 0-10
- 60/50 Cal Row
- 30 T2B
- 120 DU
- 10-20
- 60/50 Cal Row
- 30 T2B
- 120 DU
- 20 CAP

Saturday

Strength:

Class Wod: coaches choice

7/13/20

Monday

Strength: 12 EMOM

- Snatch Pull + Power Snatch + Squat Snatch, climbing in load
- 12 CAP

Class Wod: 5 Rounds

- 15 Box Jump@24/20
- 10 T2B
- 5 Snatch@115/80 (RX+: 165/115)
- 10 CAP

Tuesday

Strength: 9 EMOM

- Min 1: 5 Push Press@50%
- Min 2: 3 Push Press@60%
- Min 3: 2 Push Press@70%
- Min 4-9: 2 Push Press@80-90%
- 9 CAP

Class Wod: 12 AMRAP

- 1000m/900m Row Buy In
- AMRAP in remaining time
- 4 HSPU (RX+: SHSPU)
- 8 T2B
- 12 Pistols
- 12 CAP

Wednesday

Strength: 12 EMOM

- Clean Pull + Power Clean + Squat Clean, climbing in load
- 12 CAP

Class Wod: For Time

- 5-4-3-2-1
- Power Clean@165/115 (RX+: 205/135)
- Burpee Box Jump Over@30/24
- Into
- 5-4-3-2-1
- Front Squat@165/115 (RX+: 205/135)
- RMU
- 10 CAP

Thursday

Strength: 9 EMOM

- Min 1: 5 Back Squat@50%

- Min 2: 3 Back Squat@60%
- Min 3: 2 Back Squat@70%
- Min 4-9: 2 Back Squat@80-90%
- 9 CAP

WOD: 20 Minutes for Quality (3-4 Rounds)

- 5ea BB Back Rack Reverse Lunge
- 5ea BW Alternating Jumping Lunge
- 20 sec ea Groin Plank (Top leg on bench)
- 10 Sumo 2 DB RDL (3 sec lower)
- 100ft each Suitcase Carry

Friday

Strength: 10 Min Rope Climb Practice

Class Wod: Glen

- 30 C&J
- 1 Mile Run
- 10 Rope Climbs
- 1 Mile Run
- 100 Burpees
- 35 CAP

Saturday

Strength:

Class Wod: coaches choice