

CrossFit Bethesda Programming September 2020

Note -- Programming could change slightly or drastically - but we don't expect to make too many changes. Check Wodify the night before class to see if there are any changes!

Mon, Aug 31	Tue, Sep 1	Wed, Sep 2	Thu, Sep 3	Fri, Sep 4	Sat, Sep 5	Sun, Sep 6
EMOM12 Odds: Snatch deadlift + hang squat snatch Evens: 2" snatch lift off + snatch	Semi-automated AMRAP4 - 20 wall balls - 20/15 push-ups	A1) Back rack front foot elevated reverse lunge 5 x 8 A2) Banded KB deadlift 5 x 15-20 reps	Metcon Old Timer(Repeat) 3 Rounds For Time: 30 DB Front Rack Lunges 20 Alternating Rengeade Rows	A1) Pendlay row 5 x 12 A2) Turkish get-up 5 x 2 per side. Do not drop in bet	EMOM12 Evens: Power clean + push jerk Evens: Power clean + hang squat clean	I wish there was more running... For time: - 1 mile run, then: 5 rounds of: - 15 devils press 40/25" - 30 mountain climbers(L+R=1)
Metcon Right on! EMOM12 Min1) 5 power snatch 95/65 + 6 burpees over bar Min2) 5 overhead squats 95/65 + 6 pull-ups	- 20 med ball step-ups - row for calories* * score calories only Rest 3 minutes. Repeat for 5 rounds. Score each round	Metcon Grounded 6 rounds for time: - 20 KB swing 53/35 - 15 push press 95/65 - 10 sit-ups	10 Pull-ups Rx: 35/20 R+50/35, C2B Core: 4 rounds of: - 10 side plank crunches per side - 30 russian twists	Evil incarnate AMRAP12 - 15 thrusters 95/65 - 10 toes-to-bar	Shifty(Repeat) 5 Rounds For Time: 3 Curtis P* 2 Back Squats 1 Wall Walk Rx:95/65 R+135/95 *Curtis P = Power Clean, Lunge L+R, Push Press	* Two DBs Time cap 35 min.
Mon, Sep 7	Tue, Sep 8	Wed, Sep 9	Thu, Sep 10	Fri, Sep 11	Sat, Sep 12	Sun, Sep 13
TBD	TBD	A1) Seated behind the neck press 5 x 12 -15 A2) Cuban press 5 x 5 - 8 Three minutes too long(Repeat) AMRAP8 10 DB Hang Squat Cleans 10 DB Front Rack Lunges 10 DB Front Rack Squats Rx:35/20 R+50/35	EMOM12 Odds: Snatch deadlift + hang squat snatch Evens: 2" snatch lift off + snatch Yet another EMOM EMOM12 Min1) 5 (power snatch + 2 overhead lunges) 95/65 Min2) 12 burpees	In Memoriam 2001 Meter Run(1.25mile) 9 Macho Man* 185/125 11 Bar muscle-ups *Macho Man= 3 Power Cleans+3 Front Squats+3 Jer ** Scale each MU to 3 ring rows + 3 ring dips Time Cap 40 Min. ***Edited since 2019. MU instead of rope climbs	A1) Back rack front foot elevated reverse lunge 5 x 8 A2) Banded KB deadlift 5 x 15-20 reps Easy to remember 10 rounds for time: - 10 box jumps - 10 KB snatch 53/35 Time cap 15 min.	Fran 21-15-9 - thrusters 95/65 - pull ups Core 5 rounds of: - 30 seconds hollow hold, 15 seconds rest - 30 seconds sit-ups, 15 seconds rest
Mon, Sep 14	Tue, Sep 15	Wed, Sep 16	Thu, Sep 17	Fri, Sep 18	Sat, Sep 19	Sun, Sep 20
A1) Pendlay row 5 x 12 A2) Turkish get-up 5 x 2 per side. Do not drop in bet	EMOM12 Odds: Power clean + push jerk Evens: Power clean + hang squat clean	Liquid Symphony(Repeat) For Time: Run 1 Mile 200 Double Unders	A1) Front squats 5x5. Add weight every set. A2) Banded hamstring curls 5 x 12 - 20	Tape recorder AMRAP20 - 12 burpee box jump overs - 8 pull-ups - 4 handstand push-ups	A1) Seated behind the neck press 5 x 12 -15 A2) Cuban press 5 x 12 - 15 Don't trip 5 rounds for time - 15 deadlifts 225/155 - 20 air squats - 30 lateral jumps over bar	EMOM12 Odds: Snatch deadlift + hang squat snatch Evens: 2" snatch lift off + snatch Lazy thoughts - 12 back squats 95/65
METTA(Repeat) No Measure* AMRAP 20 20 KB Swings 15 KB Weighted Sit-ups 10 KB Goblet Squats 5/side KB Push press *Choose your own weight. No scoring.	Lucky break 5 round, each for time: - 10 hang squat cleans 135/95 - 30 mountain climbers(L+R=1) Rest 90 sec between rounds. Time cap 22 min	150 Wall Balls 100 In Place lunges 50 Push-ups 25 Toes-to-bar 5 Wall Walks Run 1 Mile Time Cap 40min.	Bouncing around For time: - 100 shoulder to overhead 45/35 * Every minute on the minute stop and do 5 burpees Time cap 12 min	4 rounds of: - 10 side elbow planks per side - 20 sit-ups - 30 russian twists		
Mon, Sep 21	Tue, Sep 22	Wed, Sep 23	Thu, Sep 24	Fri, Sep 25	Sat, Sep 26	Sun, Sep 27
Machiavellian 21-18-15-12 - thrusters 95/65 - burpees *after EVERY MOVEMENT perform 30 double under Time cap 35 min.	A1) Back rack front foot elevated reverse lunge 5 x 8 A2) Banded KB deadlift 5 x 15-20 reps Chain lightning AMRAP7 - 10 power cleans 115/75 - 5 toes-to-bar	lo-co-mo-tion(Repeat) 5 rounds, each for reps. 2 minutes to complete: Row for Calories 15/12 15 KB Swings Burpees for Reps. Score is burpees per round. Rest 2 minutes Rx:53/35 R+2x44/2x26	A1) Pendlay row 5 x 12 A2) Turkish get-up 5 x 2 per side. Do between. Strength upper/gymnastics Easy start For time - 1 mile run - 50 wall balls - 25 deadlifts 225/155	EMOM12 Odds: Power clean + push jerk Evens: Power clean + hang squat clean Better things to do AMRAP13 - 5 Curtis P* 135/95 - 10 handstand push-ups	The #@[ng Clock is Broken(Repeat) AMRAP40 10 Thrusters 10 Push-ups 10 Pull-ups 10 Sumo Deadlift High Pull 10 Toes-to-bar 10 Sit-ups 10 Front Rack Lunges 10 Burpees 10 Air Squats Rx 95/65	A1) Front squats 5x5. Add weight every set. A2) Banded hamstring curls 5 x 12 - 20 Just a few rounds(Repeat) AMRAP7 10 Pull ups 5 Power Cleans 135/95 5 Front Squats 135/95 R+: 4 Bar MU, 185/125
Mon, Sep 28	Tue, Sep 29	Wed, Sep 30	October 1st			
Green wall EMOM24 Min1) 12/9 calories row Min2) 16 alternating DB snatch 40/25 Min3) 20 sit-ups	A1) Seated behind the neck press 5 x 12 -15 A2) Cuban press 5 x 12 - 15 Flan 10-9-8-7-6-5-4-3-2-1 - thrusters 95/65 - pull-ups	EMOM12 Odds: Snatch deadlift + hang squat snatch Evens: 2" snatch lift off + snatch Arena fight AMRAP14 - 35 double unders - 10 hang power snatch 95/65 - 10 bar facing burpees				