

# CrossFit Bethesda Programming May 2021

**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, Apr 26	Tue, Apr 27	Wed, Apr 28	Thu, Apr 29	Fri, Apr 30	Sat, May 1	Sun, May 2
Broseoh(repeat) EMOM42 Slect light weight and move slow and controlled. Min1) DB Bicep curls Min2) Any type of sit-up Min3) DB Glute bridges Min4) Strict pull-ups Min5) DB Reverse step lunge in pla Min6) DB Floor press *Note: Move slow and controlled. Stay with light weights. Work for 30 to 45 seconds per minute. Maintain low to moderate heart rate. Try not to skip any minutes. ** Option to elevelte onto a 45# plate for the reverse step lunge.	10 rounds, every 90 seconds - 3 positon snatch, high to low No prescribed weights Own it! AMRAP8 - 35 double unders - 10 overhead squats 95/65 R+: every time you mess up double unders, reset the round.	7 rounds, every 3 minutes. - Deadlift 7x6@70%. Tempo 2-2-4-full reset at ground Tempo reads as 2 seconds up, 2 seconds hold at top maintaing tension, lower for 4 seconds, full reset at ground. Coaches note. The weight will at 70% for the 2 months. The reps will increase by one every other time. Burst of speed 7 rounds for time: - 15 hand release push-ups - 30 air squats time cap 15 min.	Grace 30 C&J for time Time cap 11 min. Rest 3 min, then 1000 meters row for time 3 rounds: - 2 min plank hold - 1 min rest	6 rounds not for time: A1) Strict pull-ups, dead stop at bottom. Add weight if you can do more than 5. A2) Turkish get-up. One rep each side. Stop 3-5 seconds at each transition Seal the deal 30-20-10 - KB snatch - KB goblet squat - V-ups Rx: 35/26 R+: 53/35	Hierarchy of degradation Each station is AMRAP2. Repeat for 3 round of alternating stations. Score each station separately for reps from all 3 rounds combined. Station #1) Dumbell Clusters* Rest 1 min, then: Station #2) Devils Press Rest 1 min, then: Station #3) Man Maker** Rest 1 min, then: Rx: 35/20 R+/50/35 * Squat Clean Thruster ** Renegade row L+R, push-up, squat clean thruster, overhead lunge L+R Total time 27 min rest included.	Watch the china set Run 1 mile, then 5 rounds of: - 25 feet elevated glute bridges - 25 plate ground to overhead 45/25 - 25 weighthd sit-ups 45/25 then, run 1 mile
Mon, May 3	Tue, May 4	Wed, May 5	Thu, May 6	Fri, May 7	Sat, May 8	Sun, May 9
EMOM12 Clean and jerk Add weight every set. No misses. Cheap replica AMRAP11 - 21 burpees - 15 air squats - 9 hang power clean Rx: 95/65. R+: 16 pistol squats, 135/95	Paused back squats 5x5@60% 3 seconds pasue at bottom. Stay under tension. Do not bottom out. Gunmetal gray 10 rounds for time: - 5 pull-ups - 5 push pess - 5 front squats Rx: empty barbell R+: C2B, 95/65 Time cap 12 min.	Tequila time 5 rounds, each for reps. Each round is AMRAP5. No rest in between. Score each movement separately - row for calories - push-ups - box jumps - alternating Renegade row 50/35 - sit-ups Core Finisher 5 rounds not for time: - 15 side plank crunches per side - 15 V-ups	A1: Strict press 5x5 No touch and go. full reset between reps. All sets at the same weight. Add 5-10# from last time. A2 Diamond plyo push-up 5x5-10 A3: Srtaight arm ring support hold 15-30 seconds Rest 90-120 sec. No rest between A1, A2 and A3 Eons ago - 800 meters run - 50 deadlifts 135/95 - 50 wall balls 20/14 R+: 225/155 bar, 30/20 med ball Time cap 17 min	Furious Goodbye(REPEAT) 4 Rounds For Time: 20 In Place Lunges (one DB) 10 Toes-to-Bar 20 Alternating DB Snatch 10 Pull-ups 20 DB Goblet Squats Rx 35/25, R+50/35	10 rounds, every 90 seconds Snatch grip deadlift+ hang shrug hold+ hang squat shatch Blackjack AMRAP9 - 12 power snatch - 9 overhead squats Rx: 75/55 R+: 115/75	Logical solution EMOM39 Min1) 15 KB swings 53/35 Min2) 15/12 cal row Min3) 30 Mountain climbers(L+R=1) Min4) Rest R+: No rest
Mon, May 10	Tue, May 11	Wed, May 12	Thu, May 13	Fri, May 14	Sat, May 15	Sun, May 16
Velcity deadlift - 5x5@65% The goal is to lift as fast and thight as possible without the loss of bracing. At the top of the lift do not relax, but coutinue squeezing thight for 2 additional seconds. NO DROPPING! Control the descent. Tempo X-1-2-0 Tempo X-1-2-0 Lapdog 7 rounds for time: - 15 wall balls - 35 double unders Time cap 14 min	The Disciple(repeat) 3 Rounds for Time: 50 Double Unders 40 Air Squats 30 Sit-ups 20 Push-ups 10 Pistol Squats 5 Wall Waiks 4 rounds. 45 sec on, 15 sec off. - hollow hold - superman hold	A1: Bent over row 5x8 A2: DB bicep cruls 5x8-12 A3: Banded straight arm lat pull down 5x10 with 2 seconds pause hands by hips Cat nap AMRAP15 - 15 pull-ups - 10 front squats 95/65 - 5 push press 95/65 R+: C2B, 135/95	Test run - 1 mile run - 50 KB swings 53/35 - 50 sit-ups - 1200 meters run - 30 KB swings 53/35 - 30 sit-ups - 800 meters run - 15 KB swings 53.35 - 15 sit-ups R+: KB snatch	EMOM12 Clean and jerk add weight every set. No misses. How dare you?? 10 rounds for time: - 10 burpee box jumps - 10 toes-to-bar R+: TTB unbroken. Time cap 21 min.	Paused back squats 5x5@65% 3 seconds pasue at bottom. Stay under tension. Do not bottom out. Not quite my speed 5 rounds for time: - 10 power cleans 95/65 - 10 lungesters* 95/65 R+: 7 rounds Time cap 11 min. * Reverse step lunge thruster.	5 rounds for time - 800 meters row - 20 burpees - 20 alternating DB snatch 35/20 Time cap 40 min.
Mon, May 17	Tue, May 18	Wed, May 19	Thu, May 20	Fri, May 21	Sat, May 22	Sun, May 23
Hurry, Hurry! Wait! (REPEAT) EMOM35 Min1) Row 15/12 Cal Min2) 10 Burpees Over Rower Min3) Rest Min4) 20 KB Swings 53/35 Min5) 10 Handstand Push-ups Min6) Rest Core Finisher 5 rounds not for time: - 25 sit-ups - 15 leg lifts	A1: Strict press 5x5 No touch and go. full reset between MT reps. All sets at the same weight. Add 5-10# from last time. A2 Diamond plyo push-up 5x5-10 A3: Srtaight arm ring support hold 15-30 scoonds Rest 90-120 sec. No rest between A1, A2 and A3 Electric feel 3 rounds for time: - 50 double unders - 30 jumping lunges - 15 thrusters 95/65 Time cap 15 min	Wednesday Clean and jerk Add weight every set. No misses. Just around the corner 5 rounds of: - 800 meters run - 30 air squats - 20 push-ups - 10 pull-ups Time cap 35 min.	10 rounds, every 90 seconds Snatch grip deadlift+ hang shrug hold+ hang squat shatch Tape your Thumbs! (REPEAT) 5 Rounds, E3MOM 15 Hang Power Cleans 10 Front Squats 5 Shoulder-to-Overhead R+155/105 Rx:115/75	Velcity deadlift - 5x5@70% The goal is to lift as fast and thight as possible without the loss of bracing. At the top of the lift do not relax, but coutinue squeezing thight for 2 additional seconds. NO DROPPING! Control the descent. Tempo X-1-2-0 Tempo X-1-2-0 Captain of Crush (REPEAT) AMRAP12 3 Man Makers 6 Devils Press 9 DB Thrusters Rx:30/20 R+:50/35	Cindy(REPEAT) AMRAP20 - 5 pull-ups - 10 push-ups - 15 air squats Core Finisher Control the descent. Tempo X-1-2-0 10 rounds, 30 sec on, 10 off. - Hollow hold - Superman hold	Top of the world - 1 mile run, then: 5 rounds: - 30 KB swings 53/35 - 30 sit-ups - 30 box jumps
Mon, May 24	Tue, May 25	Wed, May 26	Thu, May 27	Fri, May 28	Sat, May 29	Sun, May 30
A1: Bent over row 5x8 A2: DB bicep cruls 5x8-12 A3: Banded straight arm lat pull down 5x10 with 2 seconds pause hands by hips Nucleus(REPEAT) 10-9-8-7-6-5-4-3-2-1 Thrusters 95/65 Pull-ups *After each set, complete 5 burpees. Finish with burpees	Slush - 1 mile run - 50 alternating DB snatch - 50 push-ups - 1 mile run - 50 alternating DB snatch - 50 push-ups - 1 mile run Rx:35/20 R+ 50/35 Time cap 42 min.	EMOM12 Clean and jerk Add weight every set. No misses. 2k row for time.	Paused back squats 5x5@70% 3 seconds pasue at bottom. Stay under tension. Do not bottom out. Not Fran? 21-15-9 - wall balls - toes-to-bar Rx: 20/14 med ball R+: 30/20 med ball	Just add 4(REPEAT) EMOM18 Min1) 4 Squat Cleans 135/95 Min2) 8 Handstand push-ups Min3) 12 Renegade alternating row 30/20 R+: 185/125 , 50/35 Core Finisher 4 rounds not for time: - 20 V-ups - 30 Russian twists	A1: Strict press 5x5 No touch and go. full reset between reps. All sets at the same weight. Add 5-10# from last time. A2 Diamond plyo push-up 5x5-10 A3: Srtaight arm ring support hold 15-30 seconds Rest 90-120 sec. No rest between A1, A2 and A3 Food tray 5 rounds for time: - 25 KB swings 53/35 - 20 KB goblet squats 53/35 - 15 sit-ups	Coffee time(repeat) 5 rounds for time: - 50 double unders - 40 DB goblet squats - 30 sit-ups - 20 alternating DB snatch - 10 push-ups Rx: 35/20 R+: 50/35
Mon, May 31						
MEMORIAL DAY MURPH 1 mile run 100 Pullups 200 Pushups 300 Air Squats 1 mile run Rx+ Unpartitioned						