

# CrossFit Bethesda Programming June 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_May 31	Tue_Jun 1	Wed_Jun 2	Thu_Jun 3	Fri_Jun 4	Sat_Jun 5	Sun_Jun 6
MEMORIAL DAY	10 rounds, every 90 seconds Snatch grip deadlift+	Velocity deadlift - 5x4@75% The goal is to lift as fast and	Mop me off the floor, please! AMRAP17	A1: Bent over row 5x8 A2: DB bicep cruls 5x8-12	Simple addition(Repeat) AMRAP30	Deep dive(Repeat) - 1000 meters row
MURPH	hang shrug hold+ hang squat snatch	thight as possible without the loss of bracing. At the top of the lift do not relax, but countinue squeezing thight for 2 additional seconds.	- 50 double unders - 25 wall balls - 10 toes-to-bar	A3: Banded straight arm lat pull down 5x10 with 2 seconds pause hands by hips	- 1 deadlift 225/155 - 1 burpee - 1 sit-up Add 1 rep to every movement every round.	- 50 air squats - 50 sit-ups - 800 meters row - 40 air squats - 40 sit-ups
1 mile run	Luna	NO DROPPING!	Core Finisher	Iron will		- 30 air squats
100 Pullups	For time:	Control the descent.	5 rounds	EMOM24		- 600 meters row
200 Pushups	10-9-8-7-6-5-4-3-2-1	Tempo X-1-2-0	45 sec work, 15 rest	Min1) 12/9 cal row Min2) 10 Devils press 35/20 Min3) 3 wall walks		- 30 air squats - 400 meters row - 20 sit-ups - 200 meters row - 10 air squats - 10 sit-ups
300 Airsquats	- box jumps	Rock salt	- side plank left - side plank right - hollow hold	R+: 15/12 cal row; 50/35 DBs		
1 mile run	Rx: 95/65# R+: Squat snatch	5 rounds for time - 15 shoulder to overhead - 20 front rack lunges Rx: 95/65 R+: 135/95				
Mon_Jun 7	Tue_Jun 8	Wed_Jun 9	Thu_Jun 10	Fri_Jun 11	Sat_Jun 12	Sun_Jun 13
EMOM12	Paused back squats 5x4@75%	No. No. Nope!	A1: Strict press 5x5	MT	10 rounds, every 90 seconds	Stay hydrated
Clean and jerk add weight every set. No misses.	3 seconds pasue at bottom. Stay under tension. Do not bottom out.	E2MOM12* 1) 30/24 cal row 2) 20 alternating DB snatch + 20 jumping lunges	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: Sraight arm ring support hold	Orange peel EMOM30 Min1) 15 burpees Min2) 15 wall balls Min3) 35 double unders	Snatch grip deadlift+ hang shrug hold+ hang squat snatch	For time: - 1 mile run - 100 air squats - 80 sit-ups - 60 hand release push-ups - 40 DB alternating renegade row 35/20 - 20 DB alternating snatch 35/20 - 1 mile run
Pro boxing(repeat): 12 rounds for time: - 3 clusters 95/65 - 5 pull-ups Time cap 16 min.	GST For time: - 25 burpee box jumps - 15 chest-to-bar pull-ups - 25 burpee box jumps - 15 pull-ups - 25 burpee box jumps - 15 toes-to-bar Time cap 18 min. R+: Bar MU-C2B+T2B	Rx: 35/20 R+: 50/35 * Every two minutes on the minute 12 rounds. 6 rounds on each station, alternating 1&2. Core Finisher 10 rounds not for time: - 10 sit-ups - 10 leg lifts	15-30 scoonds Rest 90-120 sec. No rest between A1, A2 and A3 High gravity day AMRAP11 - 20 box step ups 24"/20" @35/25(one DB) - 10 hang squat cleans 95/65 R+: 50/35 DB, 135/95	R+: DU's must be unbroken	AMRAP7 - 8 hang power snatch - 12 overhead lunge - 16 back squats Rx: empty barbell R+: 95/65	
Mon_Jun 14	Tue_Jun 15	Wed_Jun 16	Thu_Jun 17	Fri_Jun 18	Sat_Jun 19	Sun_Jun 20
Velocity deadlift - 5x4@80% 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 countinue squeezing thight for 2 additional seconds. NO DROPPING! Control the descent. Tempo X-1-2-0	HIIT it hard 5 rounds each for reps AMRAP3 - 12 thrusters 95/65 - 8 burpees over bar Rest 2 min, repeat 5 times. Core Finisher 10 rounds of 30 sec on, 10 sec off: - side plank hold one side - side plank hold other side - hollow 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 Long face For time: - 800 meters run - 1600 meters row - 50 deadlifts 155/105 R+: 225/155 Time cap 15 min.	You're counting, right? Every 30 Sec for 30 Min Partner workout. One partner works at a time. You switch work/rest every round. Score is total number of reps per movement for both partners combined. 1) Rounds 1-10* Wall balls 20/14 2) Rounds 11-20 Russian KB swings 53/35 3) Rounds 21-30 Pull-ups * 10 rounds per partner.	EMOM12 Clean and jerk add weight every set. No misses. Sprint time 6 rounds for time - 3 Curtis P* 95/65 - 9 pull-ups R+: 135/95, C2B *Power clean + lunge L+R	Juneteenth For time: 10 rounds of: - 06 clusters* 95/65 - 19 burpees Cash out - 1865 meters row *squat clean+thruster	My behind hurts 10 rounds for time: - 20 DB weighted step ups 35/20(one DB)* - 15 sit-ups - 10 feet elevated glute bridge - 5 push-ups * Men use 20" box, women use 20" box with 45# plate on the floor
Mon_Jun 21	Tue_Jun 22	Wed_Jun 23	Thu_Jun 24	Fri_Jun 25	Sat_Jun 26	Sun_Jun 27
Paused back squats 5x4@80% 3 seconds pasue at bottom. Stay under tension. Do not bottom out.	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: Sraight arm ring support hold 15-30 scoonds Rest 90-120 sec. No rest between A1, A2 and A3 Hop and pop(repeat) AMRAP12 15 Box jumps 24"/20" 10 C2B Pull-ups R+: 30"/24" box, 5 bar MU	Grit(repeat) Row 30 Min for distance.	10 rounds, every 90 seconds Snatch grip deadlift+ hang shrug hold+ hang squat snatch Odd progression 7 rounds for time: - 6 hang power snatch 75/55 - 8 overhead squats - 10 toes-to-bar R+: 115/75 Time cap 18 min	Velocity deadlift - 5x4@85% 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 countinue squeezing thight for 2 additional seconds. NO DROPPING! Control the descent. Tempo X-1-2-0	Rainbow and sprinkles AMRAP30 - 500 meters row OR 400 m run - 50 double unders - 40 air squats - 30 sit-ups - 20 burpees - 10 push-ups	Jogging thoughts 6 rounds for time: - 400 meters run - 30 KB swings 53/35 - 20 sit-ups - 10 push-ups
Present challenge E3MOM6* 1) 400 meters run + 15 wall balls Rx: 35/20 DB R+: 50/35 DB * Every 3 minutes on the miute for 6 rounds, 3 on each station. Total time 18 min.						
Mon_Jun 28	Tue_Jun 29	Wed_Jun 30	Thu_Jul 1	Fri_Jul 2	Sat_Jul 3	Sun_Jul 4
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 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	Liquid Symphony(Repeat) For Time: Run 1 Mile 200 Double Unders 150 Wall Balls 100 Lunges In Place 50 Push-ups 25 Toes-to-bar 5 Wall Walks Run 1 Mile Time Cap 40min.	EMOM12 Clean and jerk add weight every set. No misses. AMRAP12 - 50 double unders - 10 power clean - 10 burpees over bar Rx: 135/95 R+: 135/95 squat clean				