

# October

Final workouts released via Wodify at 8pm the evening before.

Use this template to help you pack your bag and preapre for specific lifts, i.e. rope climbs, deadlifts, etc.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
9/27/2021	9/28/2021	9/29/2021	9/30/2021	10/1/2021	10/2/2021	10/3/2021
<b>Front Squat</b> Pistols, Row, Devil Press	<b>Split Jerk</b> Thrusters, BMU, S2OH, T2B, Core	<b>PUMP SESH</b> Rope Climbs	<b>Aerobic Day</b> Row, DU's, Core	<b>Snatch</b> Run, OHS, C2B	<b>Chipper</b> Power Clean, BBGO, DL, WBS	<b>Cardio Sunday</b> Run, DU's, Row
10/4/2021	10/5/2021	10/6/2021	10/7/2021	10/8/2021	10/9/2021	10/10/2021
<b>Snatch</b> Core	<b>"CF Total"</b> Squat, Press, Deadlift	<b>Intervals</b> Run, HSPU, KBS	<b>Clean</b> C&J, Core	<b>PUMP SESH</b> Rope Climbs, Core	<b>Aerobic Day</b> WBS, Wall Walk, Row	<b>Cardio Sunday</b> Run, Row
10/11/2021	10/12/2021	10/13/2021	10/14/2021	10/15/2021	10/16/2021	10/17/2021
<b>Thruster</b> Pull up, C2B, BMU	<b>Aerobic Day</b> Row, Bike, Core	<b>Back Squat</b> Snatch	<b>Deadlift</b> WBS, DU's, Core	<b>JerK</b> Run, S2OH, K2E	<b>PUMP SESH</b> Rope Climbs, Core	<b>Cardio Sunday</b> Row, DB Snatch
10/18/2021	10/19/2021	10/20/2021	10/21/2021	10/22/2021	10/23/2021	10/24/2021
<b>Clean</b> BMU, Run, Core	<b>Deadlift</b> Back Squat, Core	<b>PUMP SESH</b>	<b>Aerobic Day</b> Row, Bike, DU's, Core	<b>Overhead Squat</b> DB Snatch, BJO	<b>Front Squat</b> C2B, S2OH, Core	<b>Cardio Sunday</b> Row, DB Clean
10/25/2021	10/26/2021	10/27/2021	10/28/2021	10/29/2021	10/30/2021	10/31/2021
<b>PUMP SESH</b> Core	<b>Clean</b> T2B, BSO	<b>Aerobic Day</b> Run, Row	<b>Back Squat</b> Snatch, Core	<b>Deadlift</b> BMU, Hang Clean, S2OH	<b>Chipper</b> Row, WBS	<b>Cardio Sunday</b> K2E, DB C&J, Row, Core

WORD KEY	
Abbreviation	Movement
BBGO	Burpee Box Get Over
BJO	Box Jump Over
BMU	Bar Muscle Ups
BSO	Box Step Over
C&J	Clean & Jerk
C2B	Chest to Bar Pull Up
DB	Dumbbell
DL	Deadlift
DU's	Double Unders
GHD	GHD Sit Up
HSPU	Handstand Push Up
K2E	Knee's to Elbow
KBS	Kettlebell Swings
OHS	Overhead Squat
RMU	Ring Muscle Up
S2OH	Shoulder to Overhead
T2B	Toes to Bar
WBS	Wall Ball Shots