

JANUARY

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
1/3/2022	1/4/2022	1/5/2022	1/6/2022	1/7/2022	1/8/2022	1/9/2022
Snatch Snatch, T2B, WBS	Clean Row, BMU, HSPU	AEROBIC Run	Back Squat DU's, Devils Press	PUMP SESH Rope Climbs	Partner WOD Row, DB Snatch, WBS	Cardio Sunday Run, Pull Ups, KBS
1/10/2022	1/11/2022	1/12/2022	1/13/2022	1/14/2022	1/15/2022	1/16/2022
Power C & J BMU, KB DL, Run	Snatch DB Lunge, HSPU, DU's	Front Squat Thrusters, Burpees	PUMP SESH	AEROBIC Run	Back Squat DL, HSPU, WBS	Cardio Sunday BSO, T2B, DU's
1/17/2022	1/18/2022	1/19/2022	1/20/2022	1/21/2022	1/22/2022	1/23/2022
PUMP SESH	Front Squat Rope Climb, Thruster, Run	AEROBIC Row	Snatch Back Squat	Partner Chipper WBS, HSPU, Run	Hang Clean T2B, DB C&J, Row	Cardio Sunday Plate G2OH, Farmer Carry
1/24/2022	1/25/2022	1/26/2022	1/27/2022	1/28/2022	1/29/2022	1/30/2022
AEROBIC Row	Snatch Power Snatch	AEROBIC C2B, Run, Weight Vest	Back Squat T2B, HSPU, BSO	Power Clean Power Clean, Burpees	PUMP SESH	Cardio Sunday Row, Lunges, WB Clean

WORD KEY	
Abbreviation	Movement
BGO	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