

June 6 - Jul 3

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
6/6/22	6/7/22	6/8/22	6/9/22	6/10/22	6/11/22	6/12/22
<p>0:00-20:00</p> <p>Back squat *20 mins to establish heavy single</p> <p>20:00-25:00</p> <p>rest</p> <p>25:00-37:00</p> <p>"Get out me way" For time: 12 min CAP</p> <p>40-30-20-10</p> <p>Wall balls @20/14</p> <p>Cal row</p> <p>*ski and bike same cal</p> <p>Lvl 1: WBS @14/10 Lvl 2/3:prescribed (Rr/Rr+)</p> <p>Core</p> <p>3 sets</p> <p>10 dragon flags</p> <p>15 v-ups</p> <p>30 flutter kicks</p>	<p>EMOM x 10</p> <p>2 Power snatch *built in weight each set</p> <p>10:00-15:00</p> <p>rest</p> <p>15:00-29:00</p> <p>"Wake up a repeat" AMRAP x 14</p> <p>12 DB snatch @50/35</p> <p>12 chest to bar</p> <p>40 double unders</p> <p>Lvl 1: DB @25/15, pull ups, 80 single unders Lvl 2: DB @35/25 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core:</p> <p>5 min sandbag hold *every time you break perform 10 L-sit</p>	<p>"Suffering with friends" 30 min EMOM odd: 20/16 cal row even: 10 burpees over rower</p> <p>Lvl 1: 10/8 cal, regular burpees Lvl 2: 15/12 cal (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>25 weighted sit ups</p> <p>15 ab roll outs</p> <p>25 supermans</p>	<p>0:00-15:00</p> <p>Squat clean + front squat *15 mins to establish heavy 1+1</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-</p> <p>"Coach D Special"</p> <p>17 min AMRAP</p> <p>30 DB step ups @2 x 50/35</p> <p>20 toes to bar</p> <p>10 DB shoulder to overhead @2 x 50/35</p> <p>Lvl 1: DB @25/15, knee raises Lvl 2: DB @35/25 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>50 banded mountain climbers</p> <p>20 v-ups</p> <p>50 russian twists</p>	<p>PUMP SESH</p> <p>0:00-20:00</p> <p>"Can't stop me" For time: 20 min CAP</p> <p>50-40-30-20-10</p> <p>push ups</p> <p>5-4-3-2-1</p> <p>rope climbs</p> <p>Lvl 1: 10-8-6-4-2 strict pull ups Lvl 2: j-hook pull/ floor pull (Rr) Lvl 3: prescribed (Rr+)</p> <p>"through this was a pump sesh" For time: 15 barbell bicep curls @choice 15 barbell skull crushers @choice 75 inverted row</p> <p>Core</p> <p>3 sets</p> <p>20 ab roll outs</p> <p>15 weighted knee raises</p> <p>30 barbell side bends</p>	<p>"Run away with me" For time: 800m run (w/hand)</p> <p>80 deadlifts @225/155</p> <p>60 burpee box get overs @40</p> <p>400m run (w/hand)</p> <p>60 burpee box get overs @40"</p> <p>80 deadlifts @225/155</p> <p>800m run (w/hand)</p> <p>"partner WOD"</p> <p>Lvl 1: 400's through/ 135/95 /burpee box step over @24/20 Lvl 2: 400's through/ 185/125 /burpee box jump over @24/20 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>100ft sandbag carry max 15 hold 1 min side plank each side</p>	<p>Cardio Sunday</p> <p>AMRAP x 25</p> <p>30 cal row</p> <p>20 kettlebell swings @53/35</p> <p>10 burpees to 12' target</p> <p>200m farmer carry</p> <p>Lvl 1: KB @26/18, regular burpees Lvl 2: KB @35/26 (Rr) Lvl 3: prescribed (Rr+)</p>
<p>6/13/22</p> <p>0:00-15:00</p> <p>Overhead squat *15 mins to establish heavy single</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-32:00</p> <p>"14.1.2" AMRAP x 12</p> <p>10 squat matches @85/65</p> <p>65 double unders</p> <p>Lvl 1: empty bar DHS, 65 single unders Lvl 2/3: prescribed (Rr/Rr+)</p> <p>Core</p> <p>3 sets</p> <p>30 v-ups</p> <p>20 toes to bar</p>	<p>6/14/22</p> <p>0:00-15:00</p> <p>Front squat + jerk *15 mins establish heavy 1+2</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-10:00</p> <p>"How bad de you want it" For time: 21-15-9</p> <p>DB clean & jerks @50/35</p> <p>chest to bar</p> <p>burpee tuck jumps</p> <p>Lvl 1: DB @25/15, pull ups Lvl 2: DB @35/25 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>5 min sandbag hold</p>	<p>6/15/22</p> <p>"The Hanzo" 30 min AMRAP</p> <p>300m row</p> <p>15 wall balls @20/14</p> <p>200m run</p> <p>2 rope climbs</p> <p>Lvl 1: WBS @14/10, 10 strict pull ups Lvl 2: j-hook pull/ floor pull (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>50 banded mountain climbers</p> <p>10 strict toes to bar</p>	<p>6/16/22</p> <p>PUMP SESH</p> <p>0:00-15:00</p> <p>Bench press *15 mins to establish heavy single</p> <p>15:00-18:00</p> <p>rest</p> <p>18:00-28:00</p> <p>AMRAP x 10</p> <p>5 strict chin ups</p> <p>10 push ups (Hands on DBs)</p> <p>28:00-36:00</p> <p>AMRAP x 8</p> <p>8 HSPU</p> <p>8 double DB bent over row</p> <p>10 DB bicep curl</p> <p>10 DB french press</p> <p>Core</p> <p>3 sets</p> <p>2 min plank</p> <p>1 min superman hold</p>	<p>6/17/22</p> <p>0:00-17:00</p> <p>"Hotel Lobby" Back squat For time: w/ partner</p> <p>50 wall balls @20/14</p> <p>50 box jumps @24/20"</p> <p>50 wall balls</p> <p>50 burpees box jump overs @24/20"</p> <p>50 wall balls</p> <p>50 burpees</p> <p>50 wall balls</p> <p>400m farmory carry @choice</p> <p>Lvl 1: WBS @14/10, step ups/overs allowed Lvl 2/3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>10 L-Sit to strict toes to bar</p> <p>50 russian twists</p> <p>20 double crunch</p>	<p>6/18/22</p> <p>Cardio Sunday</p> <p>AMRAP x 10</p> <p>15 cal row</p> <p>15 ring row</p> <p>15 KBS @53/35</p> <p>-5:00 rest-</p> <p>AMRAP x 10</p> <p>12 cal row</p> <p>3 wall walks</p> <p>10 goblet squats @53/35</p> <p>Lvl 1: KB @26/18 Lvl 2: KB @35/26 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>1 min plank</p> <p>20 v-ups</p> <p>20 supermans</p>	
<p>6/20/22</p> <p>0:00-15:00</p> <p>Hang snatch + snatch *15 mins to establish heavy 1+1</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-27:00</p> <p>"CrossFit Open 16.3" AMRAP x 7</p> <p>10 power snatch @15/55</p> <p>3 bar muscle ups</p> <p>Lvl 1: empty bar, pull ups Lvl 2: 75/55, C2B or banded muscle ups (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>50 v-ups</p> <p>50 supermans</p> <p>40 v-ups</p> <p>40 supermans</p> <p>30 v-ups</p> <p>30 supermans</p>	<p>6/21/22</p> <p>"Net a joke"</p> <p>EMOM x 40</p> <p>min 1: max DB box step ups @2 x 50/35</p> <p>min 2: 50 double unders</p> <p>min 3: 5 sandbag cleans @150/100</p> <p>min 4: rest</p> <p>Lvl 1: DB @25/15, 50 single unders, SB @30/20 Lvl 2: DB @35/25, 30 double unders, DB @100/70 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>:20 ring L-sit</p> <p>1 min handstand hold</p> <p>:45 side plank</p> <p>Lvl 1: 60 pull ups Lvl 2/3: prescribed (Rr/Rr+)</p> <p>Core</p> <p>3 sets</p> <p>30 bicycle crunches</p> <p>20 high to low plank</p>	<p>6/22/22</p> <p>0:00-15:00</p> <p>Front squat *15 mins to establish heavy 5</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-35:00</p> <p>Syndicate Crown Semi Final Event 5 "Jackie Style"</p> <p>For time: 15 min CAP</p> <p>1,000m row</p> <p>50 thrusters @45/35</p> <p>60 chest to bar pull ups</p> <p>50 thrusters @45/35</p> <p>1,000m row</p> <p>Lvl 1: 60 pull ups Lvl 2/3: prescribed (Rr/Rr+)</p> <p>Core</p> <p>3 sets</p> <p>30 bicycle crunches</p> <p>20 high to low plank</p>	<p>6/23/22</p> <p>Aerobic Day</p> <p>Bike option: 80 cal easy -3 min rest-</p> <p>10 x 10 cal SPRINT @ easy 10 cal rest</p> <p>-2 min rest-</p> <p>40 cal easy cool down</p> <p>Run option: 1 mile easy 1,000m row -3 min rest-</p> <p>10 x 100m SPRINT @ easy walk back</p> <p>-2 min rest-</p> <p>800m easy cool down</p> <p>Ski option: 2,000m easy -3 min rest-</p> <p>10 x 200m SPRINT @ easy 200m rest</p> <p>-2 min rest-</p> <p>1,000m easy cool down</p> <p>Core</p> <p>3 sets</p> <p>10 dead bugs (per side)</p> <p>1 min wall sit</p>	<p>6/24/22</p> <p>0:00-15:00</p> <p>Clean + split jerk *15 mins to establish heavy 1+2</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-32:00</p> <p>"Dumb DI"</p> <p>5 RFT:</p> <p>12 DB deadlifts</p> <p>9 DB hang power cleans</p> <p>6 DB shoulder to overhead @50/35</p> <p>Lvl 1: 25/15 Lvl 2: 35/25 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>1 min bottom squat hold w/ KB</p> <p>1 min dead hang on pull up bar</p> <p>15 dragon flags</p>	<p>6/25/22</p> <p>PUMP SESH</p> <p>0:00-18:00</p> <p>bench press *18 mins to establish heavy 5</p> <p>18:00-21:00</p> <p>rest</p> <p>21:00-36:00</p> <p>15 min AMRAP</p> <p>10 cal row</p> <p>15 ring row</p> <p>15 DB arnold press</p> <p>10 cal row</p> <p>15 DB bicep curl</p> <p>15 DB french press</p> <p>Core</p> <p>3 sets:</p> <p>20 side plank hip raises</p> <p>20 weighted sit ups</p>	<p>6/26/22</p> <p>Cardio Sunday</p> <p>"...but I thought we were running"</p> <p>3 sets:</p> <p>30/24 cal row</p> <p>10 burpees over rower</p> <p>200m farmer carry @10/53</p> <p>10 burpees over rower</p> <p>30/24 cal row</p> <p>-2 min rest-</p> <p>*choose weight you CANT DO</p> <p>200m carry unbroken</p> <p>Core</p> <p>3 sets</p> <p>15 weighted hanging knee raises</p> <p>15 v-ups</p> <p>50 flutter kicks</p>
<p>6/27/22</p> <p>"CrossFit Regions 2014 Event 4" For time: 20 min CAP</p> <p>21-15-9-6-3</p> <p>strict HSPU</p> <p>front squats @195/125</p> <p>bar facing burpees</p> <p>*squat clean 1st front squat</p> <p>Lvl 1: @95/65, DB shoulder press Lvl 2: @155/105, kipping HSPU (Rr) Lvl 3: prescribed (Rr+)</p> <p>*go heavier than youd like for squats *squats are meant to be heavy not light</p> <p>Core</p> <p>3 sets:</p> <p>50 banded mountain climbers</p> <p>30 barbell side bends</p> <p>10 ab roll outs</p>	<p>6/28/22</p> <p>Aerobic Day</p> <p>Row</p> <p>3 sets:</p> <p>1,000m easy</p> <p>-1 min rest-</p> <p>2 x 500m @ :45 rest</p> <p>*split into 200 FAST, 300 EASY</p> <p>1 x 150m SPRINT</p> <p>-1 min rest-</p> <p>Bike option: 3 sets:</p> <p>50 cal easy</p> <p>-1 min rest-</p> <p>2 x 25 cal @45 rest</p> <p>*split into 10 cal FAST, 15 cal EASY</p> <p>1 x 7 cal SPRINT</p> <p>-1 min rest-</p> <p>Core</p> <p>1 min sandbag hold</p> <p>1 min handstand hold</p> <p>1 min plank</p>	<p>6/29/22</p> <p>PUMP SESH</p> <p>0:00-15:00</p> <p>5 rounds: 15 min CAP</p> <p>15 dumbbell bench press @50/35</p> <p>10 pull ups</p> <p>15:00-18:00</p> <p>rest</p> <p>20:00-35:00</p> <p>"Mr. Legs"</p> <p>15 min AMRAP</p> <p>20 back squats @95/65 (from ground)</p> <p>30 jumping lunges</p> <p>Lvl 1: @empty bar Lvl 2: 75/55 (Rr) Lvl 3: prescribed (Rr+)</p> <p>15 ring row</p> <p>15 double DB bent over row</p> <p>15 DB rear fly</p> <p>10 barbell upright row</p> <p>Core</p> <p>3 sets</p> <p>50 crunches</p> <p>50 russian twists</p>	<p>6/30/22</p> <p>0:00-15:00</p> <p>Deadlift</p> <p>*15 mins to establish heavy single</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-35:00</p> <p>"Mr. Legs"</p> <p>15 min AMRAP</p> <p>20 back squats @95/65 (from ground)</p> <p>30 jumping lunges</p> <p>Lvl 1: @empty bar Lvl 2: 75/55 (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>3 min L-sit</p> <p>3 min plank</p>	<p>7/1/22</p> <p>0:00-15:00</p> <p>Hang power snatch *15 mins to establish heavy 3</p> <p>15:00-20:00</p> <p>rest</p> <p>20:00-35:00</p> <p>"Simple never felt so much"</p> <p>5 RFT: 15 min CAP</p> <p>20 push ups</p> <p>20 ring rows</p> <p>200m run w/ KB @53/35</p> <p>*use only one KB</p> <p>Lvl 1: @26/18 Lvl 2/3: prescribed (Rr+)</p> <p>Core</p> <p>3 sets</p> <p>10 dragon flags</p> <p>1 min dead hang on pull up bar</p> <p>50 flutter kicks</p>	<p>7/2/22</p> <p>"It'll put ya in the dirt"</p> <p>32 min EMOM</p> <p>min 1: 7 sandbag cleans @150/100</p> <p>min 2: bar muscle ups</p> <p>min 3: 15/12 cal bike</p> <p>min 4: rest</p> <p>Lvl 1: SB @30/70, pull ups Lvl 2: SB @100/70, C2B or banded MU (Rr) Lvl 3: prescribed (Rr+)</p> <p>Core</p> <p>125 v-ups</p>	<p>7/3/22</p> <p>Lake Needwood Freedom WOD & Picnic</p> <p>"Cody"</p> <p>For Time</p> <p>Run 2 miles</p> <p>200' Walking Lunges</p> <p>50 Burpees</p> <p>100' Bear Crawl</p> <p>50 Sit Ups</p> <p>200' Walking Lunge</p> <p>50 Push Ups</p> <p>100' Bear Crawl</p>