

Oct 2 - Nov 5

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
<p>10/2/23</p> <p>Warm up 0:00-15:00 15:00-30:00 *no more than 10 attempts</p> <p>15:00-32:00 Back squat 4 x 3 @ 95%</p> <p>32:00-37:00 rest</p> <p>37:00-47:00 "Noodle carry" 10 min EMOM 4x6 20 wall balls @ 20/14 even 300lb lateral juggle</p> <p>Accessory/Care 3 sets 10 ring face pulls 1 min sandbag hold max HS hold</p> <p>15 reps 50 walking lunges w/ weight or no weight 15 reps 50 Russian twists</p>	<p>10/3/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Pumpkin spice" 40 min EMOM min 1 15/12 cal row min 2 15 CBZ min 3 10 double unders min 4 6 burpee box step overs @ 50/25 @ 24/20"</p> <p>rest</p> <p>1st 10:00 cal, single unders, ring max, DB @ 25/15 2nd 12:10 cal, DB @ 35/25, C2B, KB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 10 ring face pulls 1 min sandbag hold max HS hold</p>	<p>10/4/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Power clean + front squat "15 mins to establish heavy 3-5"</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "Crosses death" 12 min AMRAP 200m row 12 KBS @ 25/18, DB 3 SHSPU</p> <p>Accessory/Care 1st 1 KB @ 25/18, DB shoulder press 2nd 2 KB @ 25, 35 Kipping HSPU (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/5/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Deadlift "15 mins to establish heavy 10"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "PUMP S3H" 15 min EMOM 15 min AMRAP 20 hee elevated calf raise 20 seated hamstring curl 15 DB windmill press 15 DB hammer curl 15 banded tricep extension</p> <p>Accessory/Care 1st 1 empty bar 2nd 2/3 prescribed (Rx/Rx)</p>	<p>10/6/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Hang snatch + snatch "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-52:00 "Spooky press" for time: 15 min CAP 50-30-10 power snatch @ 75/55 cal row</p> <p>Accessory/Care 1st empty bar 2nd 2/3 prescribed (Rx/Rx)</p>	<p>10/7/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "Chocolate exhaler" "barter WOD" 10:00-20 min CAP 10 BMU 20 KB thrusters @ 53/25 400m row (together)</p> <p>Accessory/Care 3 sets 1 min plank 1 min side plank 20 Lat</p>	<p>10/8/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "Carrot apple" DBM for 20 min 20:00 cal row 50 double unders 12 DB thrusters @ 40/20</p> <p>Accessory/Care 3 sets 25 feet anchored sit ups 30 barbell side bands 50H even arm farmer carry</p>
<p>10/9/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Back squat 4 x 3 @ 95%</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "Beetle juice" 12 min EMOM 4x6 15 thrusters @ 95/65 even 500 double unders</p> <p>1st 1 @ empty bar, single unders 2nd 2 @ 15/25, double unders (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 10 TNE's 20 suppers 30 Lat</p>	<p>10/10/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Nightmare on (Dordel)ys street" 20 min AMRAP 400m row 15 hang squat snatch @ 115/75 12 burpees over bar 9 CBZ</p> <p>35:00-50:00 5 min rest 20 min AMRAP 500m row 15 push ups 15 DB front row 10 strict DBZ</p> <p>1st 1 @ 75/55, pull ups 2nd 2 @ 95/65, C2B (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 10 TNE's 20 suppers 20 sit roll sets 20 side med ball throw (per side)</p>	<p>10/11/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Deadlift "15 mins to establish heavy 5"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Screen" for time: 15 min CAP 25-18-12-9 Direct HSPU 20 20-20-20-20 80B KB front rack lunges @ 53/25</p> <p>Accessory/Care 1st 1 DB shoulder press, KB @ 25/18 2nd 2 Kipping HSPU, KB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/12/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Acrobic work Row/ sk option 10 x 750m @ 1 min rest "split into 250 row/ 250 rest/ 250 row"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 Bike option 10 x 45 cal @ 1 min rest "split into 15 cal rest/ 15 cal row"</p> <p>Accessory/Care 1st 1 empty bar 2nd 20 single kg call raise 3rd 30 sit ups 4th 40 flutter kicks</p>	<p>10/13/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "no more than 10 attempts"</p> <p>30:00-35:00 rest</p> <p>35:00-45:00 Hang snatch + Snatch "15 mins to establish heavy 1-2"</p> <p>Accessory/Care 1st 1 @ 135/65, 95/65, 75/65, kg raises, burpee to E" (M.I. scale) 2nd 2 @ 185/125, 125/95, 95/65, banded BMU (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/14/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "The Adams family" "barter WOD" 10 min EMOM min 1 15/12 cal row min 2 20 wall balls @ 20/14 min 3 20 double unders min 4 15 KBS @ 53/25 min 5 rest</p> <p>Accessory/Care 3 sets 20 crunches 30 barbell side bands 10 dragon flag</p>	<p>10/15/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "The Adams family" "barter WOD" 10 min EMOM min 1 15/12 cal row min 2 20 wall balls @ 20/14 min 3 20 double unders min 4 15 KBS @ 53/25 min 5 rest</p> <p>Accessory/Care 3 sets 20 crunches 30 barbell side bands 10 dragon flag</p>
<p>10/16/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Deadlift "15 mins to establish heavy 10"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Just a little baby" "barter workout" for time: 15 min CAP 42-30-18 Synchro DB snatch @ 50/25 tee to bar (split barbell)</p> <p>1st 1 DB @ 25/15, kg raises 2nd 2 DB @ 35/25, T2B (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 15 banded face pulls 10 TNE's 20 sit, let ups</p>	<p>10/17/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Bite me" 40 min EMOM min 1 15/12 cal row min 2 12 DB thrusters @ 50/25 min 3 15/12 cal bike min 4 12 CBZ min 5 45 farmer carry hold @ 10/33</p> <p>35:00-50:00 "If the broom fits" for time: 20 min CAP 400m row 20 DB floor press 20 inserted row/ring row</p> <p>Accessory/Care 1st 1 DB @ 25/15, WBS @ 14/10 2nd 2 @ 35/25, C2B, KB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/18/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Back squat 3 x 5 @ 70%</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "The broom fits" for time: 20 min CAP 400m row 20 DB floor press 20 inserted row/ring row</p> <p>Accessory/Care 1st 1 DB @ 25/18 2nd 2 Kipping HSPU, KB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/19/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Checks just warm bare feet" 12 min AMRAP 3 wall walks 9 hang squat cleans @ 125/65 12 bar jump overs @ 24/20"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 Lvl 1 @ 15/15 "PUMP S3H" 20 min AMRAP 10 strict press 10 DB best over row 10 DB upright row 20 PVC banded curls 25 DB snatch press 10 sit row</p> <p>Accessory/Care 1st 1 @ 15/15 2nd 2 @ 95/65 (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/20/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "15 mins to establish heavy 2-1"</p> <p>30:00-35:00 rest</p> <p>35:00-55:00 "I want my mommy" for time: 100-80-60-40-20 double unders 20-18-16-14-12 tee to bar 25 DB snatch press 10 sit row</p> <p>Accessory/Care 3 sets 20 weighted sit ups 10 dragon flag</p>	<p>10/21/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Snatch pull + power snatch "15 mins to establish heavy 2-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "I want my mommy" for time: 100-80-60-40-20 double unders 20-18-16-14-12 tee to bar 25 DB snatch press 10 sit row</p> <p>Accessory/Care 3 sets 20 weighted sit ups 10 dragon flag</p>	<p>10/22/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "Need you mom?" for total time 8 rounds 200m row 20 sit roll set ups</p> <p>right side 3 sets 50 BB @ 24/20"</p>
<p>10/23/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Boy of the dead" 40 min EMOM min 1 20 min 2 15/12 cal row/kickstart min 3 10 power snatch @ 95/65 + 5 burpees over bar min 4 12 CBZ min 5 21:40 min 1 15/12 cal row/kickstart min 2 10 thrusters @ 95/65 + 5 burpees over bar min 3 50 double unders min 4 15 ring rows 1st 1 10:00 cal, @ empty bar, single unders, pull ups 2nd 2 12:10 cal, @ 75/55 (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 15 banded face pulls 10 TNE's 20 sit, let ups</p>	<p>10/24/23</p> <p>Warm up 0:00-15:00 15:00-32:00 Back squat 4 x 1 @ 90%</p> <p>32:00-37:00 rest</p> <p>37:00-53:00 "Sweet a spay" 5:00-10 min CAP 10 deadlifts @ 225/155 20 wall balls @ 20/14</p> <p>Accessory/Care 1st 1 @ 25/15, WBS @ 14/10 2nd 2 @ 35/25, WBS @ 20/14 (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/25/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Hang clean + clean 20 BMU or BMU "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 for time: 2,000m row 30-20-10 hang squat cleans @ 125/65 400-400-400m row</p> <p>Accessory/Care 3 sets 10 ring face pulls 10 dragon flag</p>	<p>10/26/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Hang clean + clean "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 Deadlift "15 mins to establish heavy 10"</p> <p>35:00-50:00 "Banded triceps" 15 min EMOM 20 min row 15 wall balls @ 20/14 min 1 10 BB @ 24/20" min 2 10 C2B @ 95/65 min 3 6 BMU</p> <p>Accessory/Care 1st 1 @ empty bar, burpee pull ups 2nd 2 @ 15/15, banded BMU (Rx) 3rd 3 prescribed (Rx)</p>	<p>10/27/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Snatch pull + power snatch "15 mins to establish heavy 2-1"</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "The ol' bread" for time: 15 min CAP 10 min AMRAP 8 wall facing HSPU 15 KBS @ 53/25 8 bar jump overs @ 30/24"</p> <p>Accessory/Care 3 sets 50H DB bottoms up KB carry 30 knee racks 15 side plank raises</p>	<p>10/28/23</p> <p>Warm up 0:00-15:00 15:00-30:00 CROSSFIT IN HOUSE COMP</p> <p>Accessory/Care 3 sets 20 weighted sit ups 10 dragon flag</p>	<p>10/29/23</p> <p>Warm up 0:00-15:00 15:00-45:00 "You F***** Day" 4:00 1,000m row 500m row 40 sit roll set ups</p> <p>Accessory/Care 3 sets max sandbag hold max HS hold</p>
<p>10/30/23</p> <p>Warm up 0:00-15:00 15:00-32:00 Back squat 4 x 1 @ 95%</p> <p>32:00-37:00 rest</p> <p>37:00-50:00 "No Bitches Cal" 3:00-12 min CAP 20 DB, DB snatch @ 50/25 20 CBZ</p> <p>1st 1 DB @ 25/15, pull ups 2nd 2 DB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p> <p>Accessory/Care 3 sets 25 kg thrusters 20 weighted hanging knee raises 15 DB lateral raises 15 OHS sit ups (or 20 feet anchored sit ups)</p>	<p>10/31/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "PUMP S3H" "15 min AMRAP" 10 min row 10 weighted row (single arm) 10 DB best over row (single arm) 10 DB hammer curl 10 DB skull crushers</p> <p>35:00-55:00 "Noodle" "barter workout" for time: 20 min CAP 200 cal row 150 T2B</p> <p>Accessory/Care 100 DB thrusters @ 50/25</p>	<p>11/1/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Hang clean + clean + split jerk "15 mins to establish heavy 1-1"</p> <p>30:00-35:00 rest</p> <p>35:00-47:00 "Barnyard barnyard" 12 min AMRAP min 1 10 BB @ 24/20" min 2 10 C2B @ 95/65 min 3 6 BMU</p> <p>Accessory/Care 1st 1 single unders, KB @ 25/18 2nd 2 KB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p>	<p>11/2/23</p> <p>Warm up 0:00-15:00 15:00-30:00 Deadlift "15 mins to establish heavy 10"</p> <p>35:00-50:00 "Banded triceps" 15 min EMOM 20 min row 15 wall balls @ 20/14 min 1 10 BB @ 24/20" min 2 10 C2B @ 95/65 min 3 6 BMU</p> <p>Accessory/Care 1st 1 @ empty bar, burpee pull ups 2nd 2 @ 15/15, banded BMU (Rx) 3rd 3 prescribed (Rx)</p>	<p>11/3/23</p> <p>Warm up 0:00-15:00 15:00-30:00 "Thankful for the bun" 20 min AMRAP 400m row 10 DB, DB C2B @ 50/25 8 strict pull ups</p> <p>Accessory/Care 1st 1 DB @ 25/15, WBS @ 14/10 2nd 2 DB @ 35/25 (Rx) 3rd 3 prescribed (Rx)</p>	<p>11/4/23</p> <p>Warm up 0:00-15:00 15:00-33:00 Snatch high pull + power snatch "15 mins to establish heavy 2-1"</p> <p>30:00-35:00 rest</p> <p>35:00-50:00 "Pumpkin pie" for time: 15 min CAP 25-18-12-8 cal row 10 DB burpee box step overs @ 50/25 @ 24/20" SHSPU</p> <p>Accessory/Care 1st 1 DB shoulder press 2nd 2/3 prescribed (Rx/Rx) 3rd 3 prescribed (Rx)</p>	<p>11/5/23</p> <p>Warm up 0:00-15:00 15:00-33:00 Row 6 x 600m row @ every 3:00</p> <p>Accessory/Care 400m farmer carry</p>