

7/10/2017 Monday	7/11/2017 Tuesday	7/12/2017 Wednesday	7/13/2017 Thursday	7/14/2017 Friday	7/15/2017 Saturday	7/16/2017 Sunday
<b>Power Snatch</b>	<b>KB Shuttle</b>	<b>Mobility</b>	<b>3RM Bench Press</b>	<b>Thruster</b>		
Warm-Up 5 - 75% 3 - 85% >1 - 95%	200 Foot KB Carry (1 Kettlebell) Stop every 25' and perform 10 Suitcase Dead-lifts (5 each arm) <a href="https://www.youtube.com/watch?v=rdiw6YTHt5LU">https://www.youtube.com/watch?v=rdiw6YTHt5LU</a> (Pick your weight, score is weight & time)	Coaches Choice Then Skill Work for the WOD	20 Minutes to find new 3 Rep Max	Warm-Up 5 - 75% 3 - 85% >1 - 95%		
<b>1 Minute Max Reps</b>	<b>For Time</b>	<b>Partner Fight Gone Bad</b>	<b>For Time</b>	<b>8 AMRAP</b>	<b>TBA</b>	<b>Strength &amp; Conditioning</b>
Flash Push-Ups DBall Cleans Air Bike for Calories KB Swings Toes to Bar Weighted Overhead Lunges (25/15) Weighted Russian Twists (25/15) Burpee to Plate Alternating One Arm, DB Snatch Tire Flips Alternating 1 Arm V-Ups Standing Broad Jumps (4')	<b>2 Rounds</b> Run 400 Meters 10 Burpee Pull-Ups Run 400 Meters 10 Burpee Box Jump Overs RX+ Burpee C2B, 30'/24" RX 24"/20" RX2 20"/16" MRX2 Ring Row, 16"/12" (All scaled pull-ups perform all 10 Burpees, then pull-ups) (RX must jump)	3 Rounds 1 Minute at Each Station Running Clock Wall-Ball SDHP Box Jump Push-press Row (Calories) RX 20/14, 75/55, 24"/20" RX2 - 14/12, 65/45, 20"/16" MRX2 12/10, 55/35, 16"/12" Perform as many reps as possible at each station within the minute, then your partner takes over for another minute. You will rotate through each of the 5 stations 3 times.	10 Clean & Jerks Jump Rope 8 Clean & Jerks Jump Rope 6 Clean & Jerks Jump Rope 4 Clean & Jerks Jump Rope RX+ 135/105, 100 Dubs RX 105/85, 50 Dubs MRX 95/65, 50 Dubs RX2 75/55, 25 Dubs or 100 Singles MRX2 65/45, 100 Singles	Sit-Ups EMOM Perform 1 Snatch Complex (starting at 0:00) Score is Total Sit-Ups <b>Snatch Complex is:</b> <i>Wide Grip Dead-Lift</i> <i>Hang Shrug Pull</i> <i>Hang Elbows Up &amp; Back</i> <i>Hang Power Snatch</i> RX+ 115/75, GHD RX 95/65 MRX 85/55 RX2 65/45 MRX2 55/35 <b>Rest 5 Minutes</b>	Bring someone totally new to CrossFit today and ge a free RX Bar & FitAid	
<b>2 people at each station, Racing each other!</b> Perform as many reps as possible at each station within one minute. 30 second rest to write score and move to the next station. Perform in order written. RX 80/50 DBall, 62/44 KB, 50/35 DB MRX 50/30 DBall, 53/35 KB, 35/25 DB RX2 30/15 DBall, 44/26 KB, 25/15 DB				Perform Goblet Squats 1 the 1st minute 2 the 2nd minute 3 the 3rd minute etc. RX+ 62/53 RX 53/44 MRX 44/35 RX2 35/26 MRX2 26/18		
				<b>Death by Goblet Squat</b>		