

7/17/2017 Monday	7/18/2017 Tuesday	7/19/2017 Wednesday	7/20/2017 Thursday	7/21/2017 Friday	7/22/2017 Saturday	7/23/2017 Sunday
Strict Press	Squat Clean	Mobility	Power Snatch	Thruster		
Warm-up to: 5 at 50% 5 at 60% 5 at 70% or 5x5 at 55%	Warm-up to: 5 at 50% 5 at 60% 5 at 70% or 5x5 at 55%	Coaches Choice Then Skill Work for the WOD	Warm-up to: 5 at 50% 5 at 60% 5 at 70% or 5x5 at 55%	Warm-up to: 5 at 50% 5 at 60% 5 at 70% or 5x5 at 55%		
Row	21-15-9	Partner WOD	Helen	Dead-Lift	TBA	Strength & Conditioning
10 Rounds :30 Calorie Row :30 Rest Jump 10 Rounds :30 Dubs :30 Rest Ride 10 Rounds :30 Calorie Ride :30 Rest RX - Double Unders RX2 - Singles Score all 3 Stations Separately	Shoulder to Overhead Box Jumps RX+ 155/105, 30"/24" RX 135/95, 24"/20" MRX 105/75, 24"/20" RX2 95/65, 20"/16" MRX2 65/45, 16"/12" Rest 5 Minutes KB Shuttle 200 Foot KB Carry (1 Kettlebell) Stop every 25' and perform 8 - One Arm, Single Leg Dead-lifts (4 each arm) https://www.youtube.com/watch?v=f8l05nvz0nY (Pick your weight, or no weight)	4 Minute AMRAP 4 Power Cleans 4 Burpees over Bar (Lateral) 8 Overhead Lunges with Plate 5 Cycles Rest 2 Minute between Cycles Two Person Team, One works at a time, Alternating rounds. Start new cycle where you left off. RX+ 155/105, Burpee over Bar, 45/25 RX 135/95, Burpee over Bar, 45/25 MRX 105/75, Burpee Over Bar, 25/15 RX2 95/65, Burpee, 25/15 MRX2 75/45, Burpee, No Weight	3 Rounds for Time 400 Meter Run 21 KB Swings 12 Pull-Ups RX+ 62/44, C2B RX 53/35 RX2 44/26 MRX2 35/18 Burner 5x1 Rope Climbs EMOM RX+ Legless Rope Climb 12/8' RX Rope Climb 15/12' RX2 Rope Climb 12/8' MRX2 Partial Rope Climb	Round 1 5 - 70% 3 - 75% 1 - 80% Round 2 5 - 75% 3 - 80% 1 - 85% Round 3 5 - 80% 3 - 85% 1 - 90%	Bring someone totally new to CrossFit today and get a free RX Bar & FitAid	