

7/24/2017 Monday	7/25/2017 Tuesday	7/26/2017 Wednesday	7/27/2017 Thursday	7/28/2017 Friday	7/29/2017 Saturday	7/30/2017 Sunday
Strict Press	Pull-Ups	Squat Clean	Dips	Skill Work		
20 Minutes to find new 1 Rep Max	5EMOM 5 Pull-Ups (weighted if possible)	20 Minutes to find new 1 Rep Max	5 Minutes for Max Reps Tailor bands or add weight for no more than 30 total	Clean Complex EMOMx5 Ground to Top of Knee, Hang Shrug, Hang Elbows Up and Back, Hang Power Clean Power Clean		
12 Minute AMRAP	For Time	Partner WOD	10 Rounds for Time	Power Clean	TBA	Strength & Conditioning
9 KB Swings 7 Box Jumps 5 Pull-Ups Performance RX+ 70/53, 30"/24", C2B RX 53/44, 24"/20" RX2 44/35, 20"/16", Bands MAS 35/26, 16"/12", Bands or Ring Row Burner 10 Rounds :40 Single / Double Unders :20 Rest	Run 400M 21 Dead-Lifts 21 Push-Ups Run 400M 15 Dead-lifts 15 Push-Ups Run 400M 9 Dead-Lifts 9 Push-Ups Run 400M Performance RX+ 272/215 RX 225/155 MRX 185/125 RX2 135/95 MRX2 105/75 <i>(Row 500M/Ride 1000M)</i>	20 Minute AMRAP 15/12 Calorie Row 5 Hang Power Cleans 5 Shoulder to Overhead RX+ 135/95 RX 115/85 MRX 95/65 RX2 75/55 MRX2 65/45 One Athlete works at a time, Alternate rounds Burner 5 Minute Team Sled Push 45# 100 Foot	5 Weighted Sit-ups 10 Weighted Russian Twists 15 Wall Ball Toss Performance RX 20/14 RX2 14/10 MRX2 12/8	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	