

7/31/2017 Monday	8/1/2017 Tuesday	8/2/2017 Wednesday	8/3/2017 Thursday	8/4/2017 Friday	8/5/2017 Saturday	8/6/2017 Sunday
<b>Thruster</b>	<b>Pull-Ups</b>	<b>Power Snatch</b>	<b>Dips</b>	<b>Core</b>		
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	100 Weighted Sit-Ups 100 Weighted Russian Twists for Time		
<b>Barbell Madnes Ver#2</b>	<b>5 Rounds for Time</b>	<b>Partner Heavy Angle</b>	<b>7 AMRAP</b>	<b>50-40-30-20-10</b>	<b>TBA</b>	<b>Josie's 30th Birthday WOD</b>
<b>For Time</b> 21 Clusters 18 Push Press 15 Front Squats 12 Power Cleans 9 Overhead Squats 6 Power Snatches RX+ 135/95 RX 115/75 MRX 95/55 RX2 75/45 MRX2 65/35	5 Burpee Box Jump Overs 200 Meter Pinch Plate 200 Meter Run 200 Meter Pinch Plate RX+ 30"/24", 25/15 RX 24"/20", 25/15 RX2 20"/16", 25/15 MRX2 16"/12", 15/10 <b>Burner</b> SpeedStep Tabata 10 Rounds :20 Work :10 Rest	<b>For Time</b> 100 Pull-Ups 100 Push-Ups 100 Sit-Ups 100 Air Squats 100 Dead-Lifts RX+ C2B, GHD, 225/155 RX GHD,185/125 MRX 135/95 RX2 105/75 MRX2 95/65  One person works at a time, break reps any way you like, complete stations in any order.	5 Hang Power Snatch 25 Double Unders <b>Rest 5 Minutes</b> <b>7 AMRAP</b> 5 Power Snatch 15/12 Calories RX+ 135/95, Unbroken RX 115/75 RX 95/55 RX2 75/45 25 Dubs or 50 Singles Masters 65/35, 50 Singles	Lunges KB Swings <b>Performance</b> RX+ 70/53 RX 62/44 MRX 53/35 RX2 44/26 MRX2 35/18 <b>Burner</b> <b>5x1 Rope Climbs</b> <b>EMOM</b> RX+ Legless Rope Climb 12'/8' RX Rope Climb 15'/12' RX2 Rope Climb 12'/8' MRX2 Partial Rope Climb	Bring someone totally new to CrossFit today and get a free RX Bar & FitAid	