

8/7/2017 Monday	8/8/2017 Tuesday	8/9/2017 Wednesday	8/10/2017 Thursday	8/11/2017 Friday	8/12/2017 Saturday	8/13/2017 Sunday
7x2 Ascending EMOM	Turkish Get-Ups	3RM Bench Press	Core Tabata	Press Complex		
Snatch Drills	Skill Work	20 Minutes to find	Alternate Between:	EMOM x7 (From Rack)		
Wide Grip DL, Hang Shrug	Then	New 3 Rep Max	:40 Plank	Push Press		
Hang Elbows Up & Back	EMOM x5		:20 Superman	Push Jerk		
Hang Snatch, Power Snatch	2 TGU (1 each arm)		No Rest	Split Jerk		
Overhead Squat			4 Minutes Total	Increase weight each round		
Rowing Annie	6 Minute AMRAP	Partner WOD	Fractured Helen	Squats	TBA	Strength & Conditioning
50-40-30-20-10	2,4,6,8,10, etc.	5 Minute AMRAP	6 RFT	Round 1	Bring someone	
Calorie Row	Hang Power Cleans	3 Dead-Lifts	200 Meter Run	5 - 75%	totally new	
Double Unders	Toes to Bar	9 Sit-ups	11/10 KB Swings	3 - 80%	to CrossFit	
RX+ Unbroken Dubs	RX+ 135/105	12 Overhead Lunges with Plate	6 Pull-Ups	1 - 85%	today	
RX Dubs	RX 105/75	4 Cycles	RX+ 70/53, C2B	Round 2	and get a free	
RX2 - Singles (x2)	MRX 95/65	Rest 2 Minutes between Cycles	RX 62/44, C2B	5 - 80%	RX Bar & FitAid	
Burner	RX2 85/55	Two Person Team, One works at a time,	MRX 53/35	3 - 85%		
4 Rounds for Time	MRX 65/45	Alternating rounds.	RX2 35/26	1 - 90%		
10 Sit-ups	Rest 5 Minutes	Start new cycle at the beginning, with other partner	MAS 26/18	Round 3		
10 Alt. V-Ups	For Time	RX+ 255/175 GHD, Pistols	Burner	5 - 85%		
	50 Shoulder to Overhead	RX 225/155, GHD, 45/25	D-Ball Cleans	3 - 90%		
	Every time you put the bar down	MRX 185/125, 25/15	Max Effort 1 Minute D-Ball to Shoulder	1 - 95%		
	do Burpees	RX2 145/105, 25/15	80/50/30	RX+ Front Squats		
	RX+ 135/105, 5 Bar Facing Burpees	MAS 115/85, No Weight		RX Back Squats		
	RX 105/75, 5 Lateral Burpees Over Bar					
	MRX 95/65, 4 Lateral Burpees Over Bar					
	RX2 85/55, 3 Lateral Burpees Over Bar					
	Masters 65/45, 3 Burpees					