

Rigorous Training

June 2013 Programming



<http://CrossFitBirmingham.com>



<http://CrossFitChelsea.com>

This is a compilation of our June 2013 programming. To program for our boxes, we use a 5 days on 2 days off schedule. Our clients may hit different splits, of course, based on their current fitness levels, personal/work schedules, goals, recovery times, etc. Warm-ups and drills we do before the workouts are not included in this ebook (only the workout of the day is written).



[Http://AdvoCareNutritionals.com/spark](http://AdvoCareNutritionals.com/spark)

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All the workouts contained in this book are provided for educational and informational purposes only. Consult a physician before starting any new diet or exercise program.

"MetCON Pow"

For time:

400 Meter run

25 Burpees

200 Meter run

50 Jumping pull-ups

200 Meter run

75 Double unders

200 Meter run

100 Mountain climbers

200 Meter run

75 Double unders

200 Meter run

50 Jumping pull-ups

200 Meter run

25 Burpees

400 Meter run

--

30 Minute cutoff - scale as needed or push harder.

A. ::PreWOD::

Alternating Tabata

Sit-ups

Push-ups

B. ::Heavy MetCon::

15 Deadlifts, 315#/205#

50 Double unders

12 Deadlifts, 315#/205#

100 Double unders

9 Deadlifts, 315#/205#

150 Double unders

Notes: Deadlifts are relatively heavy. Any rounding of the back at these weights and Coach will have you drop down the weight.

15 Minute CAP.

Scale weight and double unders as needed BEFORE WOD BEGINS. Scaling deadlift weight AFTER WOD begins is an automatic 30 Burpee penalty immediately after WOD.

::Skills::

Pressing snatch balance

Heaving snatch balance

Snatch balance

::WOD::

18-15-12-9-6-3 Reps of:

Strict pull-ups

Strict presses, 115#/65#

Notes: Scale and use a band as needed for pull-ups. Presses must be locked out overhead with a distinctive pause at the top of each rep.

::Strength and Skill::

Turkish get-ups 5x3 each side

[Read: 5 sets of 3 reps each side]

Go heavy (relatively). Not for time.

::WOD::

Five rounds for time of:

10 Squat cleans, 95#/65#

10 Forward exit box jumps, 24"/20"

10 Power snatches, 95#/65#

10 Toes to bar

Post thoughts and experiences to comments.

Notes: Use 1 bar with the same weight. Scale as needed.

Perform in *any* order for time:

40 Wall ball shots

40 Kettlebell swings

40 Clapping push-ups

40 Sit-ups

500 Meter row, Men - sub 1:38, Women - sub 1:54

---Then do these last---

40 Burpee pull-ups

Note: If more than 30 different members post their thoughts to comments BEFORE 5:00am tomorrow, burpee pull-ups will reduced 30 reps!

"Kaelan"

2 Minutes of:

Squat cleans, 35-135#

3 Minutes rest

2 Minutes of:

Thrusters, 35-135#

3 Minutes rest

2 Minutes of:

Push press, 35-135#

You choose the weight to MAXIMIZE total poundage lifted.

Multiply weight you choose for each exercise by number of completed reps within the allotted time. Calculate your total for each exercise.

+ Only one teammate works at a time

+ Max 20 consecutive reps per person

+ During 200 M run by teammate, no other work can be done until teammate is back in door

+ Perform movements in any order, with 200 M run following each movement except for last one > 400 Meter run

Team WOD

100 Hang power/muscle snatches, 45#/30#

200 M run by one teammate

100 Box jumps, 20" - must step down

200 M run by one teammate

100 Wall balls

200 M run by one teammate

100 Sit ups

200 M run by one teammate

100 Kettle bell swings - American

200 M run by one teammate

100 Burpees

400 M Run- by the team & wod is complete once both teammates are in the door.

For time:

100 Double unders

10 Strict handstand push-ups (no kip)

20 Front squats, 135#/95#

30 Shoulder to overhead, 135#/95

40 Toes to bar

50 Walking lunge steps, holding 45#/25# bumper plate overhead

Notes: Use 1 barbell and same weight. Shoulder to overhead means press, push press, or jerk. Toes to bar - cannot use a false grip. Wrap thumb under bar. No thumb around bar = 30 burpee penalty after the WOD for the entire class. Non negotiable.

"Nancy"

Five rounds for time of:

400 Meter run

15 Overhead squats, 95#/65#

17 Minute AMRAP

Max pull-ups

15 Burpees

30 Double unders

Score = Total number of pull-ups

Notes: Max pull-ups = as many FULL RANGE of MOTION pull-ups without dropping from the bar. Each time you drop off the bar, continue on to burpees and double unders and note the number of pull-ups you do. Only the number of pull-ups done within the 17 minutes will be counted. Go!

The Bear Complex

7 sets of the sequence:

Power clean

Front squat

Push press

Back squat

Push press

5 rounds

Rest between rounds as needed.

No resting the bar on the ground during the set.

Post loads. Go for max load on last round.

::WOD::

A. MAX double unders in 5 minutes

B. 12 Min AMRAP

8 Toes to bar

8 Burpees

8 Wall ball shots

Notes: A. - MAX double unders or use this time to "practice." B. - Unbroken at a smooth tempo is the goal. Use the transitions to "catch" your breath.

"Triple Magic" for time

21-15-9 Reps of:

Front squats, 95#/65#

Hand release push-ups

American kettlebell swings, 53#/35#

Then...

21-15-9 Reps of:

Power snatches, 95#/65#

Hand release push-ups

American kettlebell swings, 53#/35#

Then...

21-15-9 Reps of:

Back squats, 95#/65#
Hand release push-ups
American kettlebell swings, 53#/35#
Post thoughts and experiences to comments.
30 Minute cutoff. No exceptions.

::Strength::

40 Strict pull-ups (break up as needed - NOT FOR TIME)

::WOD::

Three rounds for time of:

400 Meter run

20 Sit-ups

10 Unbroken deadlifts, 225#/135#

Notes: Use a band if needed for strict pull-ups. Break them up into sets as needed. Scale deadlift load to go UNBROKEN (yet relatively heavy).

::Strength|Power Check::

Bench press - 20 Rep max

Notes: After a couple of warm-up sets, attempt to find your 20 rep max. This will be a new movement to many of you. A 20 rep max forces a lighter load to be used, but offers a gauge in strength and power to this movement.

::WOD::

21-15-9 Reps for time of:

Power cleans, 135#/95#

Burpees over bar

Pull-ups

::Strength::

Squat clean 1-1-1-1-1 (Go for heaviest load for day on last set)

::WOD::

EMOTM for 10 Minutes

4 Power cleans, TnG

8 Push-ups on barbell

At minute 11, you'll run for 7 minutes non-stop to finish the WOD.

Notes: No lifting shoes on EMOTM portion of WOD since you'll be going immediately into the run. You can wear your lifting shoes during STRENGTH portion if you have them.

::WOD::

"Bodyweight: Little Storm"

10-9-8-7-6-5-4-3-2-1 reps

Push-ups

Tuck jumps

Burpees

Sit-ups

OR

"Bodyweight: Big Storm"

15-14-13-12-11-10-9-8-7-6-5-4-3-2-1 reps

Push-ups

Tuck jumps

Burpees

Sit-ups

There is a 22 minute cap for BIG Storm. (Understand - BIG Storm is *more than double* the reps of Little Storm.)

I'm a banger. That's right. I bang, I don't brush. What am I talking about? I'm talking about banging that barbell into your hips when snatching. There are those that bang the bar and then there are those that brush the bar. I'm a banger and Coach Russell is a brusher,

but we both get the bar to the same finish. The main thing that we both emphasize is keeping that bar in CLOSE. Really close. Which way is better? Ultimately it's going to be how you feel best doing the movement.

Before I go on and on, you've got to read this article - it's spot on! [To Smack or Not To Smack \(Your Hips\) - That Is The Question!](#)

::Skill | Strength::

Snatch 1-1-1-1-1
Work up to a MAX

::WOD::

40 Double unders
20 Thrusters, 45#/30#
30 Double unders
15 Thrusters 45#/30#
20 Double unders
10 Thrusters, 45#/30#
10 Double unders
5 Thrusters, 45#/30#
400 Meter run

::PreWOD::

AbDomination™
Froggers
Triple Chop Crunches
Alternating Twisting Elbow Planks
Air Grabs

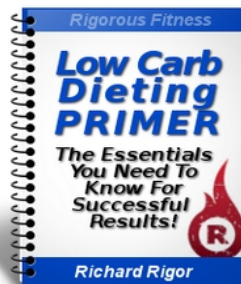
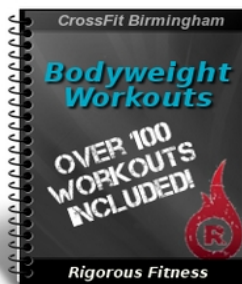
::WOD::

Eight rounds for time of:
10 Kettlebell swings, 53#/35#
10 Box jumps, 24"/20"
10 Pull-ups

Filthy Fifty (aka Chuck Norris)

For time:

50 Box jump, 24 inch box
50 Jumping pull-ups
50 Kettlebell swings, 1 pood
Walking Lunge, 50 steps
50 Knees to elbows
50 Push press, 45 pounds
50 Good mornings, 45 pounds
50 Wall ball shots, 20 pound ball
50 Burpees
50 Double unders
31 Minute hard cap.



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