

Rigorous Training

July 2013 Programming

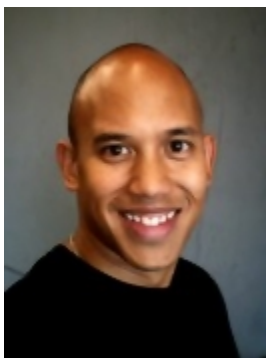


<http://CrossFitBirmingham.com>

This is a compilation of our July 2013 programming. To program for our box and followers, 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.

::Skill | Strength::

A. Snatch grip push press 5x5

B. Strict press 5x3

::WOD::

15-12-9 Reps of:

Thrusters, 115#/85#

Kettlebell swings, 53#/35#

Toes to bar

Notes: Skill | Strength - use a moderate load you can complete with solid form, good positioning, and a strong lockout. WOD - use a load you can go unbroken with on the first round (at least).

::Skill | PreWOD::

Tabata medicine ball cleans

::WOD::

Four rounds for time of:

5 Power cleans, 165#/110#

10 Hand release push-ups

15 Box jumps, 24"/20"

30 Double unders

Notes: Med ball cleans - any weight - learn and focus on form (no score, just conditioning). WOD - HR push-ups means hips and shoulders rise at the same time. Pushing off from the knees and then to the toes is not RX movement standards. Pace and go!

::Skill | Strength::

2 Position snatch (floor, mid-thigh) - work up to a challenging single

- OR snatch practice for newbies and novices

::WOD::

Perform in *any* order for time:

500 Meter row

30 Froggers

30 Handstand push-ups

30 Sit-ups

30 Hang power snatches, 95#/65#

30 Walking lunge steps with bumper plate overhead, 45#/25#

30 Knee jumps

"Pheezy"

Three rounds for time of:

•165 pound Front squat, 5 reps

•18 Pull-ups

•225 pound Deadlift, 5 reps

•18 Toes-to-bar

•165 pound Push jerk, 5 reps

•18 Hand-release push-ups

::PreWOD::

Tabata Double unders - 8 bouts of 20 seconds of work / 10 seconds of rest

Score = Lowest number of DUs in ANY round

If you do not have your DUs yet, perform singles. Scored the same.

::WOD::

Four rounds for time of:

10 Hang power cleans, 95#/65#

10 Kettlebell thrusters, 53#/35# (5 each side)

50 Russian twists, feet elevated, NO med ball

Notes: Elbows must come forward in front of the bar for each rep on cleans. Thrusters - can also use DB for KB for scaling. Russian twists are TOTAL number of reps - fingertips of both hands must touch the floor behind the hip as you rotate to each side.

::Strength | Skill::

Back squat 5x5 or 5x10 (pause at top)

- Newbies and novices will practice with the bar only or light loads at the higher rep range to work on technique and consistency.

::WOD::

"Mannie"

50-40-30-20-10 Reps

Double unders

Push-ups

Notes: Singles to DUs will be a 5 to 1 ratio (and can be scaled back further as needed). These are regular (not hand release) push-ups. Full range with a lockout at the top of the movement.

::Strength | Skill::

Hang power snatch 1-1-1-1-1-1

12 Minute AMRAP

8 Chest to bar pull-ups

12 Pistol squats (6 each side - alternating)

16 Sit-ups

Notes: Hang power snatch - work up to your max for the day on last (7th) set. WOD - scale variations will be available from your Coach in class.

::WOD::

AMRAP in 20 minutes of:

12 Floor wipers, 135#/95# [\[video demo\]](#) (12 reps total)

12 Bent over rows, 135#/95#

400 Meter run

Notes: Use ONE bar and the SAME weight. Scale as needed.

::Strength::

5x3 Shoulder press (strict)

::WOD::

21-15-9 Reps for time of:

Box jumps, 24"/20"

Sumo deadlift high pulls, 95#/55#

Burpees over bar

Notes: Shoulder press - can start from stands OR clean from ground. 5 sets of 3, just get under load - not looking for any maxes. Work technique. WOD - box jumps are the standard land and stand.

Five rounds for time of:

400 Meter run

5 Deadlifts, 225#/155#

10 Toes to bar

::PreWOD::

[AbDomination™ - 8 Minute Core Workout #4](#)

4 exercises, 30 seconds each, 4 rounds.

Plank: Knee To Elbow

Butterfly Sit-ups

Plank Jacks

Flutter Kicks

::WOD::

EMOTM for 15 Minutes of:
4 Deadlifts, Heavy TnG
20 Double unders

AMRAP in 18 minutes of:
200 Meter run
12 Push presses, 115#/75#
9 Toes to bar

::Strength::

Front squats 5x3

::WOD::

21-15-9

Kettlebell swings

Burpee box jumps, 24"/20"

Notes: Strength - work up and have your last set your heaviest load. WOD - KB swings are overhead and burpee box jumps are land and stand.

7 min at 90% effort, rest 4 minutes and then do it again, and then again (3 times total with a 4 minute break in between each bout).

5 Power cleans

10 Sit-ups

15 Double unders

Notes: No water, no chalking up, no untying and re-tying shoelaces during the the 7 min effort. All unbroken with no rest. No sitting or lying on the floor in between the 7 min efforts.

This aerobic WOD was designed NOT to leave anyone gassed and on the floor. It was about learning how to keep and pace breathing in this mixed modality at 90% and keep the power clean weight relatively light in order to go unbroken in ALL movements with a quick transition.

"Fran"

21-15-9 Reps of:

Thrusters, 95#/65#

Pull-ups

::Strength | Skill::

Barbell skills - pressing snatch balance, heaving snatch balance, snatch balance

Notes: Add load when you get to snatch balance to prepare for hang power snatch.

Hang power snatch - (practice technique and) work up to a heavy single

::WOD::

10 Minute AMRAP

5 Burpees

15 Kettlebell swings

30 Double unders

::Strength::

(Take ~10 minutes)

Front squat - 10, 8, 6, 4, 2; rest 2 min

EMOTM for 10 minutes:

2 Squat cleans, 70-85% 1RM

Strip your barbells down, then

EMOTM for 8 minutes:

12 Thrusters, 45#/30#

Notes: Front squats - No stands, power clean from the ground. Work technique, not for time. PAUSE at least 1 second at the top of the movement. Work progressively heavier for each set.

::Skills::

- Push press technique, proper positioning

::WOD::

EMOTM for 20 minutes:

Even min: 3 Push presses (relatively heavy)

Odd mins: 5-10 second hanging L-sit hold (arms straight, hanging on pull-up rig)

Notes: Watch the video and use the techniques described - Coaches will familiarize you with using bands if you're new to them other than using them for assisted pull-ups.

::WOD::

17 Minute AMRAP

200 Meter run

4 Deadlifts, 275#/165# (touch and go)

8 Box jumps, 24"/20" (forward exit)

"Cindy"

20 Minute AMRAP of:

5 Pull-ups

10 Push-ups

15 Squats

::WOD::

1000 Meter run, then

Three rounds of:

15 Squat snatches, 95#/65#

9 Burpees over bar

16 minute cutoff. SCALE as needed.

::Strength::

Find your max thruster in 10 minutes

- From the stands

::WOD::

Five rounds for time of:

15 Toes to bar

30 Double unders

200 Meter run

::PreWOD::

AbDomination™

Sit-ups

Plank knee to elbow

Triple chop crunches

Plank jacks

30 seconds each, 4 rounds

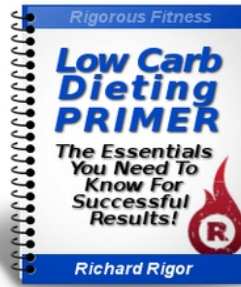
::Benchmark WOD::

"Diane"

21-15-9 Reps of:

Deadlifts, 225#/155#

Handstand push-ups



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