

Rigorous Training

August 2013 Programming



<http://CrossFitBirmingham.com>

This is a compilation of our August 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, skills, 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.

For time:

400 Meter backwards run
50 Kettlebell swings
40 Burpees
30 Box jumps
20 Goblet squats
10 Turkish get-ups (5 each side)
400 Meter backwards run

“Josh”

95 pound Overhead squat, 21 reps
42 Pull-ups
95 pound Overhead squat, 15 reps
30 Pull-ups
95 pound Overhead squat, 9 reps
18 Pull-ups

For time:

9 Thrusters, 135#/95#
200 Meter run
6 Thrusters, 135#/95#
200 Meter run
3 Thrusters, 135#/95#
200 Meter run
50 Sit-ups
200 Meter run
3 Thrusters, 135#/95#
200 Meter run
6 Thrusters, 135#/95#
200 Meter run
9 Thrusters, 135#/95#

For time:

3 Squats cleans, 205#/115#
20 Double unders
4 Squats cleans, 205#/115#
20 Double unders
5 Squats cleans, 205#/115#
20 Double unders
6 Squats cleans, 205#/115#
20 Double unders
5 Squats cleans, 205#/115#
20 Double unders
4 Squats cleans, 205#/115#
20 Double unders
3 Squats cleans, 205#/115#

::Strength::

Push press 3-3-3-3-3

Notes: There must be a definitive lockout AND pause at the top of the movement. Go as heavy as your ability allows - not your ego.

::WOD::

Five rounds for time of:

10 Toes to bar

10 Box jumps, 24"/20"

10 Clapping push-ups

Notes: Toes to bar - shoes physically make contact with the bar simultaneously AND you must wrap your thumb under the bar for your grip. It's simple. No Rx unless all 50 reps are done this way.

Box jumps - as always, our default is land and stand. Clapping push-ups - chest/sternum touches the floor each rep.

::Core::

Wall walks 4 x 5 [\[video\]](#)

::Strength | Skill::

Hang snatch 2-2-2-2-2-2

::WOD::

Four rounds of:

10 Plyo burpee tuck jumps [\[video\]](#)

10 Overhead squats, 95#/65#

Notes: Wall walks are 4 sets of 5 reps. Slow and controlled. Hang snatch - work up to progressively heavier loads. DO NOT look for your 2 rep max. Just work up to a heavy double that you can manage with proper form. WOD - watch the video for the burpee demo ;)

"Helen"

Three rounds for time of:

400 Meter run

21 Kettlebell swings, 53#

12 Pull-ups

Post thoughts and experiences to comments.

::Strength::

NOT for time:

30 Deadhang parallel grip pull-ups

Notes: Pause at bottom of movement and break up into as many sets and use a band as needed. Take no more than 8 minutes if less than 30 reps.

::WOD::

EMOTM for 12 minutes of:

10 Butterfly sit-ups

3 Power cleans, TnG

Notes: Note the butterfly sit-ups. For power cleans, use a relatively heavy load where you can touch and go (TnG) 3 reps each time.

::WOD::

Ten Rounds for time of:

10 Kettlebell swings

20 Double unders

10 Push-ups

1 Bear crawl lap around rig (far posts)

AbDomination™

Plank Alt Knee To Elbow

Ankle Touches

Plank Jacks

Russian Twists

::WOD::

14 Minute AMRAP

400 Meter run

10 Wall ball shots

10 Toes to bar

::Strength::

Front squats 2-2-2-2-2-2 (HEAVY)

(or 5x5)

::MetCon::

Seven rounds of

7 Chest to bar pull-ups

7 Burpee box jumps

Notes: Front squats - only our advanced athletes will go with 7 sets of 2. Novice athletes will go with a lighter load of 5 sets of 5 and practice positioning. You MUST have the flexibility in order to get in the proper positioning.

“Grace”

30 Clean & Jerks for time, 135#

Notes: We'll practice HEAVY clean pulls, then jerk technique for skills, prior to the WOD.

“Angie”

For time:

100 Pull-ups

100 Push-ups

100 Sit-ups

100 Squats

::PreWOD::

Tabata

- Kettlebell swings

- Russian twists

::WOD::

Three rounds for time:

10 Deadlifts, 275#/185#

50 Double unders

::Strength::

Find your 1 rep max power snatch for the day in 10 minutes

::WOD::

Two rounds for time of:

10 Snatches, 115#/75#

20 Sit-ups

600 Meter run

10 Kettlebell swings, 53#/35# (Competitors 70#, 53#)

20 Burpees

600 Meter run

25 Minute cap.

Notes: Snatches - squat snatches. Power snatch to an overhead squat is scaled. If you can't achieve full depth (hip crease below knee joint) it's a power snatch... it's scaled.

::WOD::

Five rounds for perfect form of:

10 Box jumps

10 Push press wall balls

10 Sumo deadlift high pulls

10 Froggers

Notes: Pacing/Deload WOD. Choose loads that will allow you to sustain a steady pace throughout. Box jumps as usual are land and stand. Push press wall balls are simply partial squat wall balls. Use a kettlebell or barbell for SDHP. Froggers are, well, froggers!

::WOD::

200 Meter run
15 Power cleans, 135#/95#
20 Plank jacks
200 Meter run
12 Power cleans
20 Plank jacks
200 Meter run
9 Power cleans
20 Plank jacks
200 Meter run
6 Power cleans
20 Plank jacks
200 Meter run
3 Power cleans
20 Plank jacks
200 Meter run

A. EMOTM for 10 Minutes of:
5 Deadlifts, unbroken (Heavy)
5 Burpees over bar

Rest 2 minutes.

B. Run at a sustainable pace for 9 minutes.

Notes: Deadlifts are to be heavy (relatively) and unbroken. Proper setup is essential for heavy and safe deadlifting. For part B, you are to run continuously for 9 minutes at a pace that YOU can sustain.

“The Chief”

Max rounds in 3 minutes.

3 Power cleans, 135#

6 Push-ups

9 Squats

Rest 1 minute.

Repeat for a total of 5 cycles.

Perform in *any* order for time of:

30 Wall ball shots, 20#/14#

30 Kettlebell swings, 53#/35#

30 Box jumps, 24"/20"

30 Power snatches, 95#/65#

30 Calories on rower

30 Chest to bar pull-ups

Then FINISH with a 400 meter run

24 minute cap. *IF* you hit the cap - you still MUST run. Scale as needed to finish under the cap.

A. 2 Position squat clean - floor, then mid-thigh [\[video demo\]](#)

1-1-1-1-1-1-1 Reps

B. EMOTM for 10 Minutes

- 5 Thrusters

- 10 Froggers

Rest exactly 2 minutes:

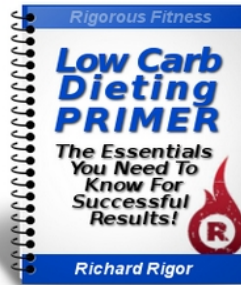
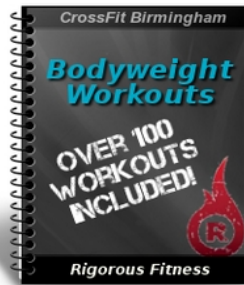
C. Max double unders in 3 minutes.

“Naughty Nancy”

Four rounds for time of:

600 Meter run

25 Overhead squats, 140#/95#



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