

# Rigorous Training

September 2013 Programming



<http://CrossFitBirmingham.com>

This is a compilation of our September 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. Some warm-ups, skills, and drills we do before the workouts are not included in this ebook (only the workout of the day is written).



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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.*

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"The Seven"

For Time

Seven rounds of:

- 7 Handstand push-ups
  - 135 pound Thruster, 7 reps
  - 7 Knees to elbows
  - 245 pound Deadlift, 7 reps
  - 7 Burpees
  - 7 Kettlebell swings, 2 pood
  - 7 Pull-ups
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::Skills::

Intro to the handstand push-up

- Concepts for beginners and practice for novice and advance

Notes: You must have the basic strength first to practice some of these drills. One of the prerequisites we have is the ability to do 20 strict push-ups before getting inverted (if you've never been inverted before).

::WOD::

Five rounds for time of:

30 Double unders

10 Front squats, 135#/95#

5 No kip handstand push-ups

Notes: Scale for the handstand push-ups > ROM with abmat(s), kipping, feet on box with hips elevated push-up, feet on box push-up, regular strict push-up. Front squats - no stands, squat clean the first rep ok.

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::Skill | Strength::

Burgener warm-up, then

Power snatch - work up to a heavy single in 12 minutes

::WOD::

Four rounds for time of:

3 Power snatches, 80% of BW - no pressouts

6 Burpee box jumps, 24"/20" (land and stand)

200 Meter run

Notes: Rx is to use 80% of your bodyweight for power snatches. If it's too heavy - dial in technique and get stronger and/or lose weight. If it's too light, sweet - show off your perfect technique!

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::Skills | Warm-up::

Coach led barbell mechanics (empty bar work)

- Hang power cleans

- Hang squat cleans

- Front squats

- Good mornings

::WOD::

50 Sit-ups

200 Meter run

5 Power cleans, Men - 110%BW / Women 90%BW

200 Meter run

20 Deadlifts, same bar/weight

200 Meter run  
5 Power cleans, Men - 1xBW / Women 90%BW  
200 Meter run  
50 Sit-ups

Notes: Keep sit-ups legit - straight legs, finger tips touch overhead, heels in contact with the floor at all times, no see-saw or rocking back and forth.

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"Nicole"

AMRAP in 20 minutes of:

400 Meter run

Max rep pull-ups

Note number of pull-ups done in each round.

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::Strength::

Strict presses 5x3 (no stands), then

"Grease the groove" with the clean and jerk, working up to the load you'll be using for the heavy MetCON.

::HeavyMetCON::

AMRAP in 10 minutes of:

5 Clean and jerks, 155#/105#

200 Meter run

Notes: Strength - take about 10 minutes to perform 5 sets of 3 strict presses. PAUSE at the top (lockout position) for each rep.

MetCON - split or power jerk is fine. Must have technique dialed in or scale as needed.

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Team Tuesday

Perform in \*any\* order for time

100 Sit-ups

100 Box jumps, 20" (land and stand - STEP down)

100 Burpees

200 Squats

FINISH with a 400 Meter run as a team

Notes:

- 2 person teams
  - Only 1 team member working at a time
  - 20 reps maximum consecutively
  - Must complete exercise before moving on to next
  - Coach picks teams
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"Eva"

Five rounds for time of:

800 Meter run

30 Kettlebell swings, 70lbs

30 Pull-ups

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Scale the KB weight and number of rounds based on your strength/fitness level.

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::Metabolic Power::

A. Tabata front squats, 95#/65#

- 20 seconds work | 10 seconds rest

- Repeat 8 times

::MetCON::

B. "Annie"

50-40-30-20-10 Reps of:

Double unders

Sit-ups

Notes: Scale front squats as needed. Weight should be less than 50% of your max FS. Keep bar in front rack for entire 20 seconds of work phase. Shoot for bare minimum of 5 reps in each of 8 rounds. "Rest" approximately 6 minutes between A and B. Take this time to put bars and bumpers away and setup for Annie.

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::Skills | Practice::

Hang snatch - work up to a heavy single and practice receiving the bar as low as you can. Note on whiteboard if you receive bar in power or full squat position.

::WOD::

Eight rounds for time of:

5 Deadlifts, 225#/155# (Touch-n-Go)

10 Barbell push-ups

200 Meter run

Notes: Deadlifts are to be TnG, no rounding of the back. Push-ups must be performed in a straight planked out position - NOT with an arched back or bent knees. As always, scaled deadlift weight as needed.

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::Skill::

Burgener warm-up

Clean technique [[videos](#)]

::Strength::

A. Squat clean 1-1-1-1-1-1

- Beginners work on technique; power clean to a front squat; may start from the hang position at coach's discretion.

::WOD::

B. EMOTM for 12 minutes:

4 Power cleans (70%-85% of MAX from A.)

10 Froggers

Notes: A. Work up to a MAX squat clean for the day. Take about 15 minutes for this.

B. Power cleans should be moderately heavy.

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::Skills and Warm-up::

Overhead squat positioning

Burgener warm-up

::WOD::

Three rounds for time of:

5 Overhead squats, 135#/95#

25 Double unders

10 Pull-ups

25 Double unders

5 Power snatches, 135#/95#

25 Double unders

10 Toes to bar

25 Double unders

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A. Max reps wall ball in 90 seconds, 20#/14# at 10' height

B. Three rounds for time of:

400 Meter Run

9 Burpees

3 Box jumps, 32"/26" (land and stand - forward exit)

Notes: A. We'll run several heats as needed. Once last heat finishes take ~8 minutes to setup boxes for part B. Stack bumpers to get proper height. Reds are 3.5", yellows are 2" and greens are about 1". You can share boxes if needed as there is no bounding. Of course scale height as needed.

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::Skills::

Practice thruster positioning

- body
- bar
- depth
- overhead lockout

::WOD::

For time:

800 Meter run

- 5 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 4 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 3 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 2 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 1 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 2 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 3 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 4 Thrusters, 135#/95#
- 20 Lateral jumps over bar
- 5 Thrusters, 135#/95#
- 20 Lateral jumps over bar

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::Skills and Warm-up::

Burgener warm-up

Skill transfer movements:

- Pressing snatch balance
- Heaving snatch balance
- Snatch balance

::WOD::

"Isabel"

30 Snatches for time, 135#

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### "Crush You Fast"

Three Rounds for time:

- 10 Power cleans 135#/95#
- 200 meter run
- 10 Hand stand push-ups [No Kip]
- 200 meter run
- 10 Toes to bar
- 200 meter run

Notes: Touch and go as much as possible on the power cleans. These are not to be done as singles or doubles. Scale load as needed.

No kipping on the handstand push-ups. Use an AbMat(s) below your head to shorten range of motion, OR perform them with your feet on top of a box or scale further as needed.

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AMRAP in 17 minutes of:

- 15 Push presses, 115#/75#
- 15 Box jumps, 24"/20"
- 30 Double unders

Notes: We're looking for a strong lockout at the top of each rep of push presses. Box jumps are the default land and stand. Double unders - 5 singles to 1 DU if you don't have double unders at all. If you can string at least 5 DUs in row, you can opt to scale the number of DU reps each round.

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::Strength::

Front Squats 5x3 (Work up to heaviest load last set.)

Newbies/Novices - clean from the floor unless you can front squat more than you can clean.

Advanced - use stands and go ATG or as deep as you can while maintaining a neutral spine.

::WOD::

AMRAP in 8 minutes of:

3 Bar muscle-ups OR 8 Chest to bar pull-ups

8 Burpees

Notes: Either bar MUs or C2B pull-ups are Rx'd. Bar MUs are more advanced. Thumb Under grip is not negotiable at CFB - it's required (for safety and for not allowing you to put a "band-aid" to cover up mobility issues).

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::Strength | Skill::

Power snatch 1-1-1-1-1-1 (no pressouts)

- Attempt your heaviest load on last set

::WOD::

200 Meter run

15 Kettlebell swings

200 Meter run

15 Sit-ups

200 Meter run

30 Kettlebell swings

200 Meter run

30 Sit-ups

200 Meter run

15 Kettlebell swings

200 meter run

15 Sit-ups

200 Meter run

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Two rounds for time of:

50 Squats

40 Push-ups

30 Wall ball shots, 20#/14#

20 Froggers

10 Sumo Deadlift high pulls, 95#/65#

400 Meter run

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::Skills | Strength::

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

-or-

Practice technique and only work up to a moderate load.

::WOD::

EMOTM for 10 Minutes

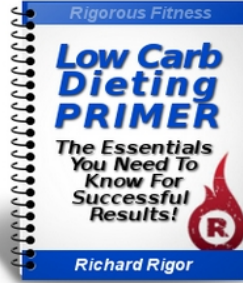
4 Power cleans, TnG

8 Push-ups on barbell

At minute 11, you'll run for 8 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.

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