



<https://GymBoost.io>

6 Months of GPP Programming

Here's 6 months of GPP programming that I used at my gym.

Steal it, modify it, gain ideas, etc.

So here's a little background. I was an affiliate owner for 12 years. Opened the first licensed CrossFit gym in Alabama. Sold it in December 2019. Still going strong with the new owners.

I also started another CF gym with a partner and cashed out during that time as well. That gym is still going strong too.

I've got experience in the gym business. Even before I started my first gym, I was a globo-gym manager with two different companies.

And let me just say... CF gyms are modeling globo-gyms and small box boutique gyms in many aspects. Mostly from necessity and changing times (and I'm not talking because of Covid-19 either).

Build your Culture.

Build your Team.

Build your Systems.

A breakdown in the growth of your business can be traced back to one of these three.

But listen, I just wanted to give you this free gift of 6 Months of GPP programming that you can do whatever you want with.

I'm going to start open resourcing a bunch of my stuff used to run and market my gyms.

I'd love for you to stay connected.

Here's how:

Download my ebook at GymBoost.io

Follow on [Instagram @GymBoost.io](https://Instagram/@GymBoost.io)

Here's my angle... I'm going to freely add value. Marketing, systems, operations, mindset, and more.

Going deeper, if you want to become part of my growing nutrition team and add value to your members and clients, awesome. If not,

cool. I'm just going to keep on putting out valuable resources and tools for you. Cool?

Make a difference!



6 MONTHS OF FREE PROGRAMMING



Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
		::WOD:: 5 Rounds 30 Double-unders 10 G2OH, 35#/25# 10 Box jumps, 24"/20"	::Strength:: EMOTM 5 5 Unbroken cleans (heavy) ::WOD:: 5 Rounds 9 Hang power cleans, 155#/105# 6 S2OH, 155#/105# 3 Strict C2B pull-ups	::WOD:: 15-12-9-6-3 Reps Wall ball shots, 20#/14# T2B Then 100 Double unders, then 3-6-9-12-15 Reps Wall ball shots, 20#/14# Weighted sit-ups, 45#/25#	::Strength Complex:: Rigorous Barbell Complex #6 2 Power snatches 2 Good mornings 2 Back squats 2 BTN strict presses 2 RDLs ::WOD:: 2-4-6-8-10-12-10-8-6-4-2 Reps Pull-ups Burpees
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Clean and jerk, 7x1 - Work up to a HEAVY single ::WOD:: 4 Rounds 5 Strict HSPU 15 2-Handed KB squat cleans, 53#/35# 40 Double unders	::Strength:: Max Reps - Choose a weight: Men, 185# or 135# Women, 95# or 65# ::WOD:: 4 Rounds 12 Supinated pull-ups (COVP) 12 No push-up burpees 24 Sit-ups	::Warm-up:: Line drills ::WOD:: 800 Meter run, then 21-15-9 Box jumps, 24"/20" Alt DB power snatches, 50#/35# Finish with 800 Meter run	::WOD:: 50 Wall sit-ups, then 12-10-8-6-4-2 Reps Push presses, 115#/75# Drop lunges (back rack), 115#/75# Finish with 50 wall sit-ups	::WOD:: 4 Rounds 5 Bar muscle-ups (10 pull-up scale) 25 Hands on bar push-ups 10 Hang power cleans, 135#/95#
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	::WOD:: Rigorous Barbell Complex #10 3 Thrusters 3 Back thrusters 3 BTN split jerks 3 Power jerks 5 Rounds 10 Kettlebell squat cleans, 53#/35# (5 each side) 40 Double unders	::Strength:: RDL, 4x8 ::WOD:: 5 Rounds 8 Hang power snatches, 95#/65# 8 Burpees 16 Wall ball shots, 20#/14#	::Strength Skill:: 3 Supersets A1. 15 second ring holds A2. 5 Ring dip negatives ::WOD:: EMOTM 15 A1. 10 Pull-ups A2. 15 Box jumps A3. 45 Seconds of speed step singles	Perform in "any" order for time: 3 Supersets 30 Walking lunges w/Medball OH, 20#/14# 500 Meter row 30 Deadlifts, 225#/155# 30 Burpees 30 T2B	::WOD:: 21-15-9 Reps Power cleans, 95#/65# Push presses, 95#/65# Run 400 meters after each round
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	::WOD:: 2 Rounds 40 Air squats 30 No push-up burpee box jumps, 24"/20" 20 SDHP, 95#/65# 10 Squat cleans, 95#/65#	::WOD:: 12 Supinated pull-ups 12 Floor presses, 155#/105# 24 Sit-ups 12 Pronated pull-ups 12 Floor presses, 155#/105# 24 Sit-ups 12 Parallel grip pull-ups 12 Floor presses, 155#/105# 24 Sit-ups 12 STRICT pull-ups 12 Floor presses, 155#/105# 24 Sit-ups	::Strength:: EMOTM 5 5 Unbroken power cleans (heavy) ::WOD:: 50 DUs, then 1-2-3-4-5-6 Power cleans, 185#/125# 2-4-6-8-10-12 HSPU Then, 50 DUs 1 Squat clean and jerk, 185#/125#	::Strength:: EMOTM 5 5 Unbroken power snatches (moderate - work technique) ::WOD:: 5 Rounds 5 Burpees 10 T2B 15 Wall ball shots, 20#/14#	::WOD:: OPEN Workout 11.2 AMRAP 15 9 Deadlifts, 155#/100# 12 Push-ups 15 Box jumps, 24"/20"
Extra	Monday	Tuesday	Wednesday	Thursday	Friday
	::WOD:: 7 Rounds 7 Thrusters, 135#/95# 7 Burpees 7 T2B	::WOD:: 4 Rounds 40 Double unders 20 Kettlebell swings, 53#/35# 20 Weighted sit-ups, 45#/25#	::Strength:: A1. Strict presses, 4x10 A2. Strict wide-grip pull-ups, 4x10 ::WOD:: 15-12-9-6-3 Reps Hang power cleans, 135#/95# Box jumps, 24"/20"	::WOD:: 5 Rounds 10 Floor presses, 155#/105# 10 DB power snatches, 50#/35# (5/side) 50 Double unders	

Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
					::WOD:: "300 Workout" 25 Pull-ups 50 Deadlifts, 135#/95# 50 Push-ups 50 Box jumps, 24"/20" 50 Floor wipers, 135#/95# 50 Kettlebell clean and presses, 35#/26# 25 Pull-ups
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	::WOD:: 4 Rounds 10 Push presses, .75/.50xBW 30 Double unders 30 Air squats 30 Double unders	::WOD:: 600 Meter run 10 Burpees 5 Squat cleans, 205#/135# 5 Bar muscle-ups (10 Pull-ups scale) 400 Meter run 10 Burpees 5 Squat cleans, 205#/135# 5 Bar muscle-ups 200 Meter run 10 Burpees 5 Squat cleans, 205#/135# 5 Bar muscle-ups	::Strength:: A1. RDLs, 4x8 A2. Lying hip raise/leg curl w/medball, 4x8 ::WOD:: 4 Rounds 15 Floor presses, 155#/105# 10 KB Curls, 53#/26# 20 Lateral bar jumps	::Core Warm-up:: 3 Supersets A1. 10 Evil wheel roll-outs A2. 30 Russian twists w/medball ::WOD:: 4 Rounds 10 Hang power snatches, 95#/65# 15 No push-up burpees 20 Wall ball shots, 20#/14# 200 Meter run	OPEN WOD 13.2 Complete as many rounds and reps as possible in 10 minutes of. 115 pound Shoulder to overhead, 5 reps 115 pound Deadlift, 10 reps 15 Box jumps, 24" box
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	::Core Warm-up:: Tabata: Push-ups Jump rope variations ::WOD:: 6 Rounds 8 Back squats, 135#/95# 8 Burpees	Perform in "any" order for time: 500 Meter row, sub 1:38/1:50 30 C2B Pull-ups (no butterfly) 30 Kettlebell swings, 70#/53# 30 Ring dips 30 GZOH, 45#/25# 30 Weighted sit-ups, 45#/25#	::WOD:: 800 Meter run 5 Clusters, 135#/95# 600 Meter run 10 Clusters, 135#/95# 400 Meter run 15 Clusters, 135#/95# 200 Meter run	::WOD:: 5 Rounds 40 Double unders 8 T2B 12 No push-up burpees 16 Wall ball shots, 20#/14#	OPEN WOD 17.1 For time: 10 dumbbell snatches, 50#/35# 15 burpee box jump-overs, 24"/20" 20 dumbbell snatches 15 burpee box jump-overs 30 dumbbell snatches 15 burpee box jump-overs 40 dumbbell snatches 15 burpee box jump-overs 50 dumbbell snatches 15 burpee box jump-overs 20 Minute cap
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Clean and jerk, 7x1 - Work up to a HEAVY single ::WOD:: 4 Rounds 5 Strict HSPU 15 2-Handed KB squat cleans, 53#/35# 40 Double unders	::WOD:: 10-9-8-7-6-5-4-3-2-1 Reps Floor presses, BWx1.0/.7 Toes to bar Box jumps, 24"/20"	::Core Mobility:: Positioning with the overhead squat EMOTM 18 A1. 60 Double unders A2. 10 Burpees A3. 10 Pull-ups	::Mobility:: - LAX ball smash session ::WOD:: 21-15-9 Reps SDHP, 95#/65# Wall ball shots, 20#/14#	OPEN WOD 19.1 Complete as many rounds as possible in 15 minutes of: 19 wall-ball shots 19-cal. row Men throw 20-lb. ball to 10-ft. target Women throw 14-lb. ball to 9-ft. target
Extra	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Power clean + 3 Front squats, 5 sets ::WOD:: 21-15-9 Reps Box jumps, 24"/20" Hang power cleans, 135#/95#	::WOD:: 3 Rounds 600 Meter run 10 Burpees 15 GZOH, 45#/25#	::Strength Skill:: Ring dips or box dips, 4x12 ::WOD:: 3 Rounds 12 Push presses, 115#/75# 30 Double unders 12 Box jumps, 24"/20" 30 Double unders 12 Pull-ups 30 Double unders	::WOD:: E2MOTM for 12 Minutes 10 Floor presses, 155#/105# 15 Butterfly sit-ups 15 Kettlebell swings, 53#/35# ::Post WOD Mobility::LAX ball to the pecs and upper back/traps	

Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
					<p>OPEN Workout 19.2</p> <p>Beginning on an 8-minute clock, complete as many reps as possible of:</p> <p>25 toes-to-bars 50 double-unders 15 squat cleans (weight #1) 25 toes-to-bars 50 double-unders 13 squat cleans (weight #2)</p> <p>If completed before 8 minutes, add 4 minutes to the clock and proceed to:</p> <p>25 toes-to-bars 50 double-unders 11 squat cleans (weight #3)</p> <p>If completed before 12 minutes, add 4 minutes to the clock and proceed to:</p> <p>25 toes-to-bars 50 double-unders 9 squat cleans (weight #4)</p> <p>If completed before 16 minutes, add 4 minutes to the clock and proceed to:</p> <p>25 toes-to-bars 50 double-unders 7 squat cleans (weight #5)</p> <p>Stop at 20 minutes.</p>
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::WOD:: 5 Rounds 8 Hang power clean and push presses, 115#/75# 8 Burpees 16 Air squats</p>	<p>::Strength:: Strict pull-ups, 4x10 - Use bands as needed</p> <p>::WOD:: "Annie" 50-40-30-20-10 Reps Double unders Sit-ups</p>	<p>::Strength:: Deadlifts, 5x5 across - Moderate load</p> <p>::WOD:: 15-12-9-6-3 Reps Box jumps, 24"/20" Floor presses, 185#/125#</p>	<p>::Warm-up Skills:: -Line/Run drills</p> <p>::WOD:: 3 Rounds 400 Meter run 30 Kettlebell swings, 53#/35# 15 No push-up burpees over KB</p>	<p>OPEN Workout 19.3</p> <p>For time: 200-ft. dumbbell overhead lunge 50 dumbbell box step-ups 50 strict handstand push-ups 200-ft. handstand walk</p> <p>Men use 50-lb. dumbbell, 24-in. box Women use 35-lb. dumbbell, 20-in. box Time cap: 10 minutes</p>
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::WOD:: 5 Rounds 12 DB Hang power snatches, 50#/35# (6/ea side) 12 Wall ball shots, 20#/14# 12 Pull-ups</p>	<p>AMRAP 17 Minutes 800 Meter run 40 Floor presses, 155#/105# 40 Toes 2 bar 40 Burpees 40 Sit-ups MAX Push-ups on bar</p>	<p>::Core Warm-up:: 3 Supersets A1. 10 Shotguns - shoot to hollow A2. 10 Evil wheel roll-outs</p> <p>::WOD:: 3-4-5-6-5-4-3 Thrusters, 135#/95 30 Double unders after each</p>	<p>::Strength Technique:: A. Sntach transfer skills B. Hang snatch (receive as low as mobility allows), 5x3</p> <p>::WOD:: 4 Rounds 15 Ground to overhead, 45#/25# 20 OH Walking lunges, 45#/25# 30 Mountain climber</p>	<p>OPEN Workout 19.4</p> <p>For total time: 3 rounds of: 10 snatches 12 bar-facing burpees</p> <p>Then, rest 3 minutes before continuing with: 3 rounds of: 10 bar muscle-ups 12 bar-facing burpees</p> <p>Men snatch 95 lb. Women snatch 65 lb. Time cap: 12 minutes</p>
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Core Warm-up:: Tabata - DUs/singles - Sit-ups</p> <p>::WOD:: "The Chief" Max rounds in 3 minutes of: 3 Power cleans, 135#/95# 6 Push-ups 9 Squats Rest 1 minute. Repeat for a total of 5 cycles.</p>	<p>::WOD:: For time: 50 Double unders 200 Meter run 50 Wall sit-ups 200 Meter run 25 Kettlebell swings, 53#/35# 200 Meter run 25 Push presses, 95#/65# 200 Meter run 25 Kettlebell swings, 53#/35# 200 Meter run 50 Wall sit-ups 200 Meter run 50 Double unders</p>	<p>::Strength:: Strict pull-ups, 4x10 - Use bands as needed</p> <p>::WOD:: 3 Rounds 15 Wall ball shots, 20#/14# 15 Kettlebell SDHP, 53#/35# 15 Burpees</p>	<p>::Warm-up Extended Mobility:: LAX ball Big PVC pipe</p> <p>::WOD:: 3 Rounds 15-12-9-6-3 Reps Box jumps, 24"/20" Alternating DB snatches, 50#/35#</p>	<p>OPEN Workout 19.5</p> <p>33-27-21-15-9 reps for time of: Thrusters Chest-to-bar pull-ups</p> <p>Men use 95lb. Women use 65lb. Time cap: 20 minutes</p>
Extra	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Core Warm-up:: 3 Sets A1. 5 Wall walks A2. 10 Evil wheel roll-outs</p> <p>::WOD:: 5 Rounds 40 Double unders 8 Deadlifts, 225#/155#</p>	<p>::WOD:: 18-15-12-9-6 Reps Toes to bar Burpees Wall ball shots, 20#/14#</p>	<p>::WOD:: 3 Rounds 400 Meter run 15 Clean and presses, 95#/65# 15 Chest-tap push-ups</p>	<p>::WOD:: 600 Meter run 3 Rounds 12 Sumo deadlift high pulls, 95#/65# 12 Drop lunges (back rack), 95#/65# 20 Weighted sit-ups, 20#/14# Finish with 600 Meter run</p>	

Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength:: EMOTM 5 5 Unbroken squat cleans</p> <p>::WOD:: AMRAP 12 12 Toes to bar 12 Push presses, 115#/75# 50 Double unders</p>	<p>::WOD:: 4 Rounds 20 Kettlebell swings, 53#/35# 15 3-Point push-ups 10 Box jumps, 24"/20" 400 Meter run</p>	<p>::Strength:: RDLs, 4x8</p> <p>::WOD:: 5 Rounds 12 Pull-ups 12 2-Handed KB squat cleans, 53#/35# 24 Sit-ups</p>	<p>::AbDomination:: 30 Seconds of each for 4 rounds: A1. Froggers A2. Triple-chop crunches A3. Alternating twisting elbow planks A4. Air grabs</p> <p>::WOD:: 5 Rounds 40 Double unders 10 Burpees 12 DB hang snatches, 50#/35# (6/ea)</p>	<p>Perform in "any" order for time: 500 Meter row 40 Feet elevated ring rows 40 Wall ball shots, 20#/14# 40 Deadlifts, 155#/105# 40 Floor presses, 155#/105# 10 Bar muscle-ups</p>
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Conditioning Skill:: Max Double unders in 3 minutes</p> <p>::WOD:: 12-10-8-6-4-2 Reps Unbroken front squats, 135#/95# Lateral burpees over bar Toes to bar</p>	<p>::WOD:: 10-9-8-7-6-5-4-3-2-1 Reps Box jumps, 24"/20" Push presses, 95#/65# Supinated pull-ups</p>	<p>::WOD:: 3 Rounds 10 Power snatches, 95#/65# 400 Meter run 10 Back thrusters, 95#/65# 400 Meter run</p>	<p>::WOD:: 21-15-9 Reps Power cleans, 135#/95# Floor presses, 135#/95# Sit-ups</p>	<p>::WOD:: 2 Rounds 16 Kettlebell swings, 53#/35# 8 Half-kneeling kettlebell press, 53#/35# 16 Goblet squats</p> <p>Then 20 Burpees, and FINISH with</p> <p>2 Rounds 16 Kettlebell swings, 53#/35# 8 Half-kneeling kettlebell press, 53#/35# 16 Air squats</p>
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>"DT" 5 Rounds for time: 12 Deadlifts 9 Hang power cleans 6 Push jerks 155#/105#</p>	<p>::WOD:: 400 Meter run 20 Floor presses, 155#/105# 20 Toes to bar 400 Meter run 15 Floor presses, 155#/105# 15 Toes to bar 400 Meter run 10 Floor presses, 155#/105# 10 Toes to bar 400 Meter run</p>	<p>::WOD:: 5 Rounds 10 Back squats, 135#/95# 12 Pull-ups 40 Double unders</p>	<p>::WOD:: 6 Rounds 15 Kettlebell swings, 53#/35# 10 3-Point push-ups 5 Box jumps, 24"/20"</p>	<p>::Strength:: Power snatch + 2 OH squats</p> <p>::WOD:: 4 Rounds 16 Wall ball shots, 20#/14# 12 Alt. DB power snatches, 50#/35# 8 Burpees</p>
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength:: Pendlay rows, 4x8 across</p> <p>::WOD:: 4 Rounds 20 Goblet squats, 53#/35# 15 Floor wipers (total), 185#/125# 10 Floor presses, 185#/125#</p>	<p>::WOD:: 3 Rounds 400 Meter run 5 Unbroken clusters, 155#/105# 15 Toes to bar</p>	<p>::WOD:: For time: 50 Kettlebell swings, 53#/35# 50 Wall ball shots, 20#/14# 50 Burpees 50 Double unders</p>	<p>::WOD:: 4 Rounds 12 Drop lunges (back rack), 115#/75# 24 CTB Jumping pull-ups 24 Sit-ups</p>	<p>::Strength:: RDL 4x8 across</p> <p>::WOD:: 3 Rounds 20 Air squats 20 SDHP, 75#/55# 20 Box jumps, 24"/20" 20 Push presses, 75#/55# 200 Meter run</p>
Extra	Monday	Tuesday			
	<p>::Strength:: Clean & jerk, 5x1 - Advanced: Work up to heavy single - Novice: Work consistency and technique</p> <p>::WOD:: 5 Rounds 40 Double unders 20 Med ball cleans, 20#/14# 10 Toes to bar</p>	<p>::WOD:: 400 Meter run 30 Push-ups 30 Kettlebell swings, 53#/35# 400 Meter run 25 Push-ups 25 Kettlebell swings 400 Meter run 20 Push-ups 20 Kettlebell swings 400 Meter run 15 Push-ups 15 Kettlebell swings 400 Meter run 10 Push-ups 10 Kettlebell swings 400 Meter run</p>			

	Monday	Tuesday	Wednesday	Thursday	Friday
			::Strength:: Snatch, 6x1 - Advanced: Work up to heavy single - Novice: Work consistency and technique ::WOD:: 21-15-9 Reps C2B pull-ups OH Squats, 95#/65#	::Strength Skill:: Ring dips or Box dips 3x12 ::WOD:: 4 Rounds 12 Box jumps, 24"/20" 12 Push presses, 95#/65# 24 Sit-ups	::WOD:: Bergeron Beep Test EMOTM for as Long as Possible 7 Thrusters (75/55 lb) 7 Pull-Ups 7 Burpees
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Deadlift, 4x5 across ::WOD:: 15-12-9-6-3 Reps Hang power cleans, Box jumps, 24"/20"	::WOD:: 3 Rounds 400 Meter run 30 Wall ball shots, 20#/14# 30 Double unders 5 Bar muscle-ups	::Strength:: Power clean + 3 front squats x 4 sets ::WOD:: 4 Rounds 16 Hang DB power snatches, 50#/35# 8 Burpees 16 Weighted sit-ups, 45#/25#	::Skill Conditioning:: Jump rope variations ::WOD:: 10-9-8-7-6-5-4-3-2-1 Reps Floor presses, 185#/125# Kettlebell swings, 53#/35#	::WOD:: Perform in "any" order for time: 500 Meter row, sub 1:38/1:52 30 Toes to bar 30 Burpee box jumps 30 Sumo deadlifts, 135#/95# 30 Push presses, 135#/95# 60 Unbroken double unders
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Deadlift, 4x5 across ::WOD:: 5 Rounds 20 Push presses, 45#/35# 20 Air squats 20 Sit-ups	::Strength:: Strict pull-ups, 4x10 - Use band(s) as needed ::WOD:: Death by 10 meters *If you get less than 12 rounds, you'll hold a plank EMOTM until the last person finishes	::WOD:: 5 Rounds 10 Hang power snatches, 115#/75# 40 Double unders	::EMOTM 20:: A1. 10 Burpees A2. 8 Power cleans, 135#/95# A3. 12 Box jumps, 24"/20" A4. 45 Seconds speed step singles	::WOD:: 600 Meter run Then 4 rounds of: 10 Thrusters, 95#/65# 10 Pendlay rows, 95#/65# 10 Toes to bar Then finish with 600 Meter run
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	::Strength:: Deadlift, 4x5 across ::WOD:: 10-9-8-7-6-5-4-3-2-1 Reps Box jumps, 24"/20" Burpees	::Strength:: Strict presses, 4x8 across ::WOD:: 21-15-9 Reps Wall ball shots, 20#/14# Hang power snatches, 95#/65#	::WOD:: 800 Meter run 50 Kettlebell swings, 53#/35# 40 Chest-tap push-ups 30 Toes to bar 20 2-hand KB squat cleans 10 Bar muscle-ups (20 pull-ups scale)	::WOD:: 25 Weighted sit-ups, 20#/14#, then 4 Rounds 12 Push presses, 115#/75# 12 Drop lunges, 115#/75# 40 Double unders Then FINISH with 25 Weighted sit-ups, 20#/14#	::Core Conditioning:: 3 Sets A1. 10 Evil wheel roll-outs A2. 20 Hollow body rocks ::WOD:: 2-4-6-8-10-8-6-4-2 Reps Power cleans, 135#/95# No push-up burpees
Extra	Monday	Tuesday			
	::WOD:: "Murph" 1 Mile run 100 Pull-ups 200 Push-ups 300 Squats 1 Mile run	::Core Warm-up:: Tabata - Sit-ups - Russian twists ::WOD:: 5 Rounds 40 Double unders 15 Kettlebell swings, 53#/35# 10 Box jumps, 24"/20"	::Strength:: Seated DB presses, 4x10 ::WOD:: 4 Rounds 10 Sumo deadlifts, 225#/155# 15 Push press wall ball shots, 20#/14#	::WOD:: 600 Meter run, then 5 Rounds 7 Power cleans, 135#/95# 7 BF Burpees over bar FINISH with 600 meter run	::WOD:: Perform in "any" order for time: 500 Meter row, sub 1:38/1:52* 20 Goblet squats, 70#/53# 20 Ring dips 20 Toes to bar 20 HSPU 20 Alt. DB snatches, 50#/35# *Perform 2 burpees for every second over the target time on rower.

Wk 1	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength:: Deadlifts, 4x3</p> <p>::WOD:: 3 Rounds 50 Double unders 15 Chest-tap push-ups 15 Box jumps, 24"/20"</p>	<p>::Strength:: Strict presses, 4x10 across</p> <p>::WOD:: 5-4-3-2-1-2-3-4-5 Reps Squat cleans, 135#/95# 7 Toes to bar after each set</p>	<p>::WOD:: 2 Rounds 200 Meter run 20 Burpees 200 Meter run 20 Kettlebell swings, 53#/35# 200 Meter run 20 Pull-ups 200 Meter run</p>	<p>::Conditioning:: Death march - 3x50'</p> <p>::WOD:: 10-9-8-7-6-5-4-3-2-1 Reps Floor presses, 155#/105# 30 Double unders</p>	<p>::WOD:: 21 SDHP, 95#/65# 21 Wall ball shots, 20#*14# 42 Sit-ups 15 SDHP 15 Wall ball shots 30 Sit-ups 9 SDHP 9 Wall ball shots 18 Sit-ups</p>
Wk 2	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength:: Find your MAX deadlift</p> <p>::WOD:: "Bodyweight: Little Storm" 10-9-8-7-6-5-4-3-2-1 reps</p> <p>Push-ups Tuck jumps Burpees Sit-ups</p>	<p>::WOD:: 21-15-9 Reps Push presses, 115#/75# Box jumps, 24"/20" Pull-ups Run 400 Meters after each round</p>	<p>::Strength:: EMOTM 5 5 Thrusters (heavy)</p> <p>5 Rounds 12 Back squats, 115#/75# 8 Toes to bar 40 Double unders</p>	<p>::WOD:: 800 Meter run 50 Kettlebell swings, 53#/35# 40 Weighted sit-ups, 45#/25# 30 Burpees 20 HSPU 10 Bar muscle-ups</p>	<p>::WOD:: 4 Rounds 12 Wall ball shots, 20#/14#, 12/10' Height 8 Low hang power snatches, 115#/75# 4 Box jumps, 30"/24" 200 Meter run</p>
Wk 3	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength:: Squat clean + 2 front squats x 5 sets - Work up to a HEAVY last set</p> <p>::WOD:: 5 Rounds 5 Burpees box jump overs, 20" 10 Toes to bar 20 Air squats 40 Double unders</p>	<p>::Strength:: Squat snatch + 2 OH Squats x 5 sets - Receive in power position if needed - PRACTICE technique</p> <p>::WOD:: 4 Rounds 10 Box jumps, 24"/20" 10 HSPU 10 Deadlifts, 225#/155#</p>	<p>::WOD:: 5-10-15 Reps C2B Pull-ups Floor presses, 135#/95# 600 Meter run Then 15-10-5 Reps Parallel-grip pull-ups Floor presses, 135#/95# 600 Meter run</p>	<p>::Core Warm-up:: Tabata - G2OH w/medball - Weighted sit-ups</p> <p>::WOD:: 5 Rounds 5 Push presses, 135#/95# 10 Drop lunges (back rack), 135#/95# 40 Double unders</p>	<p>::WOD:: 18-15-12-9-6-3 Reps Power cleans, 95#/65# Wall ball shots, 20#/14# Sit-ups</p>
Wk 4	Monday	Tuesday	Wednesday	Thursday	Friday
	<p>::Strength Skill:: Strict pull-ups, 3x10</p> <p>::WOD:: 5 Rounds 5 Squat cleans, 115#/75# 5 Strict presses, 115#/75# 5 Toes to bar 5 Bar muscle-ups</p>	<p>::Strength:: Hang power snatch, 6x1 - Work up to a heavy single - Absolutely no pressouts</p> <p>::WOD:: 5 Rounds 8 Power snatches, 75#/55# 8 Burpees 200 Meter run</p>	<p>::WOD:: 9 Power clean & S2OH, 135#/95# 600 Meter run 12 Power clean & S2OH, 135#/95# 400 Meter run 15 Power clean & S2OH, 135#/95# 200 Meter run</p>	<p>::WOD:: EMOTM 16 A1. 12-15 Pull-ups A2. 15 Wall ball shots, 20#/14# A3. 15 Kettlebell swings, 53#/35# A4. 15 Box jumps, 24"/20"</p>	<p>::WOD:: 21 Floor presses, 175#/115# 21 Weighted sit-ups, 20#/14# 100 Double unders 15 Floor presses, 175#/115# 15 Weighted sit-ups, 20#/14# 100 Double unders 9 Floor presses, 175#/115# 9 Weighted sit-ups, 20#/14# 100 Double unders</p>
Extra	Monday	Tuesday			