

FCF PROGRAMMING OVERVIEW

Dec	Workout
1	hang snatch, hang clean, front squat 3RM
2	bench press, deadlift, max effort backsquat set
3	CrossFit Liftoff 2017 metcon
4	HIIT class
5	snatch, bar muscle-up/wall ball
6	Competitive Exercise class
7	clean & jerk complex, jerk, accessories
8	Not ANGIE
9	box squat, deadlift, accessories
10	COFFLAND
11	snatch, thruster/double unders/pullups
12	Kettlebell class
13	clean & jerk, ABMAGGEDON
14	front squat, Gymnastics Strength class
15	HIIT class
16	overhead squat/muscle-up
17	tabata kettlebell fight
18	Gymnastics Strength class
19	snatch, snatch/burpee-over-bar
20	bench press, bamboo bar, wall ball/situps
21	clean & jerk complex, clean & jerk, accessories
22	The 12 Days of CrossFit
23	back squats, deadlifts, accessories
24	kettlebell DT: deadlifts/hang power cleans/shoulder-to-overhead
25	CHRISTMAS DAY - gym closed
26	CrossFit Liftoff 2016 metcon: pullups/row/ohs/box jumps/pullups
27	snatch complex, snatch, accessories
28	snatch, CrossFit Liftoff 2017 metcon
29	clean & jerk max, Kettlebell class
30	"FILTHY FIFTY"
31	CGO 17.2: lunges/t2b/power cleans/bar muscle-ups

DECEMBER 2017