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

FCF PROGRAMMING OVERVIEW

Dec	Workout
1	13 minute each: - establish a heavy hang snatch - establish a heavy hang clean - establish a heavy 3 rep front squat Post loads and PRs to whiteboard!
2	13 minute each: - establish a heavy bench press - establish a heavy deadlift - establish a max-rep backsquat (70%) Post loads and PRs to whiteboard!
3	CrossFit Liftoff 2017 - Event 3 CFLO 17.3 AMRAP in 12 minutes: 25 pullups 50 cal row 100 overhead squats, 20kg 50 box jumps, 24/20" 25 pullups Post scores to whiteboard!
4	**HIIT class** - *Short Interval* warmup: GAMES! A. :20 on/:10 off x 4 - cross plank jacks - squat jacks - alternating side plank lateral raises, 2.5/1.5kg - push-up jacks - jumping lunge jacks B. :30/:15 for 10:00 12 situp to hip up 9 mb squat thrust + wall chest pass 6 shuttle runs, 20' 3 speed ladders C. :45/:15 for 10:00 crush-grip squats crush-grip deadlifts drags Notes: - Rest 2-5 minutes between each workout. - (B) and (C) simply "green light"/"red light" during the work/rest intervals - Choose either 1in/3out or Icky Shuffle on the ladders - Use kettlebells or sandbags for (C) Post attendance to whiteboard!

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Dec	Workout
5	every 90 seconds for 18 minutes: power snatch + push press + snatch then 3 rounds for time: 6 bar muscle-ups 30 wall ball, 20/14lbs Post load & time to whiteboard!
6	**Competitive Exercise class** for 15 minutes: 1-3 rope climbs 3-6 Russian dips 6-9 jumping good mornings, 20/15kg+ AMRAP in 12 minutes: 4 cleans, 70/50kg 5 muscle-ups 6 jerks, 70/50kg 7 HSPU Bravehearts: 500m row for time
7	clean & jerk complex, jerk, accessories establish a heavy load for the following complex within 12 minutes: clean pull + 3 hang clean pulls + hang clean + jerk rack jerk 6x2 3x20 dumbbell bench press 3x20 JM press 3x20 plyo pushups, challenging height every round 200 banded lat pulls, red/purple
8	Not ANGIE for time: 100 pullups 200 air squats 100 T-pushups 200 double unders Post time to whiteboard.
9	bench press 2RM deadlift 3RM 2-3 rounds: 4 knee-jump-to-box-jump 8 GHR/partner hamstring curls 10 elevated front leg split squat max jumping back squats in 1 minute (20/15kg)

DECEMBER 2017

FCF PROGRAMMING OVERVIEW

Dec	Workout
10	COFFLAND Accumulate a hang from a pull-up bar for 6 minutes. Each time you drop from the bar, perform: 800m run 30 pushups Post time to whiteboard!
11	snatch 7x2 (50/2, 60/2, 65/2, 70/2, 75/2, 80/2, 82/2) Rx 5 rounds for time: 15 thrusters, 35/25lbs dumbbells OR 16/12kg kettlebells 50 double-unders 15 c2b pullups PERFORMANCE 5 rounds for time: 15 db thrusters, 50/35# 50 double unders 3 rope climbs Post time to whiteboard!
12	**Kettlebell class** - Primal mobility - Turkish Getup focus - Swings and lunges to finish class
13	clean + 2 jerks 50/2, 60/2, 70/1, 75/1, 78/1, 81/1, 84/1 ABMAGGEDDON 10 exercises, 30 reps/each Post load to whiteboard!

FCF PROGRAMMING OVERVIEW

Dec	Workout
14	EMOM for 10 minutes: 3 front squats **Gymnastics Strength class** - scap protocol - hang check - pull check - gymnastics shoulder routine - hang check - pull check Muscle-Up Development, pull-bias for 15 minutes: 6-7 kipping drills 4-5 pause pullups 2-3 assisted muscle-up Muscle-Up Development, push-bias for 15 minutes: 2-3 banded muscle-up 4-5 dips 6-7 shoot through + parallette pushups
15	**HIIT class**
16	for time: 30 overhead squats, 52/38kg 15 muscle-ups 20 overhead squats, 52/38kg 10 muscle-ups *Sub 1 muscle-up = 3 pullups + 2 dips* Post time to whiteboard!
17	tabata kb wall ball substitute tabata kb z-press tabata kb step-ups, 20/16" tabata kb push press tabata kb SDHP Rest 1 minute between each tabata set. Post total to whiteboard!

Dec	Workout
18	**Gymnastics Strength class** *warmup* GB squat series *stretching* - Seiza ankle complex - banded samson 2min+/side *conditioning* 4 rounds FOR QUALITY of the following, :60 hollow (weighted hollow) :30 false-grip hang (eagle-grip false-grip) :60 arch (banded arch) :30 bottom-of-dip skills - banded beat swing for tactile cue - transfer skill to the rings - hand position - grip - body shapes - enegry output and rhythm accessory 3(1,2,3,2,1) strict pause dips and pause pullups
19	establish a heavy snatch in 10 minutes, then 21-15-9 reps for time: power snatch, 43/29kg burpee over bar *Performance = squat snatch* Post snatch and time to whiteboard!
20	bench press to a heavy 5 bamboo bar 2xME 42-30-18 reps for time of: wall ball, 20/14kg ab-mat situps *Performance = 30/20lbs wall ball, GHDSU* Post time to whiteboard!

FCF PROGRAMMING OVERVIEW

Dec	Workout
21	power clean + clean + jerk bar/3 50/2 (2) CJ 60/3 70/2 78/2 82/1 86/1 90/1 93/1 ... max box jump Post max jump to whiteboard!
22	"12 Days of CrossFit" perform the following in cumulative song format, for time: 1 100m sprint 2 bear crawls, 10m 3-second handstand 4 clean & jerks 5 dive-bomber push-ups 6 knees-to-elbows 7 kettlebell swings, 24/16kg 8 hanging leg-raises 9 ring dips 10 squat thrusts 11 pullups 12 rocking pistols Post time to whiteboard!
23	establish a heavy back squat in 20 minutes establish a heavy deadlift in 10 minutes 30 snatches OR clean & jerks (BW) for time
24	Kettlebell DT 5 rounds for time: 12 deadlifts 9 hang cleans 6 shoulder-to-overhead *Rx = 2x20/12kg, Performance = 2x24/16kg* Post time to whiteboard!
25	**CHRISTMAS DAY -** *gym closed*

FCF PROGRAMMING OVERVIEW

Dec	Workout
26	15 minutes to establish a 1RM clean & jerk, then CFLO 16.3 AMRAP in 15 minutes: 25 pullups 50cal row 100 overhead squats, 20/15kg 50 box jumps, 24/20" 25 pull-ups Post loads and score to whiteboard!
27	establish a heavy single in the following complex: power snatch + hang snatch Performance does power snatch + hang snatch + snatch balance 2x40 v-ups 3x20 hip extensions 4x10 wavings/side
28	15 minutes to establish a 1RM snatch, then CFLO 17.3 AMRAP in 12 minutes: 25 pullups 50cal row 100 overhead squats, 20kg 50 box jumps, 24/20" 25 pullups Post loads and score to whiteboard!
29	establish a deadlift OR clean max in 15 minutes **Kettlebell class** - Primal mobility - Lifts and chops - Cleans and the presses - Snatch skill focus

Dec	Workout
30	FILTHY FIFTY - Rx for time: 50 box jumps 50 jumping pullups 50 perfectly-vertical kettlebell swings, 16/12kg 50 walking lunges 50 knees-to-elbows 50 push press, 20/15kg 50 back extensions* 50 wall ball, 20/14# to 10/9' 50 burpees 50 double unders FILTHY FIFTY - Performance for time: 50 box jumps, 32/24" 50 pullups 50 perfectly-vertical kettlebell swings, 32/24kg 50 jumping lunges 50 toes-to-bar 50 kb push press, 24/16kg 50 hip extensions* 50 wall ball, 20/14# to 11/10' 50 burpees-over-bar 50 UB double unders Post times to whiteboard!

31	CGO 17.2: lunges/t2b/power cleans/bar muscle-ups
	
	AMRAP in 12 minutes
	
	2 rounds of:
	  50-ft. weighted walking lunge, 2x50/35lbs
	  16 toes-to-bars
	  8 power cleans
	Then, 2 rounds of:
	  50-ft. weighted walking lunge, 2x50/35lbs
	  16 bar muscle-ups
	  8 power cleans
	
	Etc., alternating between toes-to-bars and bar muscle-ups every 2 rounds.
	
	Post score to whiteboard!