

October 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 AMRAP IN 20 MIN 95lb thruster x 5 95 lb hang power clean x7 95 lb SDHP x 10	2
3	4 Split Jerk 7x1	5 10,9,8,7,6,5,4,3,2,1 Deadlift - 1.5 body weight Bench - body weight Clean - 3/4 body weight	6 50 Strict Pullups 100 pushups - release hands from floor at bottom Run 5K	7 Overhead Squat 5 x 3	8 5 rnd for time: Row 250m 135lb front squat x 10 15 GHD Situps 20 box jumps	9
10	11 21, 15, 9 95lb Thrusters Pullups	12 3 rnds for time: Run 800m 50lb d-bell squat clean x 30 30 Burpees	13 7 rnds for time: Seven reps each: Hndstnd pushup, 135lb thruster, Knees to elbows, Burpees, K-bell swing, pullups	14 21, 15, 9 135lb Thruster 45lb weighted pullup	15 5 round of: Lower from inverted hang x 7 15 Ring pushups move slowly and methodically	16
17	18 5 rounds for time: 400m run 30 box jumps 30 wall ball shots	19 3 rnds for time: 165lb Thruster Muscle ups	20 4 rnds for time Row 500m Rest 3 min	21 5 rounds of: Deadlift x 3 Max handstand pushups	22 3 rnds for time: 800m run 50 Back extensions 50 situps	23
24	25 see below	26 Shoulder Press 7 x 3	27 Fight Gone Bad	28 Pull up Ladder	29 10 rnds for time: 135lb Deadlift x 15 15 Pushups	30 AMRAP IN 20 MIN 115lb push press x 10 55lb k-bell swing x 10 Box jump x 10
31 5 rnds for time: 7 muscle ups 21 Burpees	Notes: 25 walking lunges, 20 pullups, 50 box jumps, 20 double unders, 25 ring dips, 20 knees to elbows, 30 K-bell swings (55lb), 30 situps, 20 hang squat cleans (35lb dumbbell), 25 back extensions, 30 wall ball shots, 3 rope climb ascents					