

December 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 muscle up handstand pushup = 7 muscle ups and 12 handstand pushups	1 5 rnds for time: 3 mus. up hndstd pushups 10 burpee pullups	2 5 rnds for time: 20 pullups 30 pushups 40 situps 50 squats	3 Snatch 1 rep every minute on the minute for 15 minutes	4
5 275lb deadlift x 20; 400m run; 70lb d-bell swing x 20 400m run; 115lb overhead squat x 20; 400m run 20 burpees; 400m run; 20 chest to bar pullups; 400m run; 20 box jumps; 400m run; 45lb d-bell squat clean x 20; 400m run	6	7 AMRAP for 12 minutes: 35lb d-bell thruster x 9 15 ft rope climb x 1	8 3 rnds for time: 55lb kbell swings x 30 25 wall ball shots 20 pullups	9 Overhead squat 5x1 Front Squat 5x1 Back squat 5x1	10 AMRAP in 8 minutes 4 Handstand pushups 55lb kbell swing x 8 12 GHD situps	11
12	13 5 rnds for time: 400m run 95lb overhead squat x 15	14 4 rnds for time: 100ft walking lunge w/ 45 lb plate overhead 30 box jumps 20 wallball shots 10 handstand pushups	15 AMRAP in 12 minutes 400m run 5 deadlifts	16 Hang power snatch 10x1	17 AMRAP in 20 minutes 30 second handstand hold 30 second squat hold 30 second L-sit hold 30 sec chin over bar hold	18
19	20 Hang Power Clean 7x1	21 7 rnds for time: 5 handstand pushups 185lb deadlift x 10 10 chest to bar pullups 20 double unders	22 6 rnds for time: 50lb sandbag 400m 115lb push press x 12 Box Jump x 12 95lb SDHP x 12	23 Push Press 7x3	24 1000m row 45lb thruster x 50 30 muscle ups	25
26	27 3 rnds for time 400m run 55lb d-bell swing 12 pullups	28 21, 15, 9 225lb deadlift Handstand pushups	29 <i>Tabata the following</i> 1 minute rest in between 30lb weighted pullup Squat 45 lb plate Ring dip w/ 30 lb 165lb Deadlift	30 Run 1600m rest 3 minutes Run 1400m rest 2 minutes Run 800m rest 1 minute Run 400	31 10 rounds for time: 15ft rope climb x 1 from floor 95lb back squat x 29 135lb d-bell farmer carry x 10 meters	Notes: