

April 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 8 rounds of: 400m run Rest 90 seconds	2 Shoulder Press 5x3	3
4	5 21,15, 9 225lb deadlift 135lb overhead squat	6 5 mus-up & 95lb sqt x 15 10mus-up & 95lb sqt x 30 15 mus-up & 95lb sqt x 45 10 mus-up & 95lb sqt x 30 5 mus-up & 95lb sqt x 15	7 3 rnds for time 400m run 55lb kbell swing 12 pullups	8 5 rnds for time: 15 ft rope climb x 1 asc. 5 parallel hndst pushups 45lb barbell 1 lg ovrhd sqt x 10 (5 each leg)	9 10 rnds for time: 135lb deadlift x 15 15 pushups	10
11	12 3 rnds for time: 25 L-pullups 50lb d-bell squat clean x 20 reps	13 20 minutes for rnds 400m run 40 Wallball shots	14 Weighted Pullups 7x1	15 20 minutes for rnds 15 Back Extension 15 Knees to elbows 95lb overhead squat x 15	16 1 mile run 100 pullups 200 pushups 300 squats 1 mile run	17
18	19 Deadlift 7x1	20 Pullup & Hnstd Pushup Minute Ladder	21 Row 1k 40lb d-bell snatch x 50 Row 750m & snatch x 35 Row 500m & snatch x 20 (alternate arms on snatch)	22 3 rnds for time: 275lb deadlift x 10 50 double unders	23 10-9-7-6-5-4-3-2-1 of Chest to bar pullup 30 in box jump GHD Situps	24
25	26 Snatch 7x1	27 30 muscle ups	28 Thruster 7x3	29 5 rnds for time: 40 double unders 30 box jumps 55lb k-bell swing	30 7 rnds for time: 185lb front squat x 3 7 L-pullups	Notes: