

~ CFFM December 2011 ~

Mon	Tue	Wed	Thu	Fri
			1 <b>10 Min AMRAP</b> 10 Med Ball Cleans 15 Wall Balls 200m Med Ball sprint	2 <b>HERO WOD</b> "Abbate" Run 1 mile 21 Clean and jerk (M=155/F=95#) Run 800 meters 21 Clean and jerk (M=155/F=95#) Run 1 Mile
5 <b>25 Min AMRAP</b> 10 SDLHP (M=75/F=55#) 25 Unbroken DUs 10 Power Snatch (M=75/F=55#)	6 <b>5 Rounds for Time:</b> 15 Deadlift (M=245/F=165#) 21 KB Swings (M=1.5 /F=1 pood)	7 <b>For time:</b> 5 rope ascents - 20' 10 unbroken cleans (M=165/F=95#) 200 double unders 10 unbroken cleans (M=165/F=95#) 5 rope ascents - 20'  (sub 7 towel or bar chin up-knee up for 1 rope ascent. A chin up-knee up is a strict chin up where head gets higher than hands on towel, and knees are brought up into chest as you raise up into towel chin up)	8 <b>4 Rounds for Time:</b> 10 Chest to Bar Chin-ups 15 Burpees 400m run	9 <b>For time:</b> Row 1K 30 Burpee box jumps (20") Row 1K
12 <b>HERO WOD</b> "BADGER" <b>3 Rounds for time of:</b> 30 Squat clean (M=95/F=65#) 30 Pull-ups Run 800 meters	13 <b>Tabata<sup>3</sup></b> Tabata Row (total distance) -Rest 90 sec- Tabata GHD sit-ups - Rest 90 sec- Tabata Hand Release Pushups  **Score by lowest round each exercise, then combine the 3 #s	14 <b>For Time:</b> 15 Power Cleans 100m Barbell OH Carry 15 Squat Cleans 100m Barbell OH Carry 15 Power Snatch 100m Barbell OH Carry 15 Squat Snatch 100m Barbell OH Carry  * (M=115/F=85#)	15 <b>For reps:</b> 5 min DUs 5 min Ring Push-ups 3 min DUs 3 min Ring dips 1 min DUs 1 min Pull-ups	16 <b>3 Rounds of:</b> 5 Wall Climbs 15 KB Swings (M=1.5/F=1pood) 20 Box Jumps (M=30/F=24") 400m Run

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<p><b>19</b>      <b>“Makers Mark”</b></p> <p><b>10-9-8-7-6-5-4-3-2-1</b> reps of: Asymmetrical OHS (M=125*/F=85**) Strict Pull-ups KB Swing (M=2/F=1.5)</p> <p>* 35# / 45# for men ** 15# / 25# for women</p>	<p><b>20</b></p> <p><b>7 Minute AMRAP of:</b> 2 Deadlift (M=355/F=205) 2 Muscle-ups 4 Paralette HSPUs</p> <p><b>*Once you start a round it must be completed unbroken*</b> * Do not drop the bar on DL between reps and work on speed of lift * Do not drop off the rings for Muscle-ups * Once you kick up for HSPU complete all 4 reps before dropping</p>	<p><b>21</b></p> <p><b>For Time:</b> 3 Thrusters (155) 30 KTE 150m sprint 6 Thrusters (135) 24 KTE 150m sprint 6 Thrusters (135) 18 KTE 150m sprint 3 Thrusters (155) 12 KTE 150m sprint</p>	<p><b>22</b></p> <p><b>3 rounds for time of:</b> Run 800 meters Rest 2 minutes between rounds</p>	<p><b>23</b>      <b>HERO WOD</b>           <b>“Nutts”</b></p> <p><b>For time:</b> 10 Handstand push-ups 15 Deadlift (250 pounds) 25 Box jumps, 30 inch box 50 Pull-ups 100 Wallball, 20 pounds, 10' 200 Double-unders Run 400 meters with a 45# plate</p>
<p><b>26</b></p> <p><b>3 Rounds for Time:</b> 5 MUs 10 Hang Snatch (M=95/F=65#) 50 squats</p>	<p><b>27</b></p> <p><b>5 – 3 min Rounds</b> Row for calories Pull-ups Ab-mat sit-ups</p> <p>**1 min per exercise** **1 min rest between rounds** **Score for total reps/calories**</p>	<p><b>28</b></p> <p><b>For Time:</b> 35 SDHP (M=95/F=75#) 50 Box Jumps (M=30/F=24") 35 Push Press (M=95/F=75#) 50 Squats 35 TTB 50 KB Swings (M=1.5/F=1 pood) 35m OH Lunge Walk (M=45/F=25#)</p>	<p><b>29</b></p> <p><b>15 Min AMRAP</b> 5 MUs 10 HR Pushups 15 OHS (M=95/F=75#)</p>	<p><b>30</b></p> <p><b>21-15-9 of</b> Broad Jumps (6') Push Jerk (M=135/F=95) lateral bar-hop burpees</p>