

810 CrossFit



MURPH DATE/TIME:
MONDAY, 5/25, 9:30AM

WEEK 3/4
WORKOUTS

MONDAY (5/10)

Warm-Up:

5:00 Run (Do before class)

2X: Squat Prep-Cycle + Pass-Thru's

Workout:

"CINDY"

20:00, As Many Rounds As Possible:

5 Pull-Ups OR Ring Rows

10 Push-Ups

15 Air Squats

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

TUESDAY (5/11)

Warm-Up:

5:00 Run (Do before class)

2X: Squat Prep-Cycle + Pass-Thru's

Workout:

4X:

Run 800m

Rest 2:00 Between Efforts

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

WEDNESDAY (5/12)

Warm-Up:

5:00 Run (Do before class)

2X: Squat Prep-Cycle + Pass-Thru's

Workout:

20 Minutes, Every Minute On The Minute:

1 Deadlift, 1 Hang Power Clean, 1 Front Squat, 1 Push Jerk OR

3 Glute-Bridges, 3 Sit-Ups, 3 Push-Ups, 3 Squat Jumps

*Increase weight every round (stop at comfortable working weight):

*If no weight is available to increase, increase reps

THURSDAY (5/13)

REST/STRETCH DAY!

See **WODIFY** for video links to stretches:

2:00 Standing Straddle

1:00 Extended Lizard, Left

2:00 Puppy Dog

2:00 Pigeon Hold, Right

1:00 Extended Lizard, Right

1:00 Lizard, Left

1:00 Twisted Cross, Left

1:00 Lizard, Right

1:00 Twisted Lizard, Left

1:00 Twisted Cross, Right

1:00 Twisted Lizard, Right

2:00 Seated Forward Fold

2:00 Pigeon Hold, Left

FRIDAY (5/14)

Warm-Up:

5:00 Run (Do before class)

2X: Squat Prep-Cycle + Pass-Thru's

Workout:

26:00, As Many Rounds As Possible:

400m Run

25 Pull-Ups

50 Push-Ups

75 Air Squats

400m Run, Rest 2:00

Cool-Down:

10 Minutes of Stretching on own

SATURDAY (5/15)

Warm-Up:

5:00 Run (Do before class)

2X: Squat Prep-Cycle + Pass-Thru's

Workout:

Run 5K

Cool-Down:

10 Minutes of Stretching on own