

810 CrossFit



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

WEEK 2/4
WORKOUTS

MONDAY (5/3)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

10->1 Bench Press/Floor Press/Push-Ups

10->1 Back Squat/Goblet Squat/Air Squat

10->1 Pull-Up/Ring Row

10->1 Sit-Ups

10->1 Deadlift

*Perform 10 of each mvmt, then 9 then 8, etc...

*Pick a load for no rest

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

TUESDAY (5/4)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

6X:

Run 400m

R:45

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

WEDNESDAY (5/5)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

5X:

12 Deadlifts (135/95) OR DB/KB Deadlifts OR Glute-Bridges

9 Hang Power Cleans OR Squat Jumps

6 Push Jerk OR Planche Press

THURSDAY (5/6)

2:00 Standing Forward Fold

1:00 Extended Lizard, Right

1:00 Lizard, Right

1:00 Twisted Lizard, Right

1:00 Extended Lizard, Left

1:00 Lizard, Left

1:00 Twisted Lizard, Left

2:00 Seated Straddle

2:00 Puppy Dog

1:00 Thread-T-Needle, Left

1:00 Thread-T-Needle, Right

2:00 Pigeon Hold, Left

2:00 Pigeon Hold, Right

REST/STRETCH DAY!

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

FRIDAY (5/7)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

3X, Rest 2:30 b/w rounds:

400m Run

20 Pull-Ups

30 Push-Ups

40 Air Squats

400m Run

Cool-Down:

10 Minutes of Stretching on own

SATURDAY (5/8)

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