

# 810 CrossFit



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

WEEK 1/4  
WORKOUTS

## MONDAY (4/26)

### Warm-Up:

5:00 Run (Do before class)

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

### Workout:

4X:

:45 Pull-Ups/:15 Rest

:45 Push-Ups/:15 Rest

:45 Air Squats/:15 Rest

Rest 2:00

### Cool-Down:

5:00 Run

10 Minutes of Stretching on own

## TUESDAY (4/27)

### Warm-Up:

5:00 Run (Do before class)

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

### Workout:

6X: :30 Sprint/:30 Rest

Rest 4:00

6X: :30 Sprint/:30 Rest

Rest 4:00

6X: :30 Sprint/:30 Rest

### Cool-Down:

5:00 Run

10 Minutes of Stretching on own

## WEDNESDAY (4/28)

### Warm-Up:

5:00 Run (Do before class)

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

### Workout:

30 Minutes, Every Minute On The Minute (EMOM)

MINUTE 1: 10 Lateral Bar Hops OR Lateral Hops

MINUTE 2: 10 Hang Snatches (75/55) OR DB/KB Hang Snatches

MINUTE 3: 10 Front Squats OR Goblet Squats OR Air Squats

## THURSDAY (4/29)

### 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 (4/30)

### Warm-Up:

5:00 Run (Do before class)

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

### Workout:

4X, Rest 1:00 after every round::

10 Pull-Ups

20 Push-Ups

30 Air Squats

Run 400m

### Cool-Down:

10 Minutes of Stretching on own

## SATURDAY (5/1)

### 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