

810 CrossFit



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

WEEK 4/4
WORKOUTS

MONDAY (5/18)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

Tabata (:8X ::20 Work/:10 Rest) Pull-Up

Tabata Air Squat

Tabata Sit-Up

Tabata Push-Up

*Maintain the same number each round

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

TUESDAY (5/19)

Warm-Up:

5:00 Run (Do before class)

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

Workout:

8X:

Run 400m

R 1:00

Cool-Down:

5:00 Run

10 Minutes of Stretching on own

WEDNESDAY (5/20)

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

Cool-Down:

5:00 Run

10 Minutes of Stretching

THURSDAY (5/21)

REST/STRETCH DAY!

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

2:00 Standing Forward Fold

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 Thread-T-Needle, Left

1:00 Lizard, Right

1:00 Twisted Lizard, Left

1:00 Thread-T-Needle, Right

1:00 Twisted Lizard, Right

2:00 Seated Straddle

2:00 Pigeon Hold, Left

FRIDAY (5/22)

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

SATURDAY (5/23)

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