

August 17-21	CrossFit	GPP
<p>Monday First day on the conjugate hybrid program. “Max Effort Lower” comes in the form of a heavy clean grip deadlift, this should challenge the grip enough that you aren’t getting to maximal loads and aren’t completing taxing the CNS. The main intent here is that moving heavy weight more often will allow you to move heavier weight. Encourage people to have 3-5 sets that feel heavy and to go for a max effort intensity attempt. After is a fast workout that focuses on the low back, hamstrings, and calves. The runs should be all out as hard as you can, grab a breath, swing as heavy as you can, and straight into jumping.</p>	<p>A. Build to a heavy double overhand clean grip deadlift B. 5 Rounds For Time: CAP 12 200m run 10 Russian KBS (AHAP Unbroken) 5 Box Jumps (30/24) C. NFT 2 Rounds 20 Hip Extension 25 GHD Sit-Up -rest 1:30 btwn-</p>	
<p>Tuesday Got a big pull day in the form of a team WoD. Double unders to start just as an aid in getting loose from the previous day and spiking the heart rate to make everything harder. After are 3 Pulls in a row, but nothing coming from the floor due to deadlifts the day prior. In a solo WoD three pulls in a row is not good but with the built in rest in the team workout this should be a fun combo of cardiac and muscle fatigue. I’m guessing a super fast team could get in around 15min, but most will probably be in that 20 range. If people finish way early hit</p>	<p>Teams of 2 – 2 Rounds For Time 60 Double Unders (Each) 60 Pull-Up 60 Cal Row 60 Hang DB Snatch (50/35)</p>	

<p>some accessory pulls in directions we don't often get to hit. Tabata bent over row alternated with some core work or something along those lines.</p>		
<p>Wednesday Max Effort Upper day, last week was the bench so this week is a dynamic upright press, going push press, ensure everyone is only dipping once. This should be easier to find a heavy on than the deadlift. Therefore, there is some additional volume work after to help drive the movement pattern. After is two very different workouts for CF and GPP. CF focuses on fatiguing the core, chest, and triceps while increasing volume and increasing heart rate. GPP has a for time workout that is less fatiguing overall but uses a lot of the same muscle groups. Warm-up appropriately.</p>	<p>A. Build to a heavy Push Press B. 4x3 Push Press @ 80-85% of todays single. C. AMRAP 12 3-6-9-..... Ring Dip Toes-2-Bar Burpee</p>	<p>A. Build to a heavy Push Press B. 4x3 Push Press @ 80-85% of todays single. C. 27-21-15-9 Push-Ups 15-12-9-6 Double DB Hang C&J (50x2/35x2)</p>
<p>Thursday Another big dynamic lower body day. CF will continue box squats and work on monostructural rowing work, this is more of a competitive option or for people who suffer in longer metcons. The GPP option is a chipper that is intended to hammer the core and quads. The hardest part of GPP will be going from 15 FS to 35 WallBalls, but that's the intent. Warm up well for both tracks.</p>	<p>A. 8x3 Box Squat @ 60% of 1RM Back Squat B. 4-6 sets of 500m row w/ 1min rest btwn. *Try to maintain -10s to -5s off of 2k pace.</p>	<p>For Time: Buy In- 400m Run 2 Rounds 35 WallBalls 20 Toes-2-Bar 15 Front Squat (115/75) Cash out- 400m Run</p>

<p>Friday</p> <p>Anyone who missed or wants to make up a lift can hit the Deadlift, Push Press, or Box Squats. Encourage skill work on the cage, double unders, or handstand work. Bias skills toward the upper body due to the previous day lower focus. Consider using part of the open time to do group mobility as everyone may be pretty beat up.</p> <p>CF- This workout as well as many workouts on Fridays will be biased toward comp prep for members who desire it. It has heavier more high skill movement.</p> <p>GPP- This is a workout that is long but you just move through. After a week of harder wods this one should feel more like movement and more recovery style.</p>	<p>A. 20min of mini open time – Make up a lift – work on skills</p> <p>B. EMOM 5 5 Thruster 115/75 5 Burpee Box Jump Over 24/20 -into- 5 Rounds 4 Strict HSPU 3 Power Clean 185/125</p>	<p>A. 20min of mini open time – Make up a lift – work on skills</p> <p>B. For Time 21-15-9 Burpee Box Jump over 24/20 Bent Over Sandbag Row Sandbag over shoulder</p>
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