

Class #1	Class #2	Class #3	Class #4
Skill	Skill	Skill	Skill
Air Squat	Pose Run Technique	Press	The Prowler
WOD	WOD	WOD	WOD
2-3 rounds slow Bottom to Bottom Air Squats Elite: Finish all 8 rounds	4x: 200m runs using Pose. Rest 2:00 between rounds 1x 400m run	Tabata: Squat thrusts Body Bar Presses	4 rounds: high handles down low handles back
Cool down and Discussion	Cool down and Discussion	Cool down and Discussion	Cool down and Discussion
"Understanding Crossfit"	"Foundations"	<i>"Have you ever heard of Paleo?"</i>	<i>What is a cashout?</i>
Class #5	Class #6	Class #7	Class #8
Skill	Skill	Skill	Skill
Dead Lift	Glute-Ham Developer (GHD) - Abs	Row Technique	Glute-Ham Developer - Glutes, Back, Hams
WOD	WOD	WOD	WOD
16-12-8 Burpee Thrusts Box Jumps/step-ups KB Deadlifts	Tabata Medball twists Pushups Jumping Jacks	4 Rounds Row 200 10 Air Squats 10 Vertical Jumps (Jump and tag pullup bar)	1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10 Supermans Butterfly situps Lunges (Adv: Hold Plate)
Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:
"Food and Nutrition"	"Scalability"	"Fundamentals, virtuosity, and mastery"	"Rhabdo"
Class #9	Class #10	Class #11	Class #12
Skill	Skill	Skill	Skill
Box Jump	Goblet Squats	Pull-ups Kipping	Push-ups
WOD	WOD	WOD	WOD
10 - 9 - 8 - 7 - 6 - 5 - 4 - 3 - 2 - 1 Box Jumps Butterfly situps Air Squats	3x 10 KB Cleans 10 Goblet Squats 200m Pose Run	AMRAP 10 Minutes 5 Pullups 7 SuperMans 9 inchworms	Texas Pushup Challenge Then Prowler 3x each
Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:
<i>"CrossFit camaraderie"</i>	<i>"Beyond the Body"</i> <i>"CF Girls are beautiful"</i>	<i>"If the shoe fits"</i> <i>"Athletes footwear choice for WODs"</i>	<i>History of CF</i> Link: CrossFit
Class #13	Class #14	Class #15	Class #16
Skill	Skill	Skill	Skill
SDLHP	Front Squat	Handstands	Push Jerk
WOD	WOD	WOD	WOD
2x Fight Gone Bad Remix 1min SDLHP/Switch 1min Situps/Switch 1 min Box Jumps/Switch	SanFrancisco Crippler Remix 2x 15 Front Squats w/ Bar 500m Row Rest 1min Modify Row if needed	5-4-3-2-1 HS holds for 10 seconds Run 200m Do plank hold 20 seconds for modification	AMRAP 10 6 Pullups 6 Pushjerks 6 Lunges (R=1, L=2) Rest from minute 5 to minute 6...Get water!!
Partner Up: Partner Counts reps			
Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:
<i>Barefoot benefits</i> Article: Even if the show fits...forget it.	<i>"How to Strengthen your flat feet"</i> Article: "Flat Feet Treatment"	"How to wake up and feel alert"	"17 ways to improve your sleep"
Class #17	Class #18	Class #19	Class #20

Skill	Skill	Skill	Skill
Hang Cleans	Back Squats	Knees to Elbows & Toes to Bar	Press, Push Press, Push Jerk
WOD	WOD	WOD	WOD
15-12-9 Hang Cleans Pullups (Ring Rows) inchworms into pushup 200m Run 30 second Plank Hold	Back Squat: 5-5-5-5+ Band Pull aparts in between each set Tabata Burpees Mt Climbers 2x Prowler	3x 10 Knees to Elbows 10 Med Ball Twists 200m Farmers Walk	1 Press, 1 PP, 1 PJ First Minute, rest 2 Press, 2 PP, 2 PJ 2nd Minute etc...
Cool down and Discussion	Cool down and Discussion	Cool down and Discussion	Cool down and Discussion
What are the CF Games?	CF Games history (CFM History)	What are PaleoKits- History?	Why grassfed over grain fed?
Class #21	Class #22	Class #23	Class #24
Skill	Skill	Skill	Skill
Dips	Power cleans	Wall Balls	Lunges
WOD	WOD	WOD	WOD
AMRAP 10 5 Ring Dips 7 Burpees 200m Run	1 Powerclean 1st min 2 Powercleans 2nd min. etc... Heavy Prowler Cashout x2	3 rounds: 200m Run 12 Wallballs 15 Box Jumps 20 Abmat situps Rest 1 min	Terrible 20's 20 Lunges 20 Pushups 20 Squats Jumps 20 Ring Rows 20 Lunges 20 Burpees
Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:	Cool down and Discussion:
"Top 10 ways to reduce body inflammation" Foods that fight inflammation	"Posterior Chain Work"	"Breathing Technique"	Chalking up
Class #25	Class #26	Class #27	Class #28
Skill	Skill	Skill	Skill
Kettlebell Swings	Thrusters	Clean & Jerks	Double Unders
WOD	WOD	WOD	WOD
8 KBS, 8 Squat thrusts with high jump 7 KBS, 7 Squat Thrusts 6, 6...etc..	Fran Remix 15-12-9 Thrusters Ring Rows/Pullups 30 second rest	Grace Remix 5x 5 C&J 15 sec Wall Sit 30 second rest	Angie Remix 40-30-20-10 Double Unders Situps
Cool down and Discussion	Cool down and Discussion	Cool down and Discussion	Cool down and Discussion
Sugar is like crack Don't let anything rule your body!	How to eat out a restaurant and eat paleo	CrossFitting while Pregnant www.crossfitmom.com	Make the jump to a CF WOD come to Friday/Saturday crossfit wod any nervousness with that? impressions of CF?
Class #29	Class #30	Class #31	Class #32
Skill	Skill	Skill	Skill
Burpees	Overhead Squat	Snatch	Muscle-Ups
WOD	WOD	WOD	WOD
15x Push-ups Run 200m 15x Squats Run 200m 15x Burpees Run 200m 15x Sit-ups Run 200m	4x 10 OHS (PVC, Black Bar) 10 K2E 10 Inchworms	AMRAP 7 3 Snatches 7 Box Jumps 10 Supermans	AMRAP 8 5 Ring Dips 100m Run 5 Pullups 15 Airsquats

15x Jumping jacks			
Cool down and Discussion	Cool down and Discussion	Cool down and Discussion	Cool down and Discussion
Drink 1/2 body weight in ounces! Benefits to drinking water	What about Abs? We never do crunches!	How to Foam Roll Why Foam Roll Challenge See below	How to workout on vacation Travel Wods Pick up something Heavy Push something Throw Something Get your heart rate up! Time yourself, get others involved Challenge See below
Fun challenges below: see website below			

