



# DECEMBER

DAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
DATE	12/14/2015	12/15/2015	12/16/2015	12/17/2015	12/18/2015	12/19/2015	Rest Day
<b>STRENGTH/SKILL</b>	<b>Max Effort Lower</b> 1) Sn. Balance + OHS: 4 x 2 + 2 @75% 2) Anderson Safety Bar Squat w. 2 chains: Heavy 3/1 max 3) Every 30s x 4 sets: 3 Tng Sq Snatch @60-65%.	<b>GPP</b> 1) Sledpull x 600m @1/2 forward, backward, lateral 2) Belt Squat Box Squat w. Band: 3 x 15. Rest 1:00 3) Ab Rollout: 3 x 10-12. Rest 1:00 4) Banded Leg Curls x 100	<b>Max Effort Upper</b> 1) Push Press + Jerk minibands: Heavy 1 + 1 2a) Supinated Grip BB Row: 4 x 6. Rest 1:00 2b) JM Presses: 3 x 15. Rest 1:00 3) TGU: 12 Reps, AHAP.	<b>Active Recovery</b>	<b>Dynamic Effort Lower</b> 1) Banded Box Squat: 10 x 2@50%, every 45s. 2) Banded Speed Pull Deadlifts: 8 x 1 @60%, every 60s.	<b>Dynamic Effort Upper</b> 1) Bench Press against minibands: 9 x 3 @50% 2a) Weighted Wide Grip Pullups: 10 heavy singles 2b) Weighed Bar Dips: 10 heavy singles 3a) OH Yoke Hold: 3 x 30s 3b) Banded High to low woodchop: 3 x 10ea 4) IronScap	<b>OFF</b>
<b>METCON</b>	3 Rounds, Rest 1:00 10 Power Cleans (135, 95) 20 Wallballs (20, 14) (11', 10')	3 Rounds of: Row 400 meters Run 400 meters Rest 5:00	Every 4:00 x 5 (20:00) 40 Double Unders 15 Power Sn. (75, 55) 12 Burpees over the Bar *Goal: decrease split ea set	1) Sledpull PW: 4 x 60 2) 20:00 non-invasive individual work 3) Banded leg curls x 100 4) Iron Scap 5) Tissue Work	3 RFT: 21 KBS (70, 53) 15 Box Jumps w. step down (24, 20) 9 Thrusters (135, 95)	1) Prowler Sprint: 4 x 120y. Rest 2:00 2) UB C2B: 4 x 15, AFAP 3) Farmer Carry: 4 x 60y Guys: Handles + 90 Ladies: 88#	
<b>Accessory</b>	1a) Reverse Hyper: 3 x 10 1b) Belt Squat Pull Throughs: 3 x 20 1c) Side bends GHD: 3 x 10		CrossOver Iron Scap		1) FR Reverse Lunge: Heavy 4 ea. 2a) Glute Ham Raises: 4 x 5-8 2b) Slamball + rotation: 3 x 12		
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