

Jason Brown's



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	12/20/2015
WARM UP 10:00	Dynamic Warm-up	AMRAP 8: Row 200 meters 10 Hollow-rocks 15 Air Squats 20 Single Unders	3 Rds, w. a empty barbell: - 8 Hang Muscle Snatch - 8 Shoulder Press - 8 Bent-over Rows - 10 Band Pull-aparts - 20 Jumping Jacks - 30 Single Unders Rest 1:00 between sets	Run 400 meters, Dynamic Circle Warm-up Or a fun Game	W. an empty barbell, 3 sets 10 deadlifts 10 back squats 10 Goodmornings 10 reverse lunges in place *rest as needed	Dynamic Warm-up	
MOBILITY 5:00	Squat Mobility 1a) Wall Squat: 2 x 5 @3311 1b) Pigeon Pose: 2 x 20s ea	Tissue Work Foam roll, 10 pases ea. - quads - IT Bands - Hamstrings - Thoracic Spine - Lats - Adductors - Calves (lax ball)	2-3 Sets of: 10 Wallslides *arms at 90 degrees	Incorporate the Worlds Greatest Stretch into your Warm-up today	Glute Activation x 2 sets Hip circles - forward x 10 steps - backward x 10 steps - laterally x 10 steps - hip thrusts on floor x 10 - laying clams x 10 ea.	Tissue Work Foam roll, 10 pases ea. - quads - IT Bands - Hamstrings - Thoracic Spine - Lats - Adductors - Calves (lax ball)	
STRENGTH/SKILL 20:00	1) Back Squat: work up to a heavy double. Rest 3:00 2) Banded ab pulldown: 3 x 15. Rest 1:00	Accumulate: 50 KB Walking Lunges 50 Ring Rows 50 Ball Slams *Rest as needed	1) Hang Pwr Snatch: 4 x 2 @60-70%. Rest 1:30 2) Strict Wide Grip Pull-ups: 20 Reps *2-4 reps per set. Add weight if needed.	Gymnastics - Pistols - L-Sit - Hollow Hold	1) Speed Pull Deadlift: 6 x 2 @70%, every minute. Reset one each rep. 2) Seated Box Jumps: 3 x 4. Rest 1:00	- Set up for workout, set up teams, warm-up METCON movements.	
METCON 20:00	3 Sets of: 10 Power Cleans (135, 95) 20 Wallballs (20, 14) *Rest 1:00 after ea. set (Pre-metcon take 10:00 have class get light sweat going to they are prepared for an all out effort)	AMRAP 12: 10 T2B 10 Burpee Box Jumps (24, 20) 10 OHS or Goblet Squats (95, 65) (53, 35)	4 Rounds of: 30s Max Cals Assault Bike or Row 30s Rest 30s Max DB Push Press 30s Rest 30s Max Air Squats 30s Rest 30s Max Double Unders Rest 1:00 Score = Total reps	For time: 50 Pistols 200m Run 50 Sit-ups 200m Run 50 Push-ups 200m Run 50 Renegade Rows 200m Run 50m HS Walk (5 Wallclimbs)	AMRAP 3 x 2: 10 KBS (53, 35) 10 Thrusters (95, 65) Rest 3:00 & repeat Score = 1st and 2nd AMRAP	For time w. a partner: 100 partner WBs 10-20-30 Hang Power Cleans (135, 95) Bar Facing Burpees Pull-ups *800m run after ea. set *One person works *Split work however needed	