

monday	tuesday	wednesday	thursday	friday
9.26.16	9.27.16	9.28.16	9.29.16	9.30.16
back squat 1x20	amrap 15 3 hang cleans, 155/105# 6 hspu	21-15-9-6-3 deadlift, 205/135# burpee	press 10 min for heavy 3	50-25 kbs, 2/1.5 pd pull-up
then,	9 box jumps, 30/24"	t2b	then,	
100 wallballs, 20/14# every min: 3 muscle ups			5 rounds row 250m 7 presses, increase # <rest :30 b/w rds>	

MOTOWN

CROSSFIT ★ MORRISTOWN

monday starts 1x20 back squat program. increase weight 5-10# per week for 5 weeks. start light!

tuesday is a beast. reps should be executed quickly, scale to ensure you keep yourself moving..do not stop on the box jumps - step up if you have to but you will keep moving

wednesday is light with the deadlifts..prioritize mechanics over speed

thursday work up to a heavy 3 rep press, then start light for the workout and increase the weight each set

friday you end the week with a bang. engage.. have fun..finish strong.. always.