

CrossFit 2 Companion Guide

wk	Tuesday	Thursday	Friday/Other
2	<p>Skill/Strength: Deadlift 3-3-3-3-3 (Build on Week 1 3RM)</p> <p>Conditioning: Complete as many rounds as possible in 15 minutes of: Row 250 meters 25 Push up</p>	<p>Skill/Strength: Push Press 5-3-3-2-2</p> <p>Conditioning: 3 rounds for total reps: 1 minute Max effort: Push-ups 1 minute Max effort: Sit-ups Rest 1 minute.</p>	<p>Skill/Strength: LBBS/HBBS 20 minutes to establish a 3RM. Choose one</p> <p>Conditioning: In 7 minutes, Complete as many rounds as possible (AMRAP) ¼ bodyweight dumbbell: 10 Hang squat cleans 10 walking lunges with DB's (5 each leg)</p>
3	<p>Skill/Strength: Clean Pull Shrug 5-5-4-3-3</p> <p>Conditioning: For time: 15-12-9-6-3 of DB Hang power cleans (20% of Bodyweight each hand) DB Thrusters Box jumps (Make it a challenge)</p>	<p>Skill/Strength: LBBS/HBBS 5-5-3-2-2</p> <p>Conditioning: 10 minutes: As many rounds a possible 5 Steps ups (per leg) with Barbell in front rack position. 10 Push ups</p>	<p>Skill/Strength: Push Press 20 minutes to work up to 1RM</p> <p>Conditioning: "Death by Burpees" (On the first minute do 1 burpee, on the second minute do 2, keep adding 1 burpee to the total number you are doing per minute until you no longer can perform the number of burpees in 1 minute.)</p>
4	<p>Skill/Strength: LBBS/HBBS 20 minutes to work up to 5RM</p> <p>Conditioning: Every Minute on the Minute for 10 minutes 2 Bear Complex (115/65lbs. or scale as needed.)</p>	<p>Skill/Strength: Push Press 2-2-2-2-2</p> <p>Conditioning: 3 rounds for total reps: 1 minute Max Effort: 75/45lb. Push Press 1 minute Max Effort: Front squats with a 45lb. barbell Rest 1 minute</p>	<p>Skill/Strength: Deadlift 20 minutes to build up to 1RM</p> <p>Conditioning: Complete as many rounds as possible in 20 minutes of: Deadlift, 6 reps (This should be 65% of your 1RM) 7 Burpee pull-ups 10 Kettlebell swings, 2 pood (Use a Dumbbell; 2 pood is 70 pounds, scale down from that)</p>
5	<p>Skill/Strength: Push Jerk (or Split Jerk) 5-5-3-3-2</p> <p>Conditioning: Five rounds for time of: 15 Knees to Elbows 5 Push jerk 115/55lbs.</p>	<p>Skill/Strength: Clean (or Hang Power Clean) 20 minutes to establish 3RM</p> <p>Conditioning: 7 rounds for time: 12 Thrusters 95/65lbs. 9 Dumbbell Swings 55/35lbs.</p>	<p>Skill/Strength: Overhead Squat 5-5-4-4-3</p> <p>Conditioning: 5 rounds for time: 200 meter run 15 Power Snatch 95/65lbs.</p>

6	<p><u>Skill/Strength:</u> Clean (or Hang Power Clean) 5-5-5-5-5</p> <p><u>Conditioning:</u> 5 rounds for time: 10 DB hang squat cleans 10 DB push press 25%BW/Hand Row 250 meters Work/Rest Ratio 1:1 (This means that each round you complete however long it takes you, you have that same amount of time to rest before starting the next round.)</p>	<p><u>Skill/Strength:</u> Push Jerks (or Spilt Jerk) 20 minutes to establish 3RM</p> <p><u>Conditioning:</u> For time: Row 2k Rowing Technique Programming the Monitor</p>	<p><u>Skill/Strength:</u> Overhead Squats 20 minutes to establish a 5RM</p> <p><u>Conditioning:</u> As many rounds as possible in 8 minutes: 6 Box jumps 3 Thrusters 95/65lbs 3 Bar-facing burpees</p>
7	<p><u>Skill/Strength:</u> Clean or Hang Power Clean 3-3-2-2-1</p> <p><u>Conditioning:</u> "Elizabeth" For time 21-15-9 reps of: Power Clean 135 pounds (Scale as needed) Ring dips (This can be regular dips)</p>	<p><u>Skill/Strength:</u> Overhead Squat 5-3-3-2-2</p> <p><u>Conditioning:</u> For time 30 overhead squats 15 dips 20 Overhead squats 10 dips</p>	<p><u>Skill/Strength:</u> Push Jerks (or Split) 7-5-3-2-2</p> <p><u>Conditioning:</u> As many rounds as possible in 8 minutes of: 3 dips 3 pull-ups 7 push-ups 15 Air Squat</p>
8	<p><u>Skill/Strength:</u> Clean (Any style) & Jerk 5-5-5-3-3-3</p>	<p><u>Skill/Strength:</u> Snatch (Any style) 8-5-5-3-3-2</p>	<p><u>Skill/Strength:</u> LBBS/HBBS 20 minutes to establish 3RM</p>
9	<p><u>Skill/Strength:</u> Clean & Jerk 5-5-3-3-2-2</p>	<p><u>Skill/Strength:</u> Snatch (Any style) 7-5-3-3-2-2</p>	<p><u>Skill/Strength:</u> Push Press 20 minutes to establish 1RM</p>
10	<p><u>Skill/Strength:</u> Snatch 20 minutes to establish 1RM</p>	<p><u>Skill/Strength:</u> Clean & Jerk 20 minutes to establish 1RM</p>	<p><u>Skill/Strength:</u> Deadlift 20 minutes to establish 1RM</p>

How to Implement: Dashes between rep schemes indicate that you should increase weight from one to the next. Depending on the demand the previous set places on you, rest between sets should be between 1-2min. The sets I have put there are 'working sets' meant to be performed at or above about 80% of your capacity. Anything less should be considered part of your warm up. Including [warm up](#), you should be able to be in and out of the gym in under an hour. Also good if you can work out with one or two other classmates to both ratchet up the intensity/competition and have an extra set of eyes on your form.

It's a progressive program, and you will see lifts on here repeatedly. Keep a journal, or print this off and record your numbers so that you can know where to start on repeated days and look to increase your numbers. Also, as I said at the start of the last round of the term; mobility and recovery on off-days and post-class will be essential. Walking, light jogging, yoga, and stretching are all good things. Just sitting on your ass; not as helpful. Good luck this term, and get after it.

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