

Crossfit 2 Companion Guide

Week	Mon	Tue	Wed	Thu	Fri/Other
2	<p><u>Skill/Strength:</u> Deadlift 3-3-3-3-3 (Build on Week 1 3RM)</p> <p><u>Conditioning:</u> Complete as many rounds as possible in 15 minutes of: Row 250 meters 25 Push ups</p>	<p>Class</p>	<p><u>Skill/Strength:</u> Push Press 5-3-3-2-2</p> <p><u>Conditioning:</u> 3 rounds for total reps: 1 minute Max effort: Push-ups 1 minute Max effort: Sit-ups Rest 1 minute.</p>	<p>Class</p>	<p><u>Skill/Strength:</u> Barbell Row 3 sets of 8</p> <p><u>Conditioning:</u> In 7 minutes, Complete as many rounds as possible (AMRAP) . bodyweight dumbbell: 10 Hang squat cleans 10 walking lunges with DB's (5 each leg)</p>
3	<p><u>Skill/Strength:</u> LBBS/HBBS 20 minutes to establish a 3RM. Choose one</p> <p><u>Conditioning:</u> For time 1-10 exchange: dumbbell thrusters, burpee box jump</p>		<p><u>Skill/Strength:</u> Good Morning 3 sets of 8</p> <p><u>Conditioning:</u> For Time: 30-20-10 of sit-ups and push-ups</p>		<p><u>Skill/Strength</u> <u>Conditioning:</u> 5 RFT: row 250 10 burpees</p>
4	<p><u>Skill/Strength:</u> Push press 5X5</p> <p><u>Conditioning:</u> AMRAP 12: 9 sit-ups 7 box jumps 5 push-ups</p>		<p><u>Skill/Strength:</u> Power Clean 2-2-2-2-2</p> <p><u>Conditioning:</u> "Death by Burpees" (On the first minute do 1 burpee, on the second minute</p>		<p><u>Skill/Strength:</u> HBBS & LBBS 5-5-3-3-2-2</p> <p><u>Conditioning:</u> 2k row</p>

			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.)	
5	<p><u>Skill/Strength:</u> Push jerk 3-3-3-3-3</p> <p><u>Conditioning:</u> Six sets of: 30 seconds of Hand-Release Push-Ups Rest 30 seconds</p>		<p><u>Skill/Strength:</u> Clean or hang clean 1-1-1-1-1-1-1</p> <p><u>Conditioning:</u> Complete as many reps as possible in 7 minutes following the rep scheme below: 135 pound Clean and jerk, 3 reps 3 Toes-to-bar 135 pound Clean and jerk, 6 reps 6 Toes-to-bar 135 pound Clean and jerk, 9 reps 9 Toes-to-bar...</p>	<p><u>Skill/Strength:</u> Strict/weighted pull-ups 3 sets of 8-12</p> <p><u>Conditioning:</u> 3 RFT: Run 400m 30 DU 10 Burpees</p>
6	<p><u>Skill/Strength:</u> Deadlift 5X5</p> <p><u>Conditioning:</u> Complete as many rounds and reps as possible in 10 minutes of: 115/75 pound Shoulder to overhead, 5 reps 115/75 pound Deadlift, 10 reps</p>		<p><u>Skill/Strength:</u> Push Jerks (or Spilt Jerk) 20 minutes to establish 3RM</p> <p><u>Conditioning:</u> For total reps Tabata</p> <p>Hang power clean (95/65)</p>	<p><u>Skill/Strength:</u> Clean Pull Shrug 3-3-3-3-3</p> <p><u>Conditioning:</u> "Annie" For time: 50-40-30-20-10 Double unders Sit-ups</p>

	15 Box jumps, 24" box		Shoulder to overhead (95/65)		
7	<u>Skill/Strength:</u> HBBS/LBBS 3-3-3-3-3 <u>Conditioning:</u> 15-12-9 Snatch (Squat, Power, or Split) 95/65# Box Jump 30"/24"		<u>Skill/Strength:</u> Bench Press 5-3- 3-2-2-2 <u>Conditioning:</u> For time: 21-15-9 Deadlift Push-ups		<u>Skill/Strength:</u> Snatch or high hang snatch 1-1-1-1-1-1-1 <u>Conditioning:</u> AMRAP 12: 9 box jumps 7 burpee over the bar 5 OHS (95/65)
8	<u>Skill/Strength:</u> Bear Complex 1-1-1-1-1-1 <u>Conditioning:</u> "Tabata This" Tabata Row Rest 1 minute Tabata Squat Rest 1 minute Tabata Pull-up Rest 1 minute Tabata Push-up Rest 1 minute Tabata Sit-up		<u>Skill/Strength:</u> Snatch Complex 5 sets (1 from ground, 1 from above the knee, 2 overhead squats) <u>Conditioning:</u> AMRAP 12: 6 Squat Cleans 12 Pull-ups 24 Double Unders		<u>Skill/Strength:</u> Push press 5X5 <u>Conditioning:</u> EMOM 10: 2 squat clean
9	<u>Skill/Strength:</u> <u>Conditioning:</u> "Fran" 21-15-9 thrusters pull-ups		<u>Skill/Strength:</u> EMOM for 8 mins 5 knees to elbows <u>Conditioning:</u> 5 rounds for reps: 1 min max dumbbell push press 1 min max		<u>Skill/Strength:</u> Front squat 3-3-3-3-3 <u>Conditioning:</u> 5x500m row rest 1:1

			burpees box jumps		
			rest 1 min		
10	<u>Skill/Strength:</u> Deadlift 2-2-2-2-2 <u>Conditioning:</u> 10-9-8-7-6-5-4-3-2-1 dumbbell squat clean push up		<u>Skill/Strength:</u> Emom 4 burpee pull 8mins <u>Conditioning:</u> Amrap 10 C&J 3 6 knees to elbows 9 DU		<u>Skill/Strength:</u> Back squat 20 min to find 3RM <u>Conditioning:</u> 21-15-9 burpee Overhead squat (95/65)

EMOM = Every Minute On the Minute