

DECEMBER REVIEW

Strength Focus

Submax & Repetition effort

- 6-8 rep range
- Strength Speed
- Hypertrophy & Unilateral emphasis

Conditioning Focus

- Cardiac Output
- Strongman intervals, frontal & rotational plane movement

Strength Benchmarks

- Front Foot Elevated Split Squat
- Tempo Back Squats
- Snatch (Hi-hang, Hang, Power)

Conditioning Benchmarks

- "36 Chambers"
- "Absolute Unit"
- "Southie"
- "Long Strict Helen"
- "Not Today Satan"
- "12 Days of CrossFit"

Progressions

- Snatch (Hi-hang, Hang, Power)
- Piston Bench Press
- B-Stance Hip Thrust
- Incline Close Grip Bench
- Strict Pull-ups
- Stongman Intervals



				12/1	12/2
				A1. Single Leg RDL 3 x 6-8 each. Rest 60s A2. Single Arm DB Split Jerk 3 x 4 each. Rest 60s A3. DB Plank Pull-through 3 x 10 each. Rest 60s	For time w a partner: 140 Cal Row 100 Cal Bike *Every 5:00 complete: 12 Power Snatches (115/75) 24 Wall Balls (20/14) *This workout starts with Power Snatch and Wall Balls - Goal: Challenging effort, RPE 8.5
				5 Rounds: 10 each KB Ballistic Row (62/44) 10 each Goblet Reverse Lunge 10 each Single Arm KBS *Rest 90s after each completed round - Goal: Challenging effort, RPE 8.5	
12/4	12/5	12/6	12/7	12/8	12/9
Front Foot Elevated Front Rack Split Squat - 3 x 6 each. Rest 2:00 - Goal: Moderate+ RPE 8.5	AMRAP 9: 50 Meter Farmers Carry Rest 60-90s AMRAP 9: 50 Meter Lateral Sled Pull Rest 60-90s AMRAP 9: 9 each Rotational MB Toss 6 each Lateral Lunge 30s Hollow Hold	Incline Close Grip Bench Press - 8 x 3 every 60s. -	4 Rounds: 400/300 M Row 21 American KBS (53/35) 12 Strict Pull-ups - Goal: Sustainable pace RPE 7	Build to a heavy High Hang Power Snatch over 5 sets. Rest 2:00 - 3,2,1,1,1 - Goal: Moderate+	AMRAP 25: 20 Box Jump Step Downs (24/20) 30 Gorilla Row (53/35) 200 Meter Run 30 Deadlifts (185/125) 200 Meter Front Rack Carry - Goal: Challenging effort, RPE 8
EMOM 12 Min 1: 30s max KB Power Clean & Press (53/35) Min 2: 30s max Supinated Barbell Row (135/95) Min 3: 30s max Cal Bike - Goal: Challenging effort, RPE 8.5 Score = last round reps		“36 Chambers” 15-12-9 Hang Power Cleans (135/95) Front Squats *Last set you MUST hold onto the bar for both movements or incur a penalty of an additional 15 Hang Power Cleans - Goal: TOUGH effort		“Absolute Unit” Against a 10:00 Clock: Buy in: 40/26 Cal Bike Remaining time: 3-6-9-12-15... Burpees 10-20-30-40... Double Unders - Goal: 80% effort on the bike, room to increase pace in the final minute on the AMRAP. RPE 9	



12/11	12/12	12/13	12/14	12/15	12/16
<p>Back Squat - 4 x 5 3s down. Rest 2:30 - Goal: Moderate+ RPE 8</p>	<p>AMRAP 9: 50 Meter Front Rack/Overhead Carry Rest 60-90s AMRAP 9: 50 Meter Sled Push Rest 60-90s AMRAP 9: 6 each Landmine Rotation 6 each Goblet Curtsy Lunge 6 T2B - Goal: Sustainable effort, RPE 7.5.</p>	<p>A1. Piston Bench Press - 3 x 10-12 each. Rest 60s - Goal: Moderate</p> <p>A2. Band Bent Iso Row - 3 x 15-20 each. Rest 60s</p>	<p>"Long Strict Helen" 3 Rounds: 800-600-400 Meter Run 21 American KBS (53/35) 12 Strict Pull-ups - Goal: Sustainable pace RPE 7</p>	<p>Build to a heavy Hang Power Snatch over 5 sets. Rest 2:00 - 3,2,1,1,1 - Goal: Moderate+</p>	<p>For time w a partner: 100 Cal Bike 100 Deadlifts (225/155) 1 Mile Run 100 Burpee Box Jump-overs - Goal: Challenging effort, RPE 8.5</p>
<p>EMOM 5 Burpees Remaining time max Power Cleans (155/105) *complete 30 Power Cleans to finish - Goal: Hard effort, RPE 9</p>		<p>100 Double Unders 60 Wall Balls (20/14) 100 Double Unders 60 Hand Release Push-ups - Goal: Hard effort, RPE 9</p>		<p>B1. 1 ¼ Front Rack Split Squat - 3 x 6-8 each. Rest 90s B2. Offset KB Single Arm Ring Row - 3 x 8-10 each. Rest 90s</p>	
12/18	12/19	12/20	12/21	12/22	12/23
<p>Back Squat - 4 x 6 3s down. Rest 2:00 - Goal: Moderate+ RPE 8</p>	<p>AMRAP 35: 1K/700 Meter Bike 50 total Meter Single Arm OH Carry (53/35) 8 each Landmine Rotations (35/20) 6 each KB Lateral Lunge 4 total TGU - Goal: Sustainable effort, RPE 6.5</p>	<p>A1. Piston Bench Press - 3 x 10-12 each. Rest 60s - Goal: Moderate</p> <p>A2. Band Bent Iso Row - 3 x 15-20 each. Rest 60s</p>	<p>4 Rounds: 50 Meter Backwards Sled Pull 10 Pull-ups 10 each DB Plank Pull-through (50/35) 500 Meter Row 10 Box Jumps 10 total Crossbody V-ups - Goal: Sustainable effort, RPE 6.5</p>	<p>Build to a heavy Power Snatch over 5 sets. Rest 2:00 - 3,2,1,1,1 - Improve from last week</p>	<p>"12 Days of CrossFit" 1 Power Clean (115/75 lb) - 12 reps 2 Push Press - 22 Reps 3 Thrusters - 30 reps 4 total Front Rack Reverse Lunges - 36 reps 5 Deadlifts - 40 reps 6 Air Squats - 42 reps 7 Toes to Bar - 42 reps 8 Wall Balls - 40 reps 9 Box Jump Step Downs (24/20 in) - 36 reps 10 KBS (53/35 lb) - 30 reps 11 Burpees - 22 reps 12 Ring Muscle-ups (or 12 Squat Clean Thrusters) - 12 reps - Goal: Sustainable pace, keep moving and have fun!"</p>
<p>4 Rounds: 15 DB Push-ups 15/12 Cal Row 10 each Renegade Rows (50/35) Rest 60s - Goal: Challenging effort, RPE 8.5</p>		<p>"Southie" For time: 45 Deadlifts (155/105) 30 Hang Power Cleans (155/105) 15 Squat Cleans (155/105) - Goal: Challenging effort, RPE 8.5</p>		<p>B1. Single Leg RDL - 3 x 6-8 each. Rest 90s - Goal: Moderate</p> <p>B2. Offset KB Single Arm Ring Row - 3 x 8-10 each. Rest 90s</p>	



12/25	12/26	12/27	12/28	12/29	12/30
<p>Front Box Squat Build to a heavy set of 8 over 4 sets. Rest 2:30 - Parallel box/bench</p>	<p>28-21-14-7 Cal Bike/Row/Ski 6 each KB Windmill 3 each Shin Box Hip Lift > Cossack Flow 28-21-14-7 Cal Bike/Row/Ski 50 Meter SB Carry 25 each SL Band Hamstring Curls - Goal: Sustainable effort, RPE 6</p>	<p>A1. Shoulder Press - 3 x 6-8 - Goal: Moderate+</p> <p>A2. B-stance Hip Thrust - 3 x 10-12 each. Rest 90s</p>	<p>Every 6:00 x 4: 50 Meter each SA Lateral Front Rack Carry (53/35) 40 Double Unders 30 Band Facepull-aparts 200 Meter Run 10 total Single Arm KB Hang Power Cleans - Goal: Sustainable effort, RPE 6.5. Score = last round time</p>	<p>A1. 1 ¼ Front Rack Split Squat - 3 x 6-8 each. Rest 90s - Goal: Moderate+ RPE 8</p> <p>A2. Banded 1-arm Row - 3 x 10-12 each . Rest 90s</p>	<p>AMRAP 15: 6 T2B 12 Wall Balls (20/14) 50 M Farmer Cary</p> <p>Rest 60s</p> <p>AMRAP 12: 6 Burpees 12 KBS (70/53) 50 Double Unders - Goal: Challenging effort, RPE 8.5</p>
<p>“Not Today Satan” 30-20-10 Renegade Rows total (50/35) 12-9-6 Devil's Press *300 Meter Run after the Devil's Press each round - Goal: Challenging pace, recover on the Run.</p>		<p>4 Rounds: 10 each KB OH Walking Lunge (53/35) 12 Pull-ups 14 Push-ups - Goal: Challenging effort, RPE 8</p>		<p>15-12-9 Power Snatch (115/75) 10-20-30 Cal Row *50 Meters each Single Arm Chaos Carry (70/53) after each round - Goal: Challenging effort, RPE 8.5</p>	