

## **CFLA WOD for 6/2/16**

**Wendler: Bench Press 5+**

**In teams of 3, complete as many rounds and reps as possible in 15 minutes of:**

**15 Calories of Assault Bike or Rowing**

**15 Kettlebell Swings**

**As soon as the Assault Bike/Concept 2 is available, the next teammate jumps on and starts his/her 15 cal. The other 2 alternate doing 15 KB swings.**

**"Helen"**

**Three Rounds for Time:**

**Run 400 Meters**

**21 Kettlebell Swings (24/16 kg)**

**12 Pull-Ups**

## **CFLA WOD for 6/3/16**

**Wendler Back Squat 5/5/5+**

**Fitness & Performance**

**Every 5 minutes, for 30 minutes (6 sets):**

**Row 500 Meters**

**5 Thrusters (115/75 lbs)**

**10 Burpees Over the Barbell**

## **CFLA WOD for 6/5/16**

**A. Three sets of:**

**45 seconds of Front-Leaning Rest on Rings**

**Rest 15 seconds**

**45 seconds of Face-Up Chinese Planks**

**Rest 75 seconds**

**B. In teams of two, with only one person working at a time, complete the following for time:**

**Run 800 Meters (as a relay) 200 m each at a time**

**50 Strict Pull-Ups**

**100 Push Presses (95/65 lbs)**

**150 Alternating Reverse Lunges with a Kettlebell in Goblet Hold (24/16 kg)**

**100 Push Presses (95/65 lbs)**

**50 Strict Pull-Ups**

**Run 800 Meters (as a relay) same as above**

## **CFLA WOD for 6/6/16**

**Wendler bench press 3+**

**B.**

**Four sets for max reps against a 3-minute running clock of:**

**Run 400 Meters**

**Max Reps Dumbbell Man-Makers (55/35 lbs)**

**(push-up, power clean, push press)**

**Rest 2 minutes**

## **CFLA WOD for 6/7/16**

**Back Squat 3+**

**Fitness:**

**B.**

**For max reps/calories:**

**2 Minutes of Assault Bike (for calories)**

**2 Minutes of Strict Pull-Ups**

**2 Minutes of Push-Ups**

**2 Minutes of Air Squats**

**Performance:**

**B.**

**Complete as many rounds and reps as possible in 8 minutes of:**

**5 Power Snatches A:(135/95 lbs) B: (95/65)**

**10 Burpee Box Jump-Overs**

## **CFLA WOD for 6/8/16**

**Wendler's OH Press 3/3/3+  
Fitness & Performance**

**Four sets for max reps against a 3-minute running clock of:  
Run 100 Meters  
10 Toes to Bar  
10 Kettlebell Swings  
Rest 3 minutes between sets**

## **CFLA WOD for 6/9/16**

**Wendler Deadlift 3+**

**From Invictus' June 4 WOD**

**Fitness, Performance**

**In teams of two, alternating complete rounds, complete as many rounds and reps as possible in 25 minutes of:**

**100 Meter Farmer's Carry (32/24 kg kettlebells) - \* go as heavy as possible, but not so heavy that you can't control the weights to the ground when stopping; Use DBs, not KBs**

**10 Jumping Air Squats**

**10 Jumping Split Lunges (or reverse lunges if necessary for knee preservation)**

## **CFLA WOD for 6/13/16**

### **Wendler's Bench Press (5/3/1+)**

#### **Fitness:**

**5 Sets Max Reps  
45 Sec Max Cal Row  
15 Sec Rest  
45 Sec Max Goblet Squats  
15 Sec Rest  
45 Sec Max Strict Pullups  
15 Sec Rest**

#### **Performance:**

**5 RFT  
Row 300 M  
12 Front Squats (95/65)  
12 Pullups**



# **CFLA WOD for 6/14/16**

**Fitness & Performance**

**4 RFT**

**16 Box Step ups**

**10 Thrusters (75/55)**

**20 OH Reverse Lunges**

## **CFLA WOD for 6/15/16**

**Wendler's OH Press 5/3/1+**

**Fitness & Performance:**

**Three sets for max reps of:**

**60 seconds of Burpees**

**Rest 60 seconds**

**60 seconds of Box Jump or Step-Overs**

**Rest 60 seconds**

**60 seconds of Dumbbell Plank Rows**

**(hold push-up position, row left, row right...repeat)**

**Rest 60 seconds**

**60 seconds of Toes to Bar**

**Rest 60 seconds**

## **CFLA WOD for 6/16/16**

**Strength:**  
**Clean & Jerk**  
**E2M x 6**  
**5-5-3-3-3-3**

**MetCon**

**Fitness:**  
**15 min AMRAP**  
**15 Russian KB Swings**  
**15 wall ball shots**  
**Run 200m**

**Performance:**  
**15 min AMRAP**  
**run 200m w/ medball**  
**15 wall ball shots**  
**15 KB Swings**

## **CFLA WOD for 6/17/16**

**Wendler's Deadlift 5/3/1+**

**Fitness & Performance**

**Four sets for max reps of:**

**60 seconds of Rowing (for calories)**

**Rest 60 seconds (while your partner rows if you have a teammate)**

**60 seconds of Jumping Squats (75/55 lbs)**

**Rest 60 seconds**

**60 seconds of Strict Pull-Ups (any grip)**

**Rest 60 seconds**

**60 seconds of Push-Ups (focus on good ROM)**

**Rest 60 seconds**

## **CFLA WOD for 6/21/16**

**Wendler: Deload**

**Back Squats**

**5 @ 40%, 5 @ 50%, 3 @ 60%**

**5 @ 40%, 5 @ 50%, 5+ @ 60%**

**A) During your 1st 4 sets include:**

**6 romanian deadlifts w/DBs @ 40 1 1 tempo**

**Rest 30 sec**

**20 Supine Hamstring curls on a med ball**

**Rest 30 sec**

**15 sec Handstand hold**

**Rest 30 sec**

**B) 8 min AMRAP**

**12 KB Swings**

**12 wall balls**

**12 PU's or 24 SU's**

# **CFLA WOD for 6/22/16**

## **Wendler OH Press Deload**

### **Fitness**

**A.**

**Every minute, on the minute, for 21 minutes:**

**Minute 1 – Dumbbell Push Press x 6 reps**

**Minute 2 – Renegade Rows x 6 reps**

**(Push-Up, Row Left, Push-Up, Row Right)**

**Minute 3 – Supine Chinese Plank Hold x 30-40 seconds**

**B.**

**Complete as many rounds and reps as possible in 12 minutes of:**

**12 Alternating Single-Arm Dumbbell Snatches**

**12 Push-Ups**

**12 V-Ups**

### **Performance**

**A.**

**Every 2 minutes, for 20 minutes (10 sets):**

**Split Jerk x 1 rep**

**Suggested loading per set (by %): 70, 75, 80, 80, 85, 85, 90, 90, 95, 95**

**Goal is to establish perfect footwork and mechanics.**

**B.**

**Complete as many rounds and reps as possible in 12 minutes of:**

**6 Ground to Overhead (135/95 lbs)**

**9 Strict Handstand Push-Ups**

**12 Ring Dips**

# **CFLA WOD for 6/22/16**

**Wendler  
Deload Week**

**Fitness & Performance**

**A) Strength for Both**

**Front Squat**

**5 @ 65%, 4 @ 75%, 3 @ 85%  
2 @ 90%, 1 @ 95%, 1 @ 101%+**

**B) 6 min AMRAP  
20 Alternating Rev. Lunges  
w/ DBs  
30 Hand Plank Should Taps**

**B) For Time  
21-15-9  
Back Squats (135/95)  
Toes to Bar**

# **CFLA WOD for 6/24/16**

**Fitness, Performance**

**In teams of two, alternate tasks to complete as many rounds and reps as possible  
in 24 minutes of:**

**10 Dumbbell Ground to Overhead  
10 Chest-to-Bar Pull-Ups (scale as necessary)  
200 Meter Sprint**



## **CFLA WOD for 6/28/16**

### **Fitness**

**Every 6 minutes, for 24 minutes (4 sets) of:**

**Run 300 Meters  
21 Kettlebell Swings  
7 Strict Pull-Ups or ring rows**

### **Performance:**

**Every 6 minutes, for 24 minutes (4 sets) of:**

**Run 400 Meters  
21 Kettlebell Swings (24/16 Kg)  
12 Pull-Ups**

## **CFLA WOD for 6/28/16**

### **Performance**

**B. For time: \*(go in waves - if the class is large, those waiting can do C or part of C if necessary; or they can do active mobility movements)\***

**Row 1000 Meters  
50 Shoulder to Overhead (115/75 lbs)**

**C. If time permits:**

**Two or Three sets, not for time, of:  
Bent-Over Barbell Row x 5-6 reps @ 211  
Rest 45 seconds  
V-Ups x 30 reps  
Rest 45 seconds**

### **Fitness**

**B. Complete as many reps as possible in 10 minutes of:**

**Row 1000 Meters \*(same as above)  
Dumbbell Man-Makers x Max Reps  
(Push-Up, Power Clean, Push Press)**

**C. If Time Permits: 2x through the following, not for time**

**Strict Supinated-Grip Pull-Ups x 8-10 reps  
Rest 45 seconds  
Bent-Over Barbell Rows x 6-8 reps  
Rest 45 seconds  
Band Pull-Aparts x 20 reps @ 201  
Rest 45 seconds**

## **CFLA WOD for 6/28/16**

### **Fitness, Performance**

**In teams of two, with only one person working at a time, complete:**

**100 Kettlebell Swings (32/24 kg)**

**400 Meter Run\***

**100 Wall Ball Shots (20/12 lbs)**

**400 Meter Run**

**80 Burpees**

**400 Meter Run**

**100 Wall Ball Shots (20/12 lbs)**

**400 Meter Run**

**100 Kettlebell Swings (32/24 kg)**

## **CFLA WOD for 6/30/16**

**Wendler Bench Press 5+**

**Fitness:**

**3 Rounds for Max Reps/Calories**

**60 seconds of Rowing**

**60 seconds of Strict Pullups (or Ring Rows)**

**60 seconds of Pushups**

**Performance:**

**For time**

**Row 1000 calories**

**40 C2B Pullups**

**30 Strict HSPUs**