

# CFFM FEBRUARY 2012

Mon	Tue	Wed	Thu	Fri
		<p><b>1</b>  <b>Competitors:</b>  <b>3 sets, not for time, of:</b>                      30 Double-Unders                      5 Pistols (each leg)                      Handstand Walk x 20 meters</p> <p><b>Daily WOD:</b>  <b>Complete the following:</b>                      Tabata Sledgehammer Strikes                      Rest 1 minute                      Tabata Burpees                      Rest 1 minute                      Tabata Sledgehammer Strikes</p> <p>*Alternate left and right side swings after each interval.                      *Use between a 12 -20 lbs sledgemmer.                      *The round with the smallest amount completed is your score.</p>	<p><b>2</b>  <b>Competitors:</b>  <b>3 sets, not for time, of:</b>                      Muscle-Ups (M=4/F=2 reps)                      40 Double-Unders                      Handstand Push-Ups (M=5 reps on paralettes/F=4 reps)</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Whitten”</b></p> <p><b>Five rounds of:</b>                      22 Kettlebell swings (M=2/F=1.5)                      22 Box jump (M=24”/F=20”)                      400 meter Run                      22 Burpees                      22 Wall ball shots(M=20/F=14)</p>	<p><b>3</b>  <b>Competitors:</b>  <b>3 sets not for time:</b>                      Row 350 Meters                      Farmer’s Walk x 100 Meters</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Nate”</b></p> <p><b>20 Minute AMRAP of:</b>                      2 Muscle-ups                      4 Handstand Push-ups                      8 Kettlebell swings (M=2/F=1.5)</p>
<p><b>6</b>  <b>Competitors:</b>  <b>4 sets for max reps of:</b>                      60 seconds of Wall Ball Shots                      60 seconds of Rest                      (Challenge yourself to get as far north of 100 reps as possible.)</p> <p><b>Daily WOD:</b>  <b>5-4-3-2-1 of:</b>                      Deadlift (M=315, F=215)                      Muscle Up</p> <p>Then -</p> <p><b>2k Row</b></p>	<p><b>7</b>  <b>Competitors:</b>  <b>3 sets, not for time, of:</b>                      12 Unbroken Box Jumps                      6 Unbroken Pistols (each leg)                      12Unbroken Toes to Bar</p> <p><b>Daily WOD:</b>  <b>Complete 6 efforts:</b>                      60 Yard Pro Long Shuttle</p> <p>*Long Shuttle: From a starting line run 5 yards straight ahead then back pedal to the starting line, then 10 yards and back, then 15 yards and back. You must bend down and touch the line at each 5, 10, 15 yard intervals. You end up with a total of 6 touches and 60 yards.</p>	<p><b>8</b>  <b>Competitors:</b>  <b>2 sets of unbroken:</b>                      10 Kettlebell Swings                      Rest 45 seconds                      2 Wall Climbs                      Rest 45 seconds                      10 Wall Ball Shots                      Rest 45 seconds</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Carse”</b></p> <p>21-18-15-12-9-6-3 reps of:                      Squat clean (M=95/F=65)                      Double-under                      Deadlift (M=185/F=115)                      Box jump (M=24”/F=20”)</p> <p>Begin each round with a 50 meter Bear crawl.</p>	<p><b>9</b>  <b>Competitors:</b>                      3 sets, not for time, of:                      Handstand Walk x 10 Meters                      L-Sit x 20 seconds                      15’ Rope Climb x 1 ascents</p> <p><b>Daily WOD:</b>  <b>Complete 5 rounds:</b>                      Max Rep Bench Press - body weight                      Max Rep Pull Ups</p> <p>*Females use ¾ BW.</p>	<p><b>10</b>  <b>Competitors:</b>                      4 minutes quadrapedal movement                      2 Rounds of:                      10 air squats                      10 good mornings                      5 wall climbs</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Small”</b></p> <p><b>Three rounds for time of:</b>                      Row 1000 meters                      50 Burpees                      50 Box jumps, 24" box                      Run 800 meters</p> <p><b>*This is a 45 min WOD minimum</b></p>
<p><b>13</b>  <b>Competitors:</b>                      3 rounds:                      10 kb figure eights                      10 kb press each arm                      10m butt kickers                      10m high kicks alt hand to foot</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Tommy V”</b></p> <p><b>For time:</b>                      21 Thruster (M=115/F=75)                      12 Rope Climb ascents (15ft)                      15 Thruster (M=115/F=75)                      9 Rope Climb ascents (15ft)                      9 Thruster (M=115/F=75)                      6 Rope Climb ascents (15ft)</p>	<p><b>14</b>  <b>Competitors:</b>  <b>3 Sets</b>                      10 Skin the Cat (No Piking!!!)                      10 Ring Dips                      10 Ring Push Ups</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Wittman”</b></p> <p><b>Seven rounds for time of:</b>                      15Kettlebell swing (M=1.5/F=1)                      15 Power clean (M=95/F=65)                      15 Box jumps (24" box)</p>	<p><b>15</b>  <b>Competitors:</b>                      3 Sets of:                      4 Ring Hand Stand Holds (Feet on Straps for Balance.) max hold.                      4 Straight Body Raise (Reverse Bubca’s)                      4 V-Up Wipers (Leg swing side to side with CONTROL! Toes pointing out</p> <p><b>Complete:</b>                      8 Prowler Suicides</p> <p>*Push the prowler, sled or flip a heavy tire for 25 yards then sprint back to the starting line. You have 60 seconds to walk back to the prowler and start your next set.</p> <p>*Go as heavy as possible.</p>	<p><b>16</b>  <b>Competitors:</b>                      Snatch                      Work up to a heavy single then do one snatch every 30 seconds @ 65% of the heavy single for a total of 5 minutes</p> <p><b>Daily WOD:</b>  <b>Sprints</b>  <b>Complete 6 max efforts:</b>                      Sprint 40 yards</p> <p>*Rest as needed between efforts.                      *Warm-up as needed</p> <p>Then.....50 TGUs for time</p>	<p><b>17</b>  <b>Competitors:</b>                      3 rounds:                      5 medball circles each direction                      5 half moon ball slams                      5 vertical medball toss</p> <p>Then 400 meter run</p> <p><b>Daily WOD:</b>  <b>10 Rounds of:</b>                      3 Wall Climbs                      30 Double Unders</p>
<p><b>20</b>  <b>Competitors:</b>                      3 rounds                      10 skin the cat                      5 rope climb seated to standing                      10 inch worm pushups                      15 walking lunges</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“DT”</b></p> <p><b>Five rounds for time of:</b>                      12 Deadlift                      9 Hang PWR Clean                      6 Push Jerk</p> <p>* (M=155/F=105)</p>	<p><b>21</b>  <b>Competitors:</b>                      500 meter row                      3 rounds:                      10 good mornings                      10 air squats                      10 jumping pullups</p> <p><b>Daily WOD:</b>  <b>Complete one 60 yard sprint every 30 seconds for 6 mins.</b></p> <p>then..</p> <p><b>For time:</b>                      100 Turkish get-ups (M=53/F=35)</p>	<p><b>22</b>  <b>Competitors:</b>                      3 rounds:                      10 underhand partner medball toss                      5 wall bridges                      10 box jumps</p> <p style="text-align: center;"><b>HERO WOD</b>  <b>“Josh”</b></p> <p><b>For time:</b>                      21 Overhead squat (M=95/F=65)                      42 Pull-ups                      15 Overhead squat (M=95/F=65)                      30 Pull-ups                      9 Overhead squat (M=95/F=65)                      18 Pull-ups</p>	<p><b>23</b>  <b>Competitors:</b>                      3 rounds:                      1 rope climb                      5 wall handstands                      10 overhead squats (pvc)                      200 meter run</p> <p><b>Daily WOD:</b>  <b>21-15-9</b>                      Row for Calories                      Burpees</p>	<p><b>24</b>  <b>Competitors:</b>                      10 meter samson lunge                      20 meter low lateral shuffle                      10 windmill pushups                      10 abmat situps</p> <p><b>Daily WOD:</b>  <b>Complete as many rounds as possible in 12 minutes:</b>                      30 OH Walking Lunge (M=45/F=35# plate)                      15 Ring Dips                      *Plate has to be locked overhead with straight arms.                      *15 lunges with right leg, 15 lunges with left leg.                      *Back knee has to touch the ground to count as a rep.</p>
<p><b>27</b>  <b>Competitors:</b>  <b>3 rounds:</b>                      400 meter run                      20 jumping jacks                      10 pushups                      10m Handstand walk</p> <p><b>5-4-3-2-1</b>                      Squat Snatch (M=135/F= 95)                      Elevated Handstand Push Up (M=2 45# platesF=1 45# plate)</p>	<p><b>28</b>  <b>Competitors:</b>  <b>3 rounds with pvc pipe:</b>                      5 jump shrugs                      5 power cleans                      5 front squats                      5 push press                      10 hollow rocks                      L-sit (max time)</p> <p><b>On the minute</b>                      10 ball slams (M=20/F=16#)                      100M Sprint                      Continue until you can no longer complete a full round within a 1 minute period</p>	<p><b>29</b>  <b>Competitors:</b>                      5 ring handstand holds                      10 bar OHS                      50 Double unders</p> <p><b>4 Minute AMRAP of:</b>                      7 Power Snatch (M=115/F=85)                      4 Lateral Burpees over Bar</p> <p>Hands release burpees, no hip requirement over the bar, but you must be parallel to the bar when you release your hands and you must jump off both feet together and land together</p>	<p><b>Notes:</b></p>	