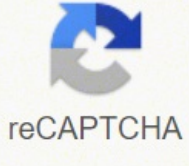


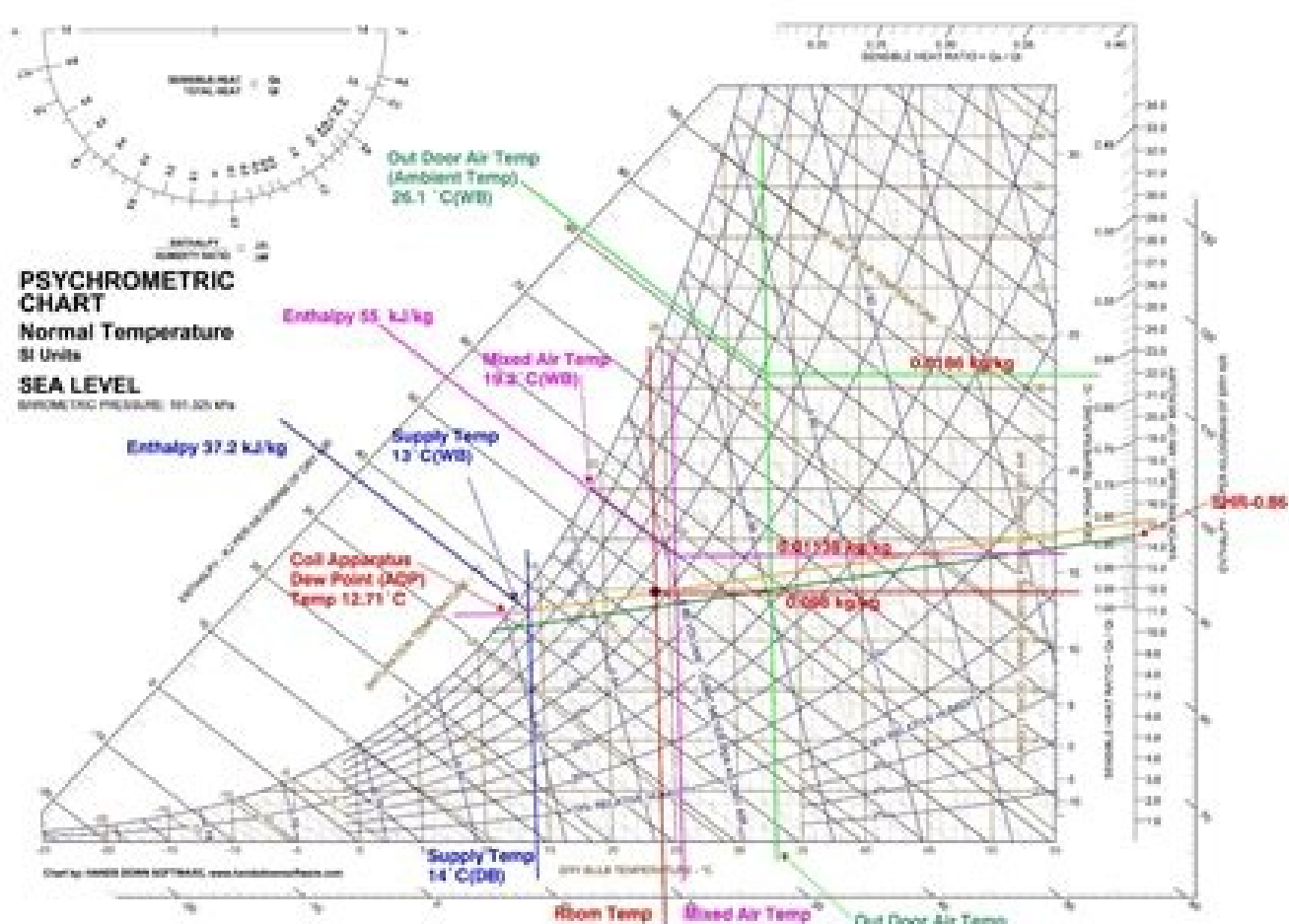


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Monday	Tuesday	Wednesday	Thursday	Friday
Strength Work: Bench Press 4x10 Dumbbell Row 4x10 15 min 20 Push Ups 10 Squats 20 Sit Ups	Strength Work: Bench Press 4x10 Press 4x10 WOD: 11-13-9 Snatch 120/90 Pull Ups	Strength Work: Bench Press 4x10 Weighted Bar Dip 4x10 WOD: Sprint 4x100m Sprint @ 90% RPE	Strength Work: Bench Press 4x10 Dumbbell Row 4x10 WOD: 4 Rounds for Time 100m 10 Shuttle to Overhead 150/75	Strength Work: Bench Press 4x10 Dumbbell Press 4x10 WOD: Squat for Power Clean 180/120

Week	Mon	Tue	Wed	Thur	Fri	Sat	Sun
WEEK 1	Squat/Pull	Clean High Pull	Bend/Push	Power Clean	Squat/Pull	MidlineCore	
WODS	WOD - Max 12 mins	WOD - Max 25 mins	WOD - Max 15 mins	WOD - Max 15 mins	WOD - Max 12 mins	WOD - Max 25 mins	Sunday Snuck Up to 45 min WOD
WEEK 2	Bend/Push	Power Clean	Squat/Pull	MidlineCore	Bend/Push	Post WOD Mobility	
WODS	WOD - Max 12 mins	WOD - Max 15 mins	WOD - Max 15 mins	WOD - Max 25 mins	WOD - Max 12 mins	WOD - Max 25 mins	Sunday Snuck Up to 45 min WOD
WEEK 3	Squat/Pull	Post WOD Mobility	Bend/Push	Post WOD Mobility	Squat/Pull	Post WOD Mobility	
WODS	WOD - Max 12 mins	WOD - Max 25 mins 70% Aerobic Effort	WOD - Max 15 mins	WOD - Max 25 mins 70% Aerobic Effort	WOD - Max 12 mins	WOD - Max 25 mins 70% Aerobic Effort	Sunday Snuck Up to 45 min WOD
WEEK 4	Bend/Push	Clean High Pull	Squat/Pull	Power Clean	Bend/Push	MidlineCore	
WODS	WOD - Max 12 mins	WOD - Max 25 mins	WOD - Max 15 mins	WOD - Max 15 mins	WOD - Max 12 mins	WOD - Max 25 mins	Sunday Snuck Up to 45 min WOD
WEEK 5	Squat/Pull	Power Clean	Bend/Push	MidlineCore	Squat/Pull	Post WOD Mobility	
WODS	WOD - Max 12 mins	WOD - Max 25 mins MAP Repeated Aerobic Efforts	WOD - Max 15 mins	WOD - Max 25 mins MAP Repeated Aerobic Efforts	WOD - Max 12 mins MAP	WOD - Max 25 mins MAP Repeated Aerobic Efforts	Sunday Snuck Up to 45 min WOD
WEEK 6 (Test Week)	Work up to Back Squat WOD	Post WOD Mobility	Work up to Press WOD	Post WOD Mobility	Work up to Deadlift WOD	Post WOD Mobility	
WODS	WOD - Max 12 mins 3-5 rounds, EACH for time - 80% effort	WOD - Max 25 mins 70% Aerobic Effort	WOD - Max 15 mins	WOD - Max 25 mins 70% Aerobic Effort	WOD - Max 12 mins 3-5 rounds, EACH for time - 80% effort	WOD - Max 25 mins 70% Aerobic Effort	Sunday Snuck Up to 45 min WOD

SQUAT	PULL	PUSH	BEND	Midline/Core	Post WOD Mobility
Goblet Squat Back Squat Front Squat OH Squat Large Squat Split Squat	Prone Pull Ups Supinated Pull Ups Heaved Grip Pull Ups Handstand Row Bent Over Kettlebell Row Hanging Row Ring Rows 1-arm KB Row Double KB Row	DB Press DB Bench Press DB Push Press DB Push Press Push Up Ring Dip DB Floor Press KB Floor Press Half Kneeling KB Press Landmine Press	Good Morning RDL Sumo Deadlift 1-Legged Deadlift Hip Extension	Berber Roll Out Pallof Press Belted Plank Plank, Get Ups Partner Distraction Plank Dead Bug	Upper Rib Mobilization Couch Stretch Open Stretch TFL Lateral Roll 1/2 Foam Roller Belly Stretch Sink Stretch Banded Lat w/External Rotation Lat Foam Roller w/External Rotation Hip Flexion/Ext Rotation Box Stretch

Power Snatch Focus, Apr - May 2017

Date	Lift	Session #
Tuesday, April 4, 2017	Power Snatch	Pre Test
Thursday, April 6, 2017	Back or box squat	12 of 15
Sunday, April 9, 2017	"Like a G6"	Heavy
Monday, April 10, 2017	Back or box squat	13 of 15
Wednesday, April 12, 2017	Power Snatch	1 of 14
Wednesday, April 12, 2017	"Atlas Rise"	Light
Friday, April 14, 2017	Back or box squat	14 of 15
Sunday, April 16, 2017	Back or box squat	15 of 15
Tuesday, April 18, 2017	Power Snatch	2 of 14
Tuesday, April 18, 2017	"Bottoms Up"	Bodyweight
Friday, April 21, 2017	Back or box squat	Post Test
Saturday, April 22, 2017	"Filthy Fifty"	Long
Monday, April 24, 2017	Power Snatch	3 of 14
Tuesday, April 25, 2017	"Wolfthorne"	Heavy
Wednesday, April 26, 2017	Power Snatch	4 of 14
Thursday, April 27, 2017	"Bradley"	Long
Friday, April 28, 2017	Power Snatch	5 of 14
Sunday, April 30, 2017	"Back in Black"	Heavy
Monday, May 1, 2017	Power Snatch	6 of 14
Tuesday, May 2, 2017	"Fox on the Run"	Light
Thursday, May 4, 2017	Power Snatch	7 of 14
Friday, May 5, 2017	"Cindy"	Bodyweight
Monday, May 8, 2017	Power Snatch	8 of 14
Wednesday, May 10, 2017	"Whipped into Shape"	Heavy
Friday, May 12, 2017	Power Snatch	9 of 14
Sunday, May 14, 2017	"Moore"	Bodyweight
Monday, May 15, 2017	Power Snatch	10 of 14
Monday, May 15, 2017	"Open 11.4"	Heavy
Tuesday, May 16, 2017	Jerk	Pre Test
Thursday, May 18, 2017	Power Snatch	11 of 14
Sunday, May 21, 2017	"GI Jane"	Bodyweight
Monday, May 22, 2017	Power Snatch	12 of 14
Wednesday, May 24, 2017	"Open 11.6/12.4"	Heavy
Wednesday, May 24, 2017	Jerk	1 of 13
Friday, May 26, 2017	Power Snatch	13 of 14
Saturday, May 27, 2017	"Murph"	Long
Monday, May 29, 2017	Power Snatch	14 of 14
Tuesday, May 30, 2017	"Plenty of Gas"	Long
Thursday, June 1, 2017	Jerk	2 of 13
Friday, June 2, 2017	"Kid Dynamite"	Light
Tuesday, June 6, 2017	Power Snatch	Post Test

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Design Information

Weather: Atlanta Hartfield Intl AP, GA, US

Winter Design Conditions	Summer Design Conditions
Outside db: 26 °F	Outside db: 82 °F
Inside db: 70 °F	Inside db: 75 °F
Design TD: 44 °F	Design TD: 12 °F
	Daily range: 15 °F
	Relative humidity: 50 %
	Moisture difference: 36 gr/lb

Heating Summary		Sensible Cooling Equipment Load Sizing	
Structure	23472 Btu/h	Structure	1800 Btu/h
Ducts	0 Btu/h	Ducts	0 Btu/h
Central vent (80 cfm)	685 Btu/h	Central vent (80 cfm)	50 Btu/h
Humidification	0 Btu/h	Blower	0 Btu/h
Equipment load	24367 Btu/h	Use manufacturer's data	0 Btu/h
		Rate/multiplier	18003 Btu/h
		Equipment sensible load	18003 Btu/h

Latent Cooling Equipment Load Sizing	
Structure	2189 Btu/h
Ducts	0 Btu/h
Central vent (80 cfm)	685 Btu/h
Equipment latent load	2189 Btu/h
Equipment total load	20392 Btu/h

Crossfit football programming template pdf. Crossfit programming structure. Is crossfit good for football. Types of crossfit programming.

Following this easy formula is the key to neophytes that become stronger, says Oliver. I wrote a piece last year called, "Do I have to be fit?" turning to this problem. Here is an updated link that should be public and will keep my notifications. The athletes they ate and jumped on my strength train, and those who had historically launched crossfit stones really had a place from which they could get into training. This early sequence of the CFFB did not need name. Weight 315 POST POST POST TOTAL REPS OF DEADLIFT TO COMMENTS. Ron played soccer in the marina, he graduated from the Naval Academy and served in Iraq. If you need to resize the weight, do it, but not too much, and you shouldn't run through these. Also, the best Deadlift Crossfit workouts to challenge your body and mind are some suggestions to get the best time in this football Crossfit Wod: Do not add repetitions if you have to go lighter for any reason (as if you don't have enough equipment). If you have given you the free kingdom to design a training protocol that stressed only strength and power with the exclusion of everything else, would it seem different? Thank you. Give an affection of amateur progression until everything fails. 11 min 58sec HD file size: 680 MB SD WMV file size: 143 MB SD MOV file size: 75 MB Note: These files are larger than the normal diary videos. It was probably Jesus what he saw how close to death. As so the name religion. Rest 1 minute between Round. If there is a crossfit exercise that attributes the needs close up Football, a heavy sled push is that handling. Also: the best 6 weight lifting straps for is a fitness program designed by the former NFL player and by acceptor Trainer John Welbourne in 2009. Having played soccer for 14 years, I was well paid in metabolic conditioning as relative to sport and could see the hole in Gaping in Methodology: absence of strength training. Complete 7 round of 3 repetitions. "Deadlifts 3 Repls" Power Cleans (Touch & Go) Rules: Do not let go of the bar during the round. When I returned the weight, I asked my training partners who was trying to attract my attention. John, what aspect would be the crossfit football if I had not had to satisfy the "METCON bramostat" of many crossfitters? You are reading a free preview page from 57 to 58 are not shown in this preview. The watch does not stop or resets between the exercises. I am welcoming all the suggestions on how to improve it. Rules: Go until you can complete the quantity required of repetitions in that minute. Repeat these 7 times for a total of 8 sets. The memories associated with the CFFB will last with me for a lifetime and the influence was something that I never expected. For most people to fervently refreshing crossfit.com with precision at 16:00 for their daily correction, the term GPP it was new. The hardest workout in football CROSSFIT is KALSU. Rest as necessary between the rounds. Not only ranked as the crossfit football workout Crossfit n. 1, it is also the classification n. 1 in almost all lists Crossfit training, despite the fact that he never appeared on Crossfit.com. Together with the Bias Crossfit Fortich Bias program, this training was one of the first to be loved by Crossfitters looking for a program that emphasized the formation of force on all other physical form modes. With abbreviated Emom and Amrap Times workout, this reduced weight style has quickly raised among those who have given strength training priority in their fitness routine. These days, football football is part of the Power Athlete HQ, a larger conglomerate than resources and Training designed to stimulate the same type of gain of a CFFB athlete. Most crossfit programming and training ideas for your fitness workout, it also checks our Wods.read section also: the best 3 best knee windows for squats and powerlifting 29 A. *May 20183 *June 2018 2018 A comment Warning: this programming (crossfit football) has been interrupted. They are divided into months, but they have no connected dates to make it slightly easier to break down rather than a massive page. 7. Printing bench / reverse wall that says that this workout is the upper part of the heavy body is sympathetic said that the total mass of the sun is 2-1030 kg. 2. 4. 6. Post Times to comments. Rules: At the beginning of each minute run 5 burpees, for the rest of the minute run the largest number of thrusters you

can during the rest of the minute. This crossfit soccer wod could be short, but it's still a killer, 10,8,6,4,2: power cleans 70% of your 1rm40lb medicine ball slams50 yard sled between rounds (135 pounds) if You're looking for a test of how strong and powerful you are, and how well you can keep that power when your lungs are on fire, this is the training for you.read also: the best balls of medicine for footitcrossfit sides From a standard crossfit program. Tillman another workout that does not need introduction Å ç à,~ "Tillman. And once it was all I needed. Complete 5 rounds for the time: 30 repetitions Å ç à,~" 135 pounds walking in the head in Waterfront Head 1 Complete Casser (203 meters) 30 Repetitions Å ç à,~ "KB Swings w / 2/1 Pood resting 90 seconds between rounds. Make sure you shrug the shoulders up, keep the bar near your body and capture with The elbows forward. The first time I did this workout, during the 4th round of the 15th or 16th representatives, I thought someone was touching me on the shoulder. Å ç à,~ "But that dark time will last A little time, and you just have to suffer through it. On average, the so-called "manager progression" can last about 20 weeks. The sacrifice of him is remembered by the training that bears the name of him Å ç à "Winchester. Publish the number of minutes that it took to complete 100 engines. You can take a 2-week free trial by eliminating your email in the form below. In some cases this would constitute a reset of 20-30 pounds or another variation that will enter it enter Another post. The 2nd day, the Deadlifts and the Max Pull-Ups. Winchester This workout is appointed for LT Ron Winchester. You are reading a free preview page from 65 to 68 are not shown in this preview. Take two days off and repeat. Fighters go to do f * ck yourself this could kill himself if we are not too young and stupid and a common sense allow us to succumb to it complete three rounds of 1 minute at each station. This event requires 3 rounds. Max reps Å ç à,~ "back squat @ 225 repssmasmax reps Å ç à,~" db bent on the row Å ç à,~ "50 powersmax repls Å ç à,~" jump box w / 20 à,~ Boxmax repetitions Å ç à,~ "DB Push Press Å ç à,~" 50 repetitions "Russian KB Swings w / 2/1 Pood rules: spend a minute at each of the five stations, resulting in a five-minute ride after which it is Allowed a 1 minute break before repeating. Post Times & loads used for comments. Wall Reverse Slimb / Ball Slam / Slam / Evil Wheels The second hardest workout on my list of the first 10 more difficult crossfit training workout is something I only remember once. Instead of focusing on general physical preparation (GPP), the CFFB strives to build powerful, Å ç with that in mind, there are some rules you should keep in mind for this crossfit football training. The form of Good quality on power is essentially essentially the weight. Crossfit has published Casual workouts and varied per day on Crossfit.com. Also, sorry if the drive does not work or is not correct, I'm not too familiar with Drive sharing ... On top of that, U / MrPipedreams made a spreadsheet (which is fantastic, thank you!) A couple of years ago containing the wod of amateur strength that goes alongside this. Day 1 Me Sprint (vertical / cog / multi-directional) Squat 3- 5 (when the program repeats Add pounds a day 4) Press 3- 5 (Add 2.5 pounds to the last day of the print) Day 2 DL 1- 5 (add 10 pounds from the last DL day) Transport Vertical Pull (prone grip) 3 x max Reps 4-Work Neck Day Day 3 off day 4 squats 3-5 (Add 5 pounds a day 1) Bench 3- 5 (Add 2.5 pounds from the last day bench) Volume Sprint sprint Day 5 Power Clean 5- 3 (add 2.5 pounds to the bar from the last PC) Vertical traction (supine socket) 3 x repetitions max 4-work 4-way neckline day 6 working days / conditioning day 7 off copyright 2012 - 2019 Power Athlete Inc. I could understand why: the force is anything but random Å ç à,~ "no one is ever casually strong. While programming and direction have never been a problem, my friends and associations are States. 8. Buffalo with Buffalo bills in the eighth round, started at 8 games, in the end being the top rookie of the team for 1968. At that point, simply dropping the weight to what was three weeks before. ... or about three weeks 20 percent. We have a very specific quantity of volume we have to hit for every day. Complete for the time: 40 repetitions Å ç à,~ "Panca Press with your body weight on the bar.40 repetitions Å ç à,~ "Reverse Wall Slimb + Push Up Rules: this can be divided n Any combination of sets and repetitions. Someone replied, Å ç à,~ "This was not us, friend. If you have more than 225 pounds, put the å ç

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