

## CrossFit Programming- 7x/ a week

- SAMPLE WORKOUTS:
  - FRAN 21-15-9
    - RX - thrusters, pull-ups
    - Scaled - thrusters, ring rows
  - 3+ Rounds
    - RX+
      - 400m Run
      - 30 GHD's (Or V-Ups)
      - 20 Wall Balls (30/20) (10/9) (Or 20 Wall Balls 20/14, 11ft/10ft)
    - RX
      - 400m Run
      - 25 GHD's + 6in Riser(Or V-Ups)
      - 20 Wall Balls (20/14) (10/9)
    - Scaled
      - 300m Run
      - 30 Sit Ups
      - 20 Wall Ball Thrusters (light)