

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3	4
5	6 Session 1 Class 1 Deadlift Air squat Box Jump Rowing	7	8	9 Session 1 Class 2 Deadlift Review Press/Push Press Kettle Bells Wallballs	10	11
12	13 Session 1 Class 3 Press/PP Review Front Squat Thruster Sit-ups Double Unders	14	15	16 Session 1 Class 4 Front Squat Review Snatch Overhead Squat HRPV	17	18
19	20 Session 1 Class 5 Snatch/OHS Review Back Squat Pull-ups	21	22 Session 2 Class 1 Deadlift Air squat Box Jump Rowing	23 Session 1 Class 6 Back Squat Review Clean and Jerk	24	25 Session 2 Class 2 Deadlift Review Press/Push Press Kettle Bells Wallballs
26	27 Session 1 Class 7 Clean & Jerk Review SDHP HSPV Rings = Push-ups and Dips	28	29 Session 2 Class 3 Press/PP Review Front Squat Thruster Sit-ups Double Unders	Notes:		