

**5/10/2021 – 5/14/2021**

**Warm up**

10 inch worms

10 single leg Romanian deadlifts

400 meter run

**Cool down**

1 minute couch stretch each leg

Banded shoulder stretch

1 minute plank

**5/10/2021**

**Bodyweight only**

8 minute AMRAP of 8 jumping squats

8 sit ups

Rest 4 minutes then

4 minute AMRAP of

4 jumping squats

4 sit ups

**MJC Weight room**

8 minute AMRAP of

8 power cleans

8 GHD sit ups

Rest 4 minutes then

4 minute AMRAP of

4 squat cleans

4 GHD sit ups

Rest then

5X3 push jerks increase weight each set

**5/11/2021**

**Bodyweight only**

30 wall walks for time

**MJC weight room**

CrossFit workout **ISABEL**

30 snatches for time (prescribed weight is 135#)

Rest then

5X3 bench press increase weight each set

**5/12/2021**

**Bodyweight only**

4 sets of 800 meter run

Rest as needed between sets

**MJC weight room**

4 sets of

800 meter run right into max set of unbroken pull ups

Rest as needed between sets

**5/13/2021**

**Bodyweight**

Rest day or 20 minutes of stretching.

**MJC weight room**

30 minutes of stretching.

**5/14/2021**

**Bodyweight only**

For time

40 push ups

40 sit ups

40 squats

40 burpees

40 squats

40 sit ups

40 push ups

**MJC weight room**

40 push ups

40 sit ups

40 goblet squats

40 single dumbbell devils press

40 goblet squat

40 sit ups

40 push ups