

CUB CORPS Course Template

5 Weeks	Monday / Tuesday	Wednesday / Thursday	Friday
1 Week of:	<i>Squat Series</i> <ul style="list-style-type: none"> Air Squat (AS) Front Squat (FS) Overhead Squat (OHS) <i>AB-Mat Sit-Up</i> <i>Box Jump / Step-Up (BJ)</i> WOD: Tabata Bottom to Bottom (AS) 4 minutes (20:10) work:rest...8 Rounds of air squats with rest in the bottom position.	<i>Press Series</i> <ul style="list-style-type: none"> Press (P) Push Press (PP) Push Jerk (PJ) <i>Push-Up (Chest to Deck, True)</i> <i>Pull-Up (Ring Row and Strict)</i> <i>Row</i> WOD: 3 Rounds for time: 7 Front Squats, 7 Push Press (45#/35#), 7 Ring Rows / Pull-Ups	<i>Warm-Up</i> AS, FS, OHS, P, PP, PJ (Form and Technique) WOD: “Baseline” 500m Row 40 AS 30 AB-Mat Sit-Ups 20 Push-Ups 10 Pull-Ups
2 Week of:	<i>Deadlift Series</i> <ul style="list-style-type: none"> Deadlift (DL) Sumo-Deadlift-High-Pull (SDLHP) Med-Ball Clean <i>Wall Ball (WB)</i> <i>Box Jump</i> WOD: AMRAP in 7 minutes: 7(Med-Ball Clean), 7(WB), 7(BJ)	<i>Thruster</i> <i>Burpee</i> <i>Kipping Pull-Up (Jumping)</i> <i>KB Swing</i> WOD: Press -3-3-3-3 5 Rounds for time: (15 minute cap) 15 Burpees, 10 KB Swing	<i>Warm-Up</i> DL, SDLHP, OHS, FS (Form and Technique) WOD: DL -3-3-3-3 Team AMRAP 12 min: (Rotate after Rd Complete) 12 Air Squats 10 DL (95#/65#) 8 Hand Release Push-Ups
3 Week of:	<i>Barbell Clean</i> <ul style="list-style-type: none"> Deadlift Front Squat Receiving Position (Power/Squat) Pulling Positions (Floor/Hang/Knee) WOD: Power Clean 3-3-3-3 10 minute AMRAP: 8 Med Ball Clean, 10 Push-Up, 12 Sit-Up	<i>Push / Split Jerk</i> WOD: Push Press 3-3-3-3 5 Rounds for time: Row 300 meters 5 Front Squats (95#/65#)	<i>Warm-Up</i> Push-Up, Pull-Up, OHS (Form and Technique) WOD: DL 2-2-2-2-2 10 Rounds of “Cindy”: 5 Pull-Ups 10 Push-Ups 15 Air Squats
4 Week of:	WOD: “Cub Gone Bad” Row (Cal) Wall Ball (20#/14#) KB Swing (53#/35#) / SDLHP (75#/55#) Box Jumps / Step Ups Push-Press (75#/55) 3 x 5 minutes rounds Rest 1 minute between rounds Alternate exercises every minute in order	<i>Snatch</i> <ul style="list-style-type: none"> Burgener Warm-Up <i>Thruster</i> WOD: “Fran” For time: 21-15-9 Thrusters (95#/65#) Pull-Ups	<i>Double-Under</i> <i>Snatch Review</i> DL 1-1-1-1 WOD: 20 minute EMOM Even 2 Snatches + 1 OHS Odd 7 Bar Facing Burpees
5 Week of:	<i>Toes to Bar</i> WOD: “FILTHY FIFTY” For time: 50 reps of each exercise... Box Jump, Jumping-Pull-Up, KB Swing, Walking Lunge, Knees to Elbow, Push Press, GHD Back Extensions, Wall Ball, Burpees, and Double Unders.	<i>Pistol</i> <i>Tabata Air Squat Re-test</i> WOD: Push Jerk 1-1-1-1 “KAREN” For time: 150 WB Shots (20#/14#)	WOD: “Baseline” Hat Trick 3 Rounds: 500m Row 40 AS 30 AB-Mat Sit-Ups 20 Push-Ups 10 Pull-Ups