



Week 12

MON 3/16/2026	TUES 3/17/2026	WED 3/18/2026	THUR 3/19/2026	FRI 3/20/2026
Ricky 3/15 (43), Brittany 36				3/21 Sharon (76), 3/22 Teresa (71)
	WARM UP: 250M ROW		Teams of 2	WARM UP
8 minutes Teams of 2, alternating movements 10x standing banded chest press 10x banded retractions	10x PVC pass through :30 each side green or black banded lat stretch :20 dbl band shoulder stretch (chest through) – for OH :30 seated pec stretch w/ crab 10x chin ups - easier 10x push up – easier 5x air squat	Individual 5 Rds :40 on/:20 off w/ a WB AMRAP 3x press out 3x biceps curl 3x hinge DL Always start each round with press out	50' AMRAP 500M Row (250/250) or 20 cal Bike 50X box step ups 200x SU or 100x DU (if doing both, 100x SU for athlete 1 and 50x DU for athlete 2) (scale for jumping will be rowing or biking again – preserving the stimulus)	1:30 deep rig squat 5 Rds :30 on :30 off Single DB front rack FS *use targets
PRIORITY: BODYWEIGHT/STR.		PRIORITY: STRENGTH		PRIORITY: CONDITIONING
4 Rds for Quality BURPEES (Rd 1=10, Rd 2=8, Rd 3=6 Rd 4=4) LUNGE FWD/BACK – 4 RDS OF FF/BB *In place, lunge forward L, then back together, lunge forward R, then back together. Lunge back L, then forward together. Lunge back R, then forward together. (16 total steps) 20x UB HINGES HUGGING A BUMPER PLATE 50X SINGLE UNDERS OR 35X DU ----- 12' EMOM Athletes alternate every minute 6 Rds each 5x HPC *climbing *focus: speed and technique	CINDY 20 AMRAP 5X PULL UP 10X PUSH UP 15X AIR SQUAT REMAINING TIME – CYCLE THROUGH CIRCUIT OF 7x towel pull up (new) 2-3x WW – working toward walk facing (w/ a spotter) – focused on arms locked out and active, shoulder width apart, fingers forward or slightly externally rotated. Partial is completely acceptable 10x lat pull downs – as a function of pull up. <i>Banded OK – create movement upward using only lats – no swing/kip, no arch to initiate movement.</i>	BENCH PRESS 15-12-9-6 Comp 11/14&12/26/25, 2/20/26 3 ROUNDS 15x UB DB biceps curls 15x banded triceps extension DL 12-9-6-3 *climbing	50x wall sit march (L=1, R=2, L=3..) 30x DBall or Sandbag over bar (back and forth) 200M Carry (together) Singles: halve reps and rest :30-1:00 between	BACK SQUAT 5 Rds x 5 reps Focus: mobility, rear rack position & squat depth – not load *climbing Theo's 11 year Birthday celebration (3/22/2015) LEGENDS OPTION 1: TEAMS OF 2, 3X 1:00 RDS 21 MIN AMRAP MIN 1: Row-calories MIN 2: BOX STEP UPS 20/16, 18-16/12, PLATES- reps MIN 3: DL 95/65, 75/55, 65/45, 45/35 MIN 4: C&J MIN 5: FS MIN 6: AMRAP 10X JUMP ROPE, 3X LAT BURPEE OVER BAR MIN 7: REST OPTIONS 2:



SAME AS ABOVE, TEAMED UP TO SHARE BAR STATION, BUT START AT DIFFERENT STATIONS

ORIGINAL

For time:

22 calorie row

17x [BJ](#) 30/24

15x [DL](#) 185/135

12x [C&J](#)

9x [FS](#)

6x (6 rounds) (30x [DU](#), and do 6x [BFB](#) after each set of Dubs)

25' cap

NUMBER SIGNIFICANCE

- This workout was created in 2016 by Coach Nic in conjunction with the family for the CrossFit Kids Program.
- 22nd Birthday (3/22/2015)
- Theo would have been 17 months old when chemo ended
- He only had 12 more rounds of chemo left
- He would have been done with treatment in September (9)

Born 3/22/15

Passed on 10/21/16

Age: 19 mths