



Week 32

MON 8/3/2026	TUES 8/4/2026	WED 8/5/2026	THUR 8/6/2026	FRI 8/7/2026
				JANET W
WARM UP	WARM UP 10x each Situps Arch ups/superman Ring rows Inch worms (push up or negative)	WARM UP	NEW	WARM UP
Teams of 2 12 min Row for meters Rotate every 2 minutes	COMPRESSION/T2B/PRESSING 2 rds 10x floor straddle pike foot drag (progressing forward) 5x wall walk 15x DECLINE curl up (bench on box, legs hanging over high end, curl up – weighted if poss) Several attempts: pike or wall HS hold	*Coaches – get battling ropes out for scaled rope climbs on the rig 31 Heroes GMRX Rx: Row 500 or Run 400* (all athletes do the same) 8x Thruster (BB) 75/55# 6x Rope Climb (RX) or supine to seated legs straight progression 11x Box Step Up or Jump 24” - 20”/20 <i>*must be accomplished within 3’ – slowest allowable time for this distance</i>	TEAMS OF 2 SPLIT INTO 4 GROUPS. PARTNERS IF YOU WANT (DOUBLE REPS) GROUP PULL PUSH AMRAP 12 500M ROW 30X MED BALL THROW SITUPS GROUP BACKWARD FORWARD AMRAP 12 50X PLATE JUMPS (OR FAST STEPS) 30X MED BALL BACKWARD THROW (BACK AND FORTH) 30X INCH WORM GROUP OVER AND UNDER AMRAP 12 50X LATERAL OVER BENCH/BOX 30X UNDER BAND, OVER BAND 20X BURPEE UNDER BAND GROUP FAST/SLOW AMRAP 12 20 X SHUTTLE RUNS – FAST DOWN, WALK BACK, ALT. 6X100M SPRINT (ALTERNATING) 6X 20X KB SWING (ALTERNATING, FRONT RACK HOLD WHEN NOT WORKING)	1-1:30 deep rig squat Reverse Tabata 8 rounds :10 on/:20 off Air squats (to depth – use targets if necessary)
PRIORITY: BODYWEIGHT/STR.	PULLING 2 rds 7x chest to bar pull up (band, or low bar negative) 10x double banded “W” pull downs (seated?) 30x jumping pull ups (low bars – we’ll move them)	Intermediate Row 400M Bike 24/18 or max 3:00 8x Thrusters (DBs) 20/15# 6x Rope Climb seated to standing 11x Box Step Up or Jump 20-18/16-12 Alpha/Beginner Row 300M Bike 18/12 or max 3:00 8x Thruster (DBs) 15/7.5# or lower 6x Rope Climb seated to standing (from a riser if necessary) 11x step up 12/6” – 12” (supported OK)		PRIORITY: STRENGTH
3 round circuit 12x rig knee ups (hang! We haven’t for a while) 6x drop jump (start on plate, progress to higher platform for which to jump) 10x single DB HPC&PP/J (5xL, 5xR) Teams of 2, 10 minute alternating EMOM (5 Rds ea) 3x PC Climb in load Not UB	PUSHING 2 rds 10x banded plyo plate pushups 20x medium weight med ball “sets” 12x single side deficit pushup (6 ea)-ball, block Short rest FUN CORE FUN CORE 20-18-16-14-12 PLANK SHOULDER TAP 10-8-6-4-2 VUP			LBBS 5 Rds x 3 reps Superset with 50x HKM BB DL 5 Rds x 3 reps climbing Teams of 2, split evenly, 1 works at a time, 1 BB per team (same load) 15 MIN CAP 1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1 Deadlift Burpee over bar (Open Loads 55+ 185/125) Was 10’ AMRAP



31 HEROES

8-6-11 reps in memory of August 6, 2011

8 Thrusters (155/105#)
6 Rope Climbs (15 ft. ascent)
11 Box Jumps (30"/24")

Like the warriors of our armed services, this WOD is about working together, sacrificing yourself for your teammate, and accomplishing the mission together.

- Partner 1 performs the workout listed above.
Partner 2 runs 400m with a sandbag (45#/25#).
When Partner 2 returns from the run, Partner 1 will grab the sandbag, and begin their 400m run, while Partner 2 continues the workout where Partner 1 left off.
- Score is # of rounds & reps you complete as a team

GrandMastersRx Scaling

Our Rx

Row 500, Bike Equivalent, or Run 400* (all athletes do the same)

8x Thruster (BB) 75/55#

6x Rope Climb (RX) or supine to seated legs straight progression

11x Box Step Up or Jump 24"/20"

*must be accomplished within 3' – slowest allowable time for this distance

Bravo Scaling

Intermediate

Row 400M or Bike Equivalent

8x Thrusters (DBs) 20/15#

6x Rope Climb seated to standing

11x Box Step Up or Jump 20-18/16-12

Alpha Scaling

Beginner

Row 300M or max 3:00

8x Thruster (DBs) 15/7.5# or lower

6x Rope Climb seated to standing (from a riser if necessary)

11x step up 12/6" – 12" (supported OK)

FINAL NOTE:

Today is about a "traditional" CrossFit workout, meeting the standards and the score: getting as many rounds as possible within one of the set versions of this workout.

Unfortunately, our box can be accustomed to "do what you can do". That's not always balanced. Wanting to do higher loads but not being able to rope climb or step (OR JUMP!) to a higher box does not make you a better athlete. If you feel the load is "too low" for you or the row distance is too short, go faster. Get more rounds. Today, we are accommodating the standards for this workout as it's written and scaled.

*If you cannot thruster 75 for men/55 for women, the Bravo and Alpha are dumbbells...equally challenging. DB loads are posted and highlighted above.