NAME:_____ CLASS: 7 8 9 10 530

Week 46 | Week 47 | Week 48 – CLOSED THIS WK | Week 49

MON 11/9/2026

Warm Up: 500M Row _____
3x7xRR/Pull up, Push Up, Air Squat

5X LBBS **8x GOB SQ**
Set 1 load_____ _____
Set 2 load_____ _____
Set 3 load_____ _____
Set 4 load_____ _____

5X BB PUSH PRESS
Set 1 load_____
Set 2 load_____
Set 3 load_____
Set 4 load_____

5X BB DL **8X DB RDL**
Set 1 load_____ _____
Set 2 load_____ _____
Set 3 load_____ _____
Set 4 load_____ _____

MON 11/16/2026

Warm up: lat pull downs, inch worms, air squats

4 RDS FOR QUALITY
5X WB _____#
2X20' WL _____#
10X PUSH UPS
10X SITUPS OR V-UPS

7 RDS (14 W/ PARTNER)
COMPLEX OF DL/HPC/PC/SQCL
Rd 1 load_____
Rd 2 load_____
Rd 3 load_____
Rd 4 load_____
Rd 5 load_____
Rd 6 load_____
Rd 7 load_____

MON 11/23/2026

HOME WORKOUT #1

3 RDS
10X PUSH UPS
15X SITUPS
20X AIR SQUATS

MON 11/30/2026

Warm up: lat pull downs, inch worms, air squats

4 RDS FOR QUALITY
6X WB _____#
2X20' WL _____#
10X PUSH UPS
10X SITUPS OR V-UPS

7 RDS EA (14 W/ PARTNER)
COMPLEX OF DL/HPC/PC/SQCL
Rd 1 load_____
Rd 2 load_____
Rd 3 load_____
Rd 4 load_____
Rd 5 load_____
Rd 6 load_____
Rd 7 load_____

WED 11/11/2026

Honor the CrossFit Hero "Chad"
For Chad Wilkinson

Teams of 2

CHAD1000X
1000x box step ups for time.

50 min cap

Partner:_____

Box Ht:_____

Time:_____ or reps at

50:00 _____

WED 11/18/2026

4X BS + 2X FS **6X DROP JUMP**
Set 1 load_____ _____"
Set 2 load_____ _____"
Set 3 load_____ _____"
Set 4 load_____ _____"

5x PC & J/PP
Set 1 load_____
Set 2 load_____
Set 3 load_____

3X BB DL
Set 1 load_____
Set 2 load_____
Set 3 load_____
Set 4 load_____

WED 11/25/2026

HOME WORKOUT #2

3 RDS
5 INCHWORMS
10 BURPEES
15 SQUAT JUMPS (OR SQUATS)

WED 12/2/2026

4X BS + 2X FS **6X DROP JUMP**
Set 1 load_____ _____"
Set 2 load_____ _____"
Set 3 load_____ _____"
Set 4 load_____ _____"

5x PC & J/PP
Set 1 load_____
Set 2 load_____
Set 3 load_____

3X BB DL
Set 1 load_____
Set 2 load_____
Set 3 load_____
Set 4 load_____

FRI 11/13/2026

Warm up: Inch worms, Planks, Bird Dogs

3X BENCH PRESS
Set 1 load_____ Set 4 _____
Set 2 load_____ Set 5 _____
Set 3 load_____

CONDITIONING 6 X 3:00
ROW _____meters
AIR SQUAT _____reps
JUMP ROPE _____reps
HEAVY HOLD _____load
SIT UP/V-UP _____reps
BURPEE _____reps

FRI 11/20/2026

BENCH PRESS 5-3-1, 5-3-1
X5_____ X5_____
X3_____ X3_____
X1_____ X1_____

INTERVALS
ROW ☐200M ☐150M ☐100M
BIKE ☐8/6 CAL. ☐_____CAL
Rd 1 _____:_____
Rd 2 _____:_____
Rd 3 _____:_____
Rd 4 _____:_____

100X (50Xea) KB SWINGS
_____#

FRI 11/27/2026

HOME WORKOUT #3

3 RDS
1:00 PLANK
:30 SIDE PLANK L
:30 SIDE PLANK R
20X SITUPS
*NEWBIES: 10X SITUPS

FRI 12/4/2026

BENCH PRESS 5-3-1, 5-3-1
X5_____ X5_____
X3_____ X3_____
X1_____ X1_____

8X (4 EA) 1:30 ON/:30 TRANS
_____M ROW + ME KB SWINGS
KB reps Rd 1_____
KB reps Rd 2_____
KB reps Rd 3_____
KB reps Rd 4_____

NAME:_____ CLASS: 7 8 9 10 530

Week 50	Week 51	Week 52	2027 Week 1!
MON 12/7/2026	**MON 12/14/2026**	**MON 12/21/2026**	**MON 12/28/2026**
Warm up: lat pull downs, inch worms, air squats	Warm up: lat pull downs, inch worms, air squats	Warm up: lat pull downs, inch worms, air squats	Warm up: lat pull downs, inch worms, air squats
4 RDS FOR QUALITY 7X WB _____# 2X20' WL _____# 10X PUSH UPS 10X SITUPS OR V-UPS	**4 RDS FOR QUALITY** 8X WB _____# 2X20' WL _____# 10X PUSH UPS 10X SITUPS OR V-UPS	**4 RDS FOR QUALITY** 9X WB _____# 2X20' WL _____# 10X PUSH UPS 10X SITUPS OR V-UPS	**4 RDS FOR QUALITY** 10X WB _____# 2X20' WL _____# 10X PUSH UPS 10X SITUPS OR V-UPS
7 RDS EA (14 W/ PARTNER) **COMPLEX OF DL/HPC/PC/SQCL** Rd 1 load_____ Rd 2 load_____ Rd 3 load_____ Rd 4 load_____ Rd 5 load_____ Rd 6 load_____ Rd 7 load_____	**7 RDS EA (14 W/ PARTNER)** **COMPLEX OF DL/HPC/PC/SQCL** Rd 1 load_____ Rd 2 load_____ Rd 3 load_____ Rd 4 load_____ Rd 5 load_____ Rd 6 load_____ Rd 7 load_____	**7 RDS EA (14 W/ PARTNER)** **COMPLEX OF DL/HPC/PC/SQCL** Rd 1 load_____ Rd 2 load_____ Rd 3 load_____ Rd 4 load_____ Rd 5 load_____ Rd 6 load_____ Rd 7 load_____	**7 RDS EA (14 W/ PARTNER)** **COMPLEX OF DL/HPC/PC/SQCL** Rd 1 load_____ Rd 2 load_____ Rd 3 load_____ Rd 4 load_____ Rd 5 load_____ Rd 6 load_____ Rd 7 load_____
WED 12/9/2026	**WED 12/16/2026**	**WED 12/23/2026**	**WED 12/30/2026**
4X BS + 2X FS **6X DROP JUMP** Set 1 load_____ _____" Set 2 load_____ _____" Set 3 load_____ _____" Set 4 load_____ _____" **5x PC & J/PP** Set 1 load_____ Set 2 load_____ Set 3 load_____ **3X BB DL** Set 1 load_____ Set 2 load_____ Set 3 load_____ Set 4 load_____	**4X BS + 2X FS** **6X DROP JUMP** Set 1 load_____ _____" Set 2 load_____ _____" Set 3 load_____ _____" Set 4 load_____ _____" **5x PC & J/PP** Set 1 load_____ Set 2 load_____ Set 3 load_____ **3X BB DL** Set 1 load_____ Set 2 load_____ Set 3 load_____ Set 4 load_____	**4X BS + 2X FS** **6X DROP JUMP** Set 1 load_____ _____" Set 2 load_____ _____" Set 3 load_____ _____" Set 4 load_____ _____" **5x PC & J/PP** Set 1 load_____ Set 2 load_____ Set 3 load_____ **3X BB DL** Set 1 load_____ Set 2 load_____ Set 3 load_____ Set 4 load_____	**4X BS + 2X FS** **6X DROP JUMP** Set 1 load_____ _____" Set 2 load_____ _____" Set 3 load_____ _____" Set 4 load_____ _____" **5x PC & J/PP** Set 1 load_____ Set 2 load_____ Set 3 load_____ **3X BB DL** Set 1 load_____ Set 2 load_____ Set 3 load_____ Set 4 load_____
FRI 12/11/2026	**FRI 12/18/2026**	**FRI 12/25/2026**	**FRI 1/1/2027**
BENCH PRESS 5-3-1, 5-3-1 X5_____ X5_____ X3_____ X3_____ X1_____ X1_____ **8X (4 EA) 1:30 ON/:30 TRANS** _____M ROW + ME KB SWINGS KB reps Rd 1_____ KB reps Rd 2_____ KB reps Rd 3_____ KB reps Rd 4_____	**BENCH PRESS 5-3-1, 5-3-1** X5_____ X5_____ X3_____ X3_____ X1_____ X1_____ **8X (4 EA) 1:30 ON/:30 TRANS** _____M ROW + ME KB SWINGS KB reps Rd 1_____ KB reps Rd 2_____ KB reps Rd 3_____ KB reps Rd 4_____	**CLOSED FOR CHRISTMAS**	**CLOSED FOR NEW YEARS DAY**