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| **Day: Friday Date: 10.10.2014** | | | |
| **Time** | **Class** | **Notes** | **Scales** |
| On Own  \_\_\_3\_\_ | Get PSYCHED!!!  Get warm and loose! | No standing around. Music cranking, energy high! |  |
| Group  \_\_\_5\_\_ | Thruster Freeze “Dance”  For Time:  15-12-9  PVC Thrusters  Burpees over pipe  5 Min Cap | Fun Friday!  Periodically mute the music. Every time the music stops, they must freeze mid rep, no moving at all. If moving, they must start that round over. They must hold until music starts again. |  |
| Mobility | 1 Min hang from bar (kipping, twisting, etc)  1 Min squat hold while talking at board. | Briefly review proper hanging mechanics. |  |
| Skill/Str | None. Double WOD! |  |  |
| Instruct | Go over thruster and pull-up, discuss Fran, hit it.  After rest, review Clean and jerk. Set up, hit Grace. | Barbell demo’s followed by some quick drilling should be sufficient. Use drilling to pick up common mistakes and address them individually during set up. |  |
| **WOD:**    Sub 4 Fran  Rest 5-10 Min  Sub 3 Grace | | Scale, scale, scale. Today is a lesson on scaling for intensity.  These times are designed to replicate the true feeling of these workouts. A tiny bit of leeway can be given if they are within a few reps of finishing. |  |