

Crossfit Class Content

2024

Monday AM

Strength/Skill

8th Jan

Squat/back squat

15th Jan

OH press

22nd Jan

Clean

29th Jan

OH squat

5th Feb

Back squat 5 rep max test

12th Feb

Bulgarian Split squat

19th Feb

Back rack lunges

26th Feb

Front squats

4th March

Tempo back squats

11th March

OH squat

18th March

Back squat 5 rep max re test

25th March

Strict Press 5 rep max test

1st April

BANK HOLIDAY

8th April

HSPU from box

15th April

Wall Balls

22nd April

Push Press

29th April

Push Jerk

Crossfit Class Content

2024

Monday AM

Strength/Skill

6th May

BANK HOLIDAY

13th May

Strict press 5 rep max retest

20th May

Pull up 3 rep max test

27th May

BANK HOLIDAY

3rd June

Chest Pull ups

10th June

Eccentric Banded pull ups

17th June

TT Rings

24th June

Pull Up 3 rep max re test

1st July

Dead Lift 5 rep max test

8th July

Weighted Glut Bridges from bench

15th July

Single leg Romanian DL

High rep low weight

22nd July

DL tempo second phase

29th July

Romanian DL

5th Aug

Dead Lift 5 rep max re test

Crossfit Class Content

2024

Monday PM

8th Jan
15th Jan
22nd Jan
29th Jan
5th Feb
12th Feb
19th Feb
26th Feb
4th March
11th March
18th March
25th March
1st April
8th April
15th April
22nd April
29th April

Strength/Skill

Squat/Back squat
OH press
Clean
OH squat
Bulgarian Split Squat
Ring Rows
Hand Stands
Squat Clean
OH press
Snatch Balance
Pistol Squats
Jumping Pull Ups
BANK HOLIDAY
Pull Ups
Bench Press
Sled Push
Back Squat

Crossfit Class Content

2024

Monday PM

Strength/Skill

6th May
13th May

BANK HOLIDAY
Hand Stand Hold
plus DB OH Press

20th May
27th May
3rd June
10th June
17th June
24th June
1st July
8th July

TTB
Sumo DL High Pull
Front Squat
TT Rings
Thruster
Dead Lift
Clean and Press
Push Jerk

Crossfit Class Content

2024

Tuesdays

2nd Jan
9th Jan
16th Jan
23rd Jan
30th Jan
6th Feb
13th Feb
20th Feb
27th Feb
5th March
12th March
19th March
26th March

Strength/Skill

Front Squat
OH press
Squat/back squat
OH squat
Pull Ups
Snatch Balance
TTB
Front Squat
Sled Push
Snatch Balance
Sumo DL High Pull
Bench Press
Ring Rows

Crossfit Class Content

2024

Tuesdays

2nd April

9th April

16th April

23rd April

30th April

7th May

14th May

21st May

4th June

11th June

18th June

25th June

2nd July

9th July

Strength/Skill

Wall balls

Dead Lift

Squat Clean

Thruster

Push Jerk

Tempo Back Squats

OH press

Ring toe supported pull ups

Weighted Lunge

Hand Stands

Pistol Squats

Jumping Pull Ups

Bulgarian Split Squat

Clean and Press