Calendar

CrossFit 52 week Schedule:

Week 1 Feb 2-8 Air Squat

Week 2 Feb 9-15 Front Squat

Week 3 Feb 16-22 Overhead Squat

Week 4 Feb 23- March 1 Back Squat

Week 5 March 2-8 Deadlift

Week 6 March 9-15 Power Clean

Week 7 March 16-22 Hang Power Clean

Week 8 March 23-29 Snatch

Week 9 March 30-April 5 Power Snatch

Week 10 April 6-12 Push Press

Week 11 April 13-19 Shoulder Press

Week 12 April 20-26 Push Jerk

Week 13 April 27-May 3 Split Jerk

Week 14 May 4-10 Thruster (Front Squat + Push Press)

Week 15 May 11-17 Wall Ball Shots

Week 16 May 18-24 Box Jump

Week 17 May 25-31 Box Jump Overs

Week 18 June 1-7 Double-Unders (Jump Rope)

Week 19 June 8-14 Single-Unders

Week 20 June 15-21 Burpees

Week 21 June 22-28 Pull-Ups

Week 22 June 29-July 5 Chest-to-Bar Pull-Ups

Week 23 July 6-12 Toes-to-Bar

Week 24 July 13-19 Ring Rows

Week 25 July 20-26 Muscle-Ups

Week 26 July 27-Aug 2 Kettlebell Swings

Week 27 Aug 3-9 Kettlebell Goblet Squats

Week 28 Aug 10-16 Kettlebell Clean and Jerk

Week 29 Aug 17-23 Kettlebell Snatch

Week 30 Aug 24-30 Wall Ball Shots

Week 31 Aug 31-Sept 6 Sit-Ups

Week 32 Sept 7-13 AbMat Sit-Ups

Week 33 Sept 14-20 GHD Sit-Ups

Week 34 Sept 21-27 Lunges (Walking or Stationary)

Week 35 Sept 28-Oct 4 Handstand Push-Ups

Week 36 Oct 5-11 Handstand Hold

Week 37 Oct 12-18 Rope Climbs

Week 38 Oct 19-25 Sled Pushes

Week 39 Oct 26-Nov 1 Sled Pulls

Week 40 Nov 2-8 Turkish Get-Ups

Week 41 Nov 9-15 Farmer’s Carry

Week 42 Nov 16-22 Plate Pinch Carries

Week 43 Nov 23-29 Barbell Rows

Week 44 Nov 30-Dec 6 Bench Press

Week 45 Dec 7-13 Dips (Parallel Bar or Bench)

Week 46 Dec 14-20 Russian Twists

Week 47 Dec 21-27 Box Step-Ups

Week 48 Dec 28-Jan 3 Mountain Climbers

Week 49 Jan 4-10 Jumping Lunges

Week 50 Jan 11-17 Bear Crawls

Week 51 Jan 18-24 Crab Walks

Week 52 Jan 25-31 L-Sit Hold