

# ***Oceanside CrossFit Fundamentals Schedule***

## ***CLASS ONE: (MONDAY 6 p.m.)***

AIR SQUAT  
FRONT SQUAT  
OVERHEAD SQUAT  
ROW

WOD: BASELINE

## ***CLASS TWO: (TUESDAY 6 p.m.)***

PRESS WORK

SHOULDER PRESS  
PUSH PRESS  
PUSH JERK

WOD: 3 ROUNDS: SP, PP, PJ=1REP CONTINUE TO FAILURE

## ***CLASS THREE: (THURSDAY 6p.m.)***

DEADLIFT  
SUMO HIGH PULL DEADLIFT  
MEDICINE BALL CLEANS

WOD: 5 Rounds 5 Med Ball Cleans, 7 Sumo Deadlift High Pulls, 9 Deadlifts