

05/03/16

Welcome to the CLB Jacked Unicorn Program!

Whiteboard17

Click here to read an article on how to post a workout

Click here to access our private Facebook group.

Warm Up:

3 rounds

- 30 Banded pull aparts
- 10 Double kettlebell press

Skill:

Core complex:

5 rounds

- 10 V-ups
- 10 Tuck-up (V- up with bent knees)
- 20 Second hollow hold

Rest 30 seconds between

Strength 1:

Band resisted bench press (light bands and 60% of 1RM on bar)

8x3 reps (alternate sets between regular, wide and narrow grip)

Strength 2:

1x8 reps of strict press to an 8 rep max for the day

Strength 3:

Ring Row 3x10 (elevate your feet and put a plate on your chest if you can)

Workout

15 minute AMRAP

- 20 Kettlebell swings 53/36#
- 15 Box jumps
- 10 Ring push ups

Accessory work:

- 100 Banded pull aparts
- 100 Banded tricep press downs

Post your scores to the Whiteboard.

Entries+ Add your Score

Jacked Unicorn			
Name	Strength 1	Strength 2	Workout
Nkauzlaric	30kg + red ba...	28.5kg Rx	4 + 3 box jum...
Simone	55 Rx	35 Rx	4+30 Rx
Sarah Mou...	60kg	42kg Rx	7+10 Rx
Marlon Rag..	65 kgs Rx	52.5 kgs Rx	305 (6r + 35) ...
Rockyrob	80kgs Rx	60kgs Rx	5rounds Rx
Albry Crowl..	85 Rx	55 Rx	5 rounds Rx
Maria	85 Rx	75 Rx	5+10 Rx
Laura Mantay	85 Rx	80 Rx	286 Rx
Samary Ca...	95# No band	75# Rx	5 Rx
Bailey	95 Rx Blue b...	85 Rx	4+35 Rx
Leighanne ...	110 Rx Blue ...	100 Rx	8+26 Rx
Megan Vizz..	140 lbs Rx	85 lbs Rx	8+21 Rx

About - Help

05/04/16

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Whiteboard15

Click here to read an article on how to post a workout to the whiteboard and also where to find the feed.

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Warm Up:

2 rounds...

- 10 Med ball chest pass
- 10 Side toss
- 10 Granny shots
- 10 Wall ball shots

Plyo-metrics:

5x10 Lateral Box Jumps over the box

Strength 1:

Clean and Jerk 3-2-2-1-1-1 to a heavy single for the day

Strength 2:

Clean Pulls 3x4 @110%

Workout:

3 Rounds for time

- Run: 400
- 30 Push Press 95/65#
- 30 Hang Clean 95/65#

Accessory Work:

5 rounds

- 20ft Handstand walk to the wall
- 5 Strict handstand push up
- 10 Kipping handstand push up

Rest as needed between

Post your scores to the Whiteboard

05/05/16

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Whiteboard11

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Warm Up:

3 rounds...

- 15 Ball slams 30/20#
- 15 Reverse lunges
- 15 Push ups

Skill 1:

Bar Complex...3 rounds

- 3 Strict pull ups
- 6 Kipping swings For max height (Body long and tight)
- 9 Chest to bar pull ups

Skill 2:

Handstand Support Hold 3x30 seconds

Skill 3:

False Grip Pull Ups on the Rings 3x5 (try to get arms long as possible)

Strength 1:

Weighted Pull up 5x3 Reps to a max

Strength 2:

Weighted Dip 5x3 Reps to a max

Workout:

5k run

Accessory:

Suns out guns out

- Hammer curls 3x10
- Banded face pulls 3x30

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05/06/16

Welcome to the CLB Jacked Unicorn Program!

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Today is an active rest day, so do 45 minutes of one of the following at 50% effort:

- Biking
- Swimming
- Rowing
- Running

05/07/16

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Whiteboard14

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Warm up:

3 rounds...

- 10 Wall ball shots
- 10 Reverse lunges
- 10 Ring rows

Skill:

3 rounds of...

10 alternating Kettlebell snatch/ 3 rope climb

(Ascend in weight)

Plyo-Metrics

Depth Drop Bound 5x5 reps

(drop off 20", bound on ground to higher box for challenging height)

Strength 1:

Front squat 6x2 to heavy double

Strength 2:

Power Snatch 2-2-2-2-2

Workout:

3 rounds for time...

- Row 500 meters
- 21 Overhead squat 95/65#
- 50 Double unders

Accessory:

Sled Push sprints 10x25 meters on the minute

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05/08/16

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Whiteboard12

Click here to read an article on how to post a workout to the whiteboard and also where to find the feed.

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Warm Up:

- 30 Air Squats
- 20 PVC Pass Throughs
- 30 PVC Overhead Squats

Skill:

3x 10 muscle up swings

3 x max Muscle up attempts

Rest as needed between

Strength 1:

Hang Muscle Clean 3-3-3-3-3

Strength 2:

Hang Power Clean 2-2-2-2-2

Strength 3:

Hang Squat Clean 1-1-1-1-1 to a heavy single

Workout:

Complete as many rounds and reps as possible in 15 minutes of:

- Run 200 meters
- 15 Chest-to-bar pull-ups
- 5 Hang power cleans 155/105#

Accessory Work:

- GHD sit-ups 3x15 reps
- Double arm kettlebell swings (53/36# each hand Marlon 🙏) 15-15-15 reps

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