

THE HEROES

7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM
<p>"Badger"</p> <p>3 Rounds for Time: 30 Squat Cleans (95/65#) 30 Pull-ups 800m Run</p>	<p>"Jack"</p> <p>20 Minute AMRAP: 10 Push Press (115/75#) 10 KB Swings (1.5/1.0 pood) 10 Box Jumps (24/20")</p>	<p>"Josie"</p> <p>For Time: 1 Mile Run</p> <p>3 Rounds of: 30 Burpees 4 Power Cleans (155/105#) 6 Front Squats (155/105#)</p> <p>1 Mile Run</p>	<p>"Nate"</p> <p>20 Minute AMRAP: 2 Ring Muscle-ups 4 Handstand Push-ups 8 KB Swings (2.0/1.5 pood)</p>	<p>"Wittman"</p> <p>7 Rounds for Time: 15 KB Swings (1.5/1.0 pood) 15 Power Cleans (95/65#) 15 Box Jumps (24/20")</p>	<p>"D.T."</p> <p>5 Rounds for Time: 12 Deadlifts 9 Hang Power Cleans 6 Push Jerks</p> <p>Rx (155/105#)</p>
<p><i>Teams of 3. Break up squat cleans and pull-ups as needed between teammates. Runs are alternating 200 meter repeats (one person runs at a time...4 total per round)</i></p>	<p><i>Teams of 3. Alternate full rounds with your teammates.</i></p>	<p><i>Teams of 3. Break up reps as needed between partners. Runs are completed together.</i></p>	<p><i>Teams of 3. Alternate full rounds with your teammates.</i></p>	<p><i>Teams of 2. Alternate each movement between partners. For example, partner 1 does 15 KB swings, partner 2 does 15 power cleans, partner 1 does 15 box jumps... and so on.</i></p>	<p><i>Teams of 2. Break reps up as needed between partners.</i></p>
1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM
<p>"Whitten"</p> <p>5 Rounds for Time: 22 Kettlebell swings (2.0/1.5 pood) 22 Box Jumps (24/20") 400m Run 22 Burpees 22 Wallballs (20/14#)</p>	<p>"Tommy Mac"</p> <p>2 Rounds For Time: 12 Burpees 12 Thrusters 12 Burpees 12 Power Snatches 12 Burpees 12 Push Jerks 12 Burpees 12 Hang Squat Cleans 12 Burpees 12 Overhead Squats</p> <p>Rx (115/75#)</p>	<p>"Rankel"</p> <p>20 Minute AMRAP: 6 Deadlifts (225/155#) 7 Burpee Pull-ups 10 KB Swings (2.0/1.5 pood) 200 Meter Run</p>	<p>"Adrian"</p> <p>7 Rounds for Time: 3 Forward Rolls 5 Wall Climbs 7 Toes to Bar 9 Box Jumps (30/24")</p>	<p>"Holleyman"</p> <p>30 Rounds for Time: 5 Wallballs (20/14#) 3 Handstand Push-ups 1 Power Clean (225/155#)</p>	<p>"Murph"</p> <p>For Time: 1 Mile Run</p> <p>100 Pull-ups 200 Push-ups 300 Squats</p> <p>1 Mile Run</p>
<p><i>Teams of 3. Break up reps as needed between teammates. Runs are completed together.</i></p>	<p><i>Teams of 2. Alternate each couplet of burpees and barbell movement between partners. For example, partner 1 does 12 burpees and 12 thrusters, partner 2 does 12 burpees and 12 power snatches... and so on.</i></p>	<p><i>Teams of 3. Alternate each movement between teammates. For example, partner 1 does 6 deadlifts, partner 2 does 7 burpee pull-ups, partner 3 does 10 KB swings, then partner 1 does 200m Run... and so on.</i></p>	<p><i>Teams of 2. Break up reps as needed between partners.</i></p>	<p><i>Teams of 3. Alternate full rounds with your teammates.</i></p>	<p><i>Teams of 3. Runs completed together. Alternate full rounds of 5 pull-ups, 10 push-ups, 15 air squats with your teammates.</i></p>

* All WODs have a strict 35 minute time cap (with the exception of the AMRAPs)