

THE HEROES

7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM
<p>"Helton"</p> <p>3 Rounds For Time: 800m Run 30 Dumbbell Squat Cleans (50/35#) 30 Burpees</p>	<p>"Morrison"</p> <p>50-40-30-20-10 Reps For Time: Wall Ball Shots (20/14#) Box Jumps (24/20") Kettlebell Swings (1.5/1 pood)</p>	<p>"Glen"</p> <p>For Time: 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees</p>	<p>"Jason"</p> <p>For Time: 100 Squats 5 Muscle-ups 75 Squats 10 Muscle-ups 50 Squats 15 Muscle-ups 25 Squats 20 Muscle-ups</p>	<p>"Bradshaw"</p> <p>10 Rounds For Time: 3 Handstand push-ups 6 Deadlifts (225/155#) 12 Pull-ups 24 Double-unders</p>	<p>"Omar"</p> <p>For Time: 10 Thrusters (95/65#) 15 Bar-facing Burpees 20 Thrusters (95/65#) 25 Bar-facing Burpees 30 Thrusters (95/65#) 35 Bar-facing Burpees</p>
<p><i>Teams of 3. Break up squat cleans and burpees 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. Break up reps as needed between partners.</i></p>	<p><i>Teams of 3. Break up reps as needed between partners. Runs are completed together.</i></p>	<p><i>Teams of 2. Break up reps as needed between partners.</i></p>	<p><i>Teams of 3. Alternate each movement between partners. For example, partner 1 does 3 handstand push-ups, partner 2 does 6 deadlifts, partner 3 does 12 pull-ups, partner 1 does 24 double-unders...and so on.</i></p>	<p><i>Teams of 2. Alternate every 5 reps with your partner.</i></p>
1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM
<p>"Hotshots 19"</p> <p>6 Rounds For Time: 30 Air Squats 19 Power Cleans (135/95#) 7 Strict Pull-Ups 400m Run</p>	<p>"Dork"</p> <p>6 Rounds for Time: 60 Double-Unders 30 Kettlebell Swings (1.5/1 pood) 15 Burpees</p>	<p>"White"</p> <p>5 Rounds For Time: 3 Rope Climbs 10 Toes to bar 21 Overhead Walking Lunges (45/25#) 400m Run</p>	<p>"Coffee"</p> <p>For Time: 800m Run 50 Back Squats (135/95#) 50 Bench Press (135/95#) 800m Run 35 Back Squat 35 Bench Press 800m Run 20 Back Squat 20 Bench Press 800m Run 1 Muscle-Up</p>	<p>"Klepto"</p> <p>4 Rounds For Time: 27 Box Jumps (24/20") 20 Burpees 11 Squat Cleans (145/100#)</p>	<p>"Murph"</p> <p>For Time: 1 Mile Run 100 Pull-ups 200 Push-ups 300 Squats 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. Split reps evenly between partners.</i></p>	<p><i>Teams of 2. Break up reps as needed between teammates. Runs are completed together.</i></p>	<p><i>Teams of 3. Break up reps as needed between teammates. Runs are alternating 200 meter repeats (one person runs at a time...4 total per round) All teammates must complete one muscle-up at the end.</i></p>	<p><i>Teams of 2. Alternate every rep with your partner.</i></p>	<p><i>Teams of 3. Runs completed together. Althenticate 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**