

# THE HEROES

7:00 AM	8:00 AM	9:00 AM	10:00 AM	11:00 AM	12:00 PM
<b>"Sisson"</b>  20 Minute AMRAP: 1 Rope Climb 5 Burpees 200 Meter Run  * Wear a weight vest.	<b>"Laura"</b>  21 Minute AMRAP: 30 Calorie Row 20 Burpees Over the Rower 10 Power Cleans (155/105#)	<b>"Barraza"</b>  18 Minute AMRAP: 200 Meter Run 9 Deadlift (275/185#) 6 Burpee Bar Muscle-ups	<b>"Manion"</b>  7 Rounds for Time: 400 Meter Run 29 Back Squats (135/95#)	<b>"The Seven"</b>  7 Rounds for Time: 7 Handstand Push-ups 7 Thrusters (135/95#) 7 Knees to Elbows 7 Deadlift (245/165#) 7 Burpees 7 Kettlebell Swings (2.0/1.5 pd) 7 Pull-ups	<b>"Clovis"</b>  For Time: Run 10 miles 150 Burpee Pull-ups
<i>Teams of 2. Alternate full rounds with a partner.</i>	<i>Teams of 2. Break up reps as needed between partners.</i>	<i>Teams of 3. One person completes the run (alternate each round). Break up reps as needed between teammates.</i>	<i>Teams of 3. Runs are completed together. Break up back squats as needed between teammates.</i>	<i>Teams of 2. Alternate each movement between partners.</i>	<i>Teams of 5: Everyone working at the same time to contribute to total work load. Partition the run and burpee pull-ups as needed.</i>
1:00 PM	2:00 PM	3:00 PM	4:00 PM	5:00 PM	6:00 PM
<b>"DG"</b>  10 Minute AMRAP: 8 Toes to Bar 8 DB Thrusters (35#s/25#s) 12 DB Walking Lunges (35#s/25#s)	<b>"Abbate"</b>  For Time: 1 Mile Run 21 Clean and Jerks (155/105#) 800 Meter Run 21 Clean and Jerks (155/105#) 1 Mile Run	<b>"Blake"</b>  4 Rounds for Time: 100' Overhead Walking Lunge (45/25#) 30 Box Jump (24/20") 20 Wallballs (20/14#) 10 Handstand Push-ups	<b>"Tommy V"</b>  For Time: 21 Thrusters (115/75#) 12 Rope Climbs 15 Thrusters (115/75#) 9 Rope Climbs 9 Thrusters (115/75#) 6 Rope Climbs	<b>"Ship"</b>  9 Rounds for Time: 7 Squat Cleans (185/125#) 8 Burpee Box Jumps (30/24")	<b>"Murph"</b>  For Time: 1 Mile Run  100 Pull-ups 200 Push-ups 300 Squats  1 Mile Run
<i>Teams of 2. Alternate full rounds with a partner.</i>	<i>Teams of 3. Break up clean and jerks as needed between teammates. The runs will be completed as alternating 400 meter repeats (one person runs at a time).</i>	<i>Teams of 2. Split reps equally between partners.</i>	<i>Teams of 2. Break up reps as needed between partners.</i>	<i>Teams of 3. Alternate every rep with your teammates.</i>	<i>Teams of 3. Runs completed together. Althenticate full rounds of 5 pull-ups, 10 push-ups, 15 air squats with your teammates.</i>

**\* All WODs have a strict 35 minute time cap**