

CrossFit Redmond

Workouts for the week of March 31, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
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Monday March 31	Four rounds for time of: 10 Front Squats 15 Deadlifts 25 Sit-ups	FS: DL: Sit-ups	
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Tuesday April 1	For Time: Run 400m 7 Deadlifts 50 Squats 7 Deadlifts 25 Thrusters 7 Deadlifts 25 Ball Slams 7 Deadlifts	DL: Thrusters: MedBall used:	
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Wednesday April 2	REST DAY!		
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Thursday April 3	3 Rounds for time of: 15 Power Cleans 15 Jerks 15 Sumo Deadlift High Pulls	Cleans: Jerks: SDHP:	
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Friday April 4	First: 4 x 3 Push Press		1. 2.	3. 4.
	Second: Total rounds in 15 minutes of: 5 Burpees 10 Pull-ups 15 Squats	PUs:		

Saturday April 5	21-15-9 Run 400m or Row 500m Overhead Squats Pull-ups	Run -or- Row OHS: PUs	
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Sunday April 6	REST DAY!		
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