

# CrossFit Redmond

Workouts for the week of April 7, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
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<b>Monday</b> April 7	<b>Three rounds for time of:</b> 12 One armed snatch (left arm) 24 Sit-ups 12 One armed snatch (right arm) 24 Kettlebell Swings	Snatch: _____ KB: _____	
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<b>Tuesday</b> April 8	35 Box Jumps, 20" box 35 Jumping Pull-ups 35 Kettlebell Swings, 35# KB 35 Walking Lunges 35 Kness to Elbows 35 Push Press, 45# 35 Back Extensions 35 Wall Ball Shots, 20# MedBall 35 Burpees 35 Double Unders (or 140 singles)	Box: _____ KB: _____ Push Press: _____ MedBall: _____ Rope Jumps: _____	
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<b>Wednesday</b> April 9	<b>REST DAY!</b>		
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<b>Thursday</b> April 10	<b>4 Sets of 5 Reps: Deadlift</b>		1. _____ 2. _____	3. _____ 4. _____
	<b>For time:</b> 30 Barbell Power Snatches, 75# 30 Overhead Squats, 45# 30 Wall Ball Shots, 20# MedBall Run 400m	Snatch: _____ OHS: _____ Ball: _____		

<b>Friday</b> April 11	<b>For time:</b> 100 Burpees			
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<b>Saturday</b> April 12	<b>10-9-8-7-6-5-4-3-2-1</b> One armed snatch (left arm) Squat One armed snatch (right arm) Push-up	Snatch: _____		
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<b>Sunday</b> April 13	<b>REST DAY!</b>		
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