

CrossFit Redmond

Workouts for the week of May 12, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
--------------------	-----------------	-------

Monday **Three rounds for time of:**
May 12 Run 400m Box:
 30 Box Jumps KBS:
 30 Kettlebell swings, 1 pood

--

Tuesday **Two rounds for time of:**
May 13 10 Clean & Jerks, 95# C&J:
 5 Rounds of Cindy
 10 Clean & Jerks, 95#
 5 Rounds of Cindy
 10 Clean & Jerks, 95#

--

Wednesday **REST DAY!**
May 14

Thursday **"Nancy"**
May 15 5 Rounds for time of: OHS:
 Run 400m
 15 Overhead Squats, 95lbs

--

Friday **7 x 3 Back Squats**
May 16

Two Rounds:
Burpee Race (1 min)
Rest as needed between rounds

1.	5.
2.	6.
3.	7.
4.	

Saturday **"Grace"**
May 17 30 Clean & Jerks for time, 135# C&J:

--

Sunday **REST DAY!**
May 18