

CrossFit Redmond

Workouts for the week of May 19, 2008

WORKOUT OF THE DAY		WEIGHTS & NOTES	SCORE
Monday May 19	21-15-9 Thrusters, 95# Knees to Elbows Box Jumps	TH: _____	<input type="text"/>
Tuesday May 20	Mash-up Squat Cleans Push-ups	Cleans: _____	<input type="text"/>
Wednesday May 21	REST DAY!		
Thursday May 22	Total rounds completed in 20 minutes of: Run 200m 10 Knees to Elbows 20 Box Jumps		<input type="text"/>
Friday May 23	5 Rounds for time of: 25 Sit-ups 25 Supermans		<input type="text"/>
Saturday May 24	"Annie" 50-40-30-20-10 Double Unders Sit-ups		<input type="text"/>
Sunday May 25	REST DAY!		