

CrossFit Redmond

Workouts for the week of May 26, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
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Monday	For time:		
May 26	15-12-9	DL: _____	
	Deadlift, 185#	Thrust: _____	
	Thrusters, 95#		
	Push-ups		
	Row 1000m		

Tuesday	Five rounds for time of:		
May 27	10 Snatches, 95#	Snatch: _____	
	15 Pull-ups	Thurst: _____	
	20 Thrusters, 75#		

Wednesday	REST DAY!		
May 28			

Thursday	"Next Time it's 50s"		
May 29	35 Box Jumps, 20" box		
	35 Jumping Pull-ups		
	35 Kettlebell Swings, 35# KB		
	35 Walking Lunges		
	35 Knees to Elbows		
	35 Push Press, 45#		
	35 Back Extensions		
	35 Wall Ball Shots, 20# MedBall		
	35 Burpees		
	35 Double Unders (or 140 singles)		

Friday	Run or row a 5K		
May 30			

Saturday	HEAVY DAY!						
May 31	4 x 3 Back Squats		<table style="width:100%; border-collapse: collapse;"> <tr><td style="width:50%; border-right: 1px solid black;">1.</td><td style="width:50%;">3.</td></tr> <tr><td style="border-right: 1px solid black;">2.</td><td>4.</td></tr> </table>	1.	3.	2.	4.
1.	3.						
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	4 x 4 Push Press		<table style="width:100%; border-collapse: collapse;"> <tr><td style="width:50%; border-right: 1px solid black;">1.</td><td style="width:50%;">3.</td></tr> <tr><td style="border-right: 1px solid black;">2.</td><td>4.</td></tr> </table>	1.	3.	2.	4.
1.	3.						
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	4 x 2 Squat Clean		<table style="width:100%; border-collapse: collapse;"> <tr><td style="width:50%; border-right: 1px solid black;">1.</td><td style="width:50%;">3.</td></tr> <tr><td style="border-right: 1px solid black;">2.</td><td>4.</td></tr> </table>	1.	3.	2.	4.
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Sunday	REST DAY!		
June 1			