

CrossFit Redmond

Workouts for the week of June 16, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE						
Monday June 16	Three rounds for time of: 5 Push Press, 135lbs 15 Pull-ups 25 MedBall Cleans							
Tuesday June 17	Diane 21-15-9 Deadlift, 225lbs Handstand Push-ups							
Wednesday June 18	REST DAY!							
Thursday June 19	Three rounds for time of: 30 Kettlebell Swings, 1 pood 10 Burpees 50 Sit-ups Run 200m							
Friday June 20	Run 5k or 100 Burpees							
Saturday June 21	5 Sets of 3 Reps: Push Press 3 Rounds of: 50 Jumping pull-ups 50 Kettlebell Swings, 1 pood 50 Squats	<table border="1"><tr><td>1.</td><td>4.</td></tr><tr><td>2.</td><td>5.</td></tr><tr><td>3.</td><td></td></tr></table>	1.	4.	2.	5.	3.	
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Sunday June 22	REST DAY!							