

CrossFit Redmond

Workouts for the week of June 30, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
Monday June 30	Perform individually: Run 800m or Row 1000m Tabata: Sumo Deadlift High Pull Tabata: Push Press	 <input type="text"/>
Tuesday July 1	5 Rounds for time: Run 200m 30 Box Jumps 30 Wall Ball Shots	<input type="text"/>
Wednesday July 2	REST DAY!	
Thursday July 3	"Fight Gone Bad" 3 rounds performing one minute at each station Wall Ball Shots, 20lb MedBall (reps) Sumo deadlift high-pull: 75 pounds (reps) Box Jump, 20" box (reps) Push-press, 75 pounds (reps) Row (calories)	<input type="text"/>
Friday July 4	Mini Murph Run 800m 50 Pull-ups 100 Push-ups 150 Squats Run 800m	<input type="text"/>
Saturday July 5	"Cindy" Total rounds in 20 minutes of: 5 Pull-ups 10 Push-ups 15 Squats	<input type="text"/>
Sunday July 6	REST DAY!	