

CrossFit Redmond

Workouts for the week of July 7, 2008

WORKOUT OF THE DAY

WEIGHTS & NOTES

SCORE

HEAVY WEEK

Monday

5 Rounds for time of:

July 7

5 Deadlift, M: 275lbs/W: 185lbs

10 Burpees

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Tuesday

3 Rounds for time:

July 8

15 Deadlifts

Weight: _____

12 Hang Power Cleans

9 Front Squats

6 Push Jerks

Use the same weight for all lifts

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Wednesday

REST DAY!

July 9

Thursday

Complete 5 rounds increasing weight each round

July 10

1 Shoulder Press

3 Push Press

5 Push Jerks

1. _____	4. _____
2. _____	5. _____
3. _____	

Friday

Heavy Fran

July 11

15-12-9

Thrusters, M: 135lbs/W: 95lbs

Weighted Pull-ups, 40lbs/20lbs

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Saturday

CrossFit Total

July 12

Find 1 rep max for the following lifts:

Back Squat

Shoulder Press

Deadlift

Sunday

REST DAY!

July 13