CrossFit Redmond

Workouts for the week of July 21, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE

Monday
July 21

For Time:
Run 400m
7 Deadlifts, 225lbs
50 Squats
7 Deadlifts, 225lbs
25 Thrusters
7 Deadlifts, 225lbs
25 Ball Slams
7 Deadlifts, 225lbs

DL:
TH:

Compare to 3/31/2008

Tuesday
July 22

21-15-9
Front Squats, 135lbs
Knees to Elbows
Kettlebell Swings, 1.5 pood

FS:
KBS:

Wednesday
July 23

REST DAY!

Thursday
July 24

3 Rounds for time of:
15 Power Cleans
15 Jerks
15 Sumo Deadlift High Pulls

Compare to 4/3/2008

Friday
July 25

Second: Total rounds in 20 minutes of:
5 Burpees
10 Pull-ups
15 Squats

Compare to 4/4/2008

Saturday
July 26

5 Sets of 3 Reps: Thrusters

1.	4.
2.	5.
3.	

5 Rounds for time of:
12 Burpees
12 Pull-ups

Sunday
July 27

REST DAY!