



DATE:	WORKOUT:
MONDAY, AUGUST 30TH	Linda (aka "3 bars of death") 10/9/8/7/6/5/4/3/2/1 for time: Bench Press: Bodyweight Deadlift: 1.5 x Bodyweight Power Clean: ¾ times Bodyweight
TUESDAY, AUGUST 31ST	"Barbara" 5 rounds for time of: 20 Pullups 30 Push-ups 40 Sit ups 50 Squats
WEDNESDAY, SEPTEMBER 1ST	"Kelly" 5 rounds for time of: Run 400 Meters for Time 30 Box Jumps, 24 inch box 30 Wall Balls, 20 lb ball
THURSDAY, SEPTEMBER 2ND	"DT" Five Rounds Of: 155 Pound Deadlift, 12 Reps 155 Hang Power Clean, 9 Reps 155 Pound Push Jerk, 6 Reps
FRIDAY, SEPTEMBER 3RD	"Jackie" 1000 Meter Row Thruster 45lbs, 50 reps Pull Ups, 30 reps
SATURDAY, SEPTEMBER 4TH	"McGhee" Complete as many rounds as possible in 30 minutes; 275 pound deadlift, 5 reps 13 Push-ups 9 Box Jumps, 24 inch box
SUNDAY, SEPTEMBER 5TH	REST DAY