

# Workout of the Day Lists CrossFit.com

The Benchmark Girls		
Angie	<ul style="list-style-type: none"> <li>• 100 Pull-ups</li> <li>• 100 Push-ups</li> <li>• 100 Sit-ups</li> <li>• 100 Squats</li> </ul>	For Time Complete all reps of each exercise before moving to the next.
Barbara	<ul style="list-style-type: none"> <li>• 20 Pull-ups</li> <li>• 30 Push-ups</li> <li>• 40 Sit-ups</li> <li>• 50 Squats</li> </ul>	5 rounds for time
Chelsea	<ul style="list-style-type: none"> <li>• 5 Pull-ups</li> <li>• 10 Push-ups</li> <li>• 15 Squats</li> </ul>	Each min on the min for 30 min
Cindy	<ul style="list-style-type: none"> <li>• 5 Pull-ups</li> <li>• 10 Push-ups</li> <li>• 15 Squats</li> </ul>	As Many Rounds As Possible in 20 minutes
Diane	<ul style="list-style-type: none"> <li>• Deadlift 225lbs</li> <li>• Handstand Push-ups</li> </ul>	21-15-9 reps for time
Elizabeth	<ul style="list-style-type: none"> <li>• Clean 135lbs</li> <li>• Ring Dips</li> </ul>	21-15-9 reps for time
Fran	<ul style="list-style-type: none"> <li>• Thruster 95lbs</li> <li>• Pull-ups</li> </ul>	21-15-9 reps for time
Grace	<ul style="list-style-type: none"> <li>• Clean and Jerk 135lbs</li> </ul>	30 reps for time
Helen	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 21 Kettlebell Swing 1.5 pood (apx 55lbs)</li> <li>• 12 Pull-ups</li> </ul>	3 rounds for time
Isabel	<ul style="list-style-type: none"> <li>• Snatch 135 pounds</li> </ul>	30 reps for time
Jackie	<ul style="list-style-type: none"> <li>• 1000 meter Row</li> <li>• 50 Thruster 45lbs</li> <li>• 30 Pull-ups</li> </ul>	For time
Karen	<ul style="list-style-type: none"> <li>• 150 Wallball 20lbs 10'</li> </ul>	For time
Linda (aka "3 bars of death")	<ul style="list-style-type: none"> <li>• Deadlift 1 1/2 BodyWeight</li> <li>• Bench Body Weight</li> <li>• Clean 3/4 Body Weight</li> </ul>	10/9/8/7/6/5/4/3/2/1 rep rounds for time
Mary	<ul style="list-style-type: none"> <li>• 5 Handstand Push-ups</li> <li>• 10 1-Legged Squats (Pistols)</li> <li>• 15 Pull-ups</li> </ul>	As Many Rounds As Possible in 20 minutes
Nancy	<ul style="list-style-type: none"> <li>• 400 meter run</li> <li>• 15 Overhead Squat 95lbs</li> </ul>	5 rounds for time
The New Girls		
Annie	<ul style="list-style-type: none"> <li>• Double Unders</li> <li>• Sit-ups</li> </ul>	50-40-30-20 and 10 rep rounds; for time
Eva	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 30 Kettlebell Swing 2 pood (apx 72lbs)</li> <li>• 30 Pull-ups</li> </ul>	5 rounds for time.
Kelly	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 30 Box Jump 24" box</li> <li>• 30 Wallball 20lbs 10'</li> </ul>	5 rounds for time

Lynne	<ul style="list-style-type: none"><li>• Body Weight Bench Press (e.g., same amount on bar as you weigh)</li><li>• Pull-ups</li></ul>	5 rounds for max reps. There is <b>NO</b> time component to this WOD.
Nicole	<ul style="list-style-type: none"><li>• 400 meter Run</li><li>• Max rep Pull-ups</li></ul>	As Many Rounds As Possible in 20 minutes. Note number of pull-ups completed for each round.

## The Hero Workouts

<p><b>JT</b> In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little VA, who was killed in Afghanistan June 2005</p>	<ul style="list-style-type: none"> <li>• Handstand Push-ups</li> <li>• Ring Dips</li> <li>• Push-ups</li> </ul>	<p>21-15-9 reps for time</p>
<p><b>Michael</b> In honor of Navy Lieutenant Michael McGreevy, 30, of Portville, NY, who was killed in Afghanistan June 28 2005.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 50 Back Extensions</li> <li>• 50 Sit-ups</li> </ul>	<p>3 rounds for time</p>
<p><b>Murph</b> In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed in Afghanistan June 28th, 2005. This workout was one of Mike's favorites and he'd named it 'Body Armor.' From here on it will be referred to as 'Murph' in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.</p>	<ul style="list-style-type: none"> <li>• 1 mile Run</li> <li>• 100 Pull-ups</li> <li>• 200 Push-ups</li> <li>• 300 Squats</li> <li>• 1 mile Run</li> </ul>	<p>For time</p>
<p><b>Daniel</b> In honor of Petty Officer 1st Class Jeff Taylor, 30, of Little Creek, VA, who was killed in Afghanistan June 2005</p>	<ul style="list-style-type: none"> <li>• 50 Pull-ups</li> <li>• 400 meter Run</li> <li>• 21 Thrusters 95lbs</li> <li>• 800 meter Run</li> <li>• 21 Thrusters 95lbs</li> <li>• 400 meter Run</li> <li>• 50 Pull-ups</li> </ul>	<p>For time</p>
<p><b>Josh</b> SSG Joshua Hager, United States Army, was killed Thursday February 22 2007 in Ar Ramadi, Iraq.</p>	<ul style="list-style-type: none"> <li>• 21 Overhead Squats 95lbs</li> <li>• 42 Pull-ups</li> <li>• 15 Overhead Squats 95lbs</li> <li>• 30 Pull-ups</li> <li>• 9 Overhead Squats 95lbs</li> <li>• 18 Pull-ups</li> </ul>	<p>For time</p>
<p><b>Jason</b> S01 (SEAL) Jason Dale Lewis was killed by an IED while conducting combat operations in Southern Baghdad July 6, 2007. We name this workout "Jason" in honor of his life, family, and courage.</p>	<ul style="list-style-type: none"> <li>• 100 Squats</li> <li>• 5 Muscle-ups</li> <li>• 75 Squats</li> <li>• 10 Muscle-ups</li> <li>• 50 Squats</li> <li>• 15 Muscle-ups</li> <li>• 25 Squats</li> <li>• 20 Muscle-ups</li> </ul>	<p>For time</p>
<p><b>Badger</b> In honor of Navy Chief Petty Officer Mark Carter, 27, of Virginia Beach, VA who was killed in Iraq 11 December 2007.</p>	<ul style="list-style-type: none"> <li>• 30 Squat Cleans 95lbs</li> <li>• 30 Pull-ups</li> <li>• 800 meter Run</li> </ul>	<p>3 rounds for time.</p>
<p><b>Joshie</b> In honor of Army Staff Sergeant Joshua Whitaker, 23, of Long Beach, CA who was killed in Afghanistan May 15th, 2007.</p>	<ul style="list-style-type: none"> <li>• 21 Dumbbell Snatch 40lbs right arm</li> <li>• 21 L Pull-ups</li> <li>• 21 Dumbbell Snatch 40lbs left arm</li> <li>• 21 L Pull-ups</li> </ul> <p>The snatches are full squat snatches.</p>	<p>3 rounds for time.</p>
<p><b>Nate</b> In honor of Chief Petty Officer Nate Hardy, who was killed Sunday February 4th during combat operations in Iraq.</p>	<ul style="list-style-type: none"> <li>• 2 Muscle-ups</li> <li>• 4 Handstand Push-ups</li> <li>• 8 Kettlebell Swings 2 pood (apx 72lbs)</li> </ul>	<p>As Many Rounds As Possible in 20 minutes</p>
<p><b>Randy</b> In honor of Randy Simmons, 51, a 27 year LAPD veteran and SWAT team member who was killed February 6 in the line of duty.</p>	<ul style="list-style-type: none"> <li>• 75 Power Snatch 75lbs</li> </ul>	<p>For time</p>

<p><b>Tommy V</b> In honor of Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, died in an training accident in Arizona, on Feb. 13 2008.</p>	<ul style="list-style-type: none"> <li>• 21 Thrusters 115lbs</li> <li>• 15 ft Rope Climb, 12 ascents</li> <li>• 15 Thrusters 115lbs</li> <li>• 15 ft Rope Climb, 9 ascents</li> <li>• 9 Thrusters 115lbs</li> <li>• 15 ft Rope Climb, 6 ascents</li> </ul>	For time
<p><b>Griff</b> In honor of USAF SSgt Travis L. Griffin, 28, who was killed April 3, 2008 in the Rasheed district of Baghdad by an IED strike to his vehicle.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 400 meter Run backwards</li> <li>• 800 meter Run</li> <li>• 400 meter Run backwards</li> </ul>	For time
<p><b>Ryan</b> Maplewood, Missouri Firefighter, Ryan Hummert, 22, was killed by sniper fire July 21st 2008 when he stepped off his fire truck responding to a call.</p>	<ul style="list-style-type: none"> <li>• 7 Muscle-ups</li> <li>• 21 Burpees</li> </ul>	5 Rounds for time. Each burpee terminates with a jump one foot above max standing reach
<p><b>Erin</b> Canadian Army Master Corporal Erin Doyle, 32, was killed in a firefight August 11th, 2008 in the Panjwai District, Kandahar Province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 15 Dumbbells Split Clean 40lbs</li> <li>• 21 Pull-ups</li> </ul>	5 Rounds for time
<p><b>Mr Joshua</b> SO1 Joshua Thomas Harris, 36, drowned during combat operations, August 30th 2008 in Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 30 Glute-Ham Sit-Ups</li> <li>• 15 Deadlift 250lbs</li> </ul>	5 Rounds for time
<p><b>DT</b> In honor of USAF SSgt Timothy P. Davis, 28, who was killed on February, 20 2009 supporting operations in OEF when his vehicle was struck by an IED.</p>	<ul style="list-style-type: none"> <li>• 12 Deadlift 155lbs</li> <li>• 9 Hang Power Clean 155lbs</li> <li>• 6 Push Jerk 155lbs</li> </ul>	5 Rounds for time
<p><b>Danny</b> Oakland SWAT Sergeant Daniel Sakai, age 35, was killed on March 21, 2009 in the line of duty along with fellow officers Sergeant Ervin Romans, Sergeant Mark Dunakin, and Officer John Hege.</p>	<ul style="list-style-type: none"> <li>• 30 Box Jump 24"</li> <li>• 20 Push Press 115lbs</li> <li>• 30 Pull-ups</li> </ul>	As Many Rounds As Possible in 20 minutes
<p><b>Hansen</b> Marine Staff Sgt Daniel Hansen died February 14th in Farah Providence, Afghanistan when an IED he was working on detonated.</p>	<ul style="list-style-type: none"> <li>• 30 Kettlebell Swing 2 pood (apx 70lbs)</li> <li>• 30 Burpees</li> <li>• 30 Glute-Ham Sit-ups</li> </ul>	5 Rounds for time
<p><b>Tyler</b> 1LT Tyler E. Parten, 24, of Arkansas, died Sept. 10 in Konar province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small arms fire. He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, CO.</p>	<ul style="list-style-type: none"> <li>• 7 Muscle-ups</li> <li>• 21 Sumo-Deadlift High-Pull 95lbs</li> </ul>	5 Rounds for time
<p><b>Stephen</b> Third Battalion, Princess Patricia's Canadian Light Infantry member Corporal Stephen Bouzane, 26, was killed by an IED strike June 20th, 2007 in the Panjwai district in Afghanistan.</p>	<ul style="list-style-type: none"> <li>• Glute-Ham Sit-ups</li> <li>• Back Extensions</li> <li>• Knees to Elbow</li> <li>• Stiff Legged Deadlift 95lbs</li> </ul>	30-25-20-15-10-5 of all exercises
<p><b>Garrett</b> Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia was killed by an IED strike in Herat Province, Afghanistan on August 4, 2008.</p>	<ul style="list-style-type: none"> <li>• 75 Squats</li> <li>• 25 Ring Handstand Push-ups</li> <li>• 25 L Pull-ups</li> </ul>	3 Rounds for time
<p><b>War Frank</b> Captain Warren A. Frank, 26, of Cincinnati, Ohio, died November 25, 2008 while supporting combat operations in Ninewa province, Iraq. He was assigned to the 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force, Okinawa, Japan.</p>	<ul style="list-style-type: none"> <li>• 25 Muscle-ups</li> <li>• 100 Squats</li> <li>• 35 Glute-Ham Sit-ups</li> </ul>	3 Rounds for time

<p><b>McGhee</b> Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Ga. This was his fourth deployment, his first to Iraq.</p>	<ul style="list-style-type: none"> <li>• 5 Deadlift 275lbs</li> <li>• 13 Push-ups</li> <li>• 9 Box Jumps 24" Box</li> </ul>	<p>As Many Rounds as Possible in 30 minutes</p>
<p><b>Paul</b> Pittsburgh Police Officer Paul John Rizzo Domenic Sciuolo II, 36, was shot and killed in the line of duty while responding to a domestic disturbance call on April 4, 2009.</p>	<ul style="list-style-type: none"> <li>• 50 Double Unders</li> <li>• 35 Knees to Elbows</li> <li>• Overhead Walk 20 yards 185lbs</li> </ul>	<p>5 rounds for time</p>
<p><b>Jerry</b> Sgt Major Jerry Dwayne Patton, 40, died on 15 October 2008 during High Altitude High Opening (HAHO) training while assigned to Army USSOCOM preparing for deployment to Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 1 mile Run</li> <li>• 2000 meter Row</li> <li>• 1 mile Run</li> </ul>	<p>For time</p>
<p><b>Nutts</b> Lieutenant Andrew Richard Nuttall, 30, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group was killed by an improvised explosive device that detonated during a joint foot patrol near the village of Nakhonay in Panjwai District, about 25 km southwest of Kandahar City on December 23, 2009</p>	<ul style="list-style-type: none"> <li>• 10 Handstand Push-ups</li> <li>• 15 Deadlift 250lbs</li> <li>• 25 Box Jumps, 30" Box</li> <li>• 50 Pull-ups</li> <li>• 100 Wallball 20lbs 10'</li> <li>• 200 Double Unders</li> <li>• 400 meters Run with a 45lb plate</li> </ul>	<p>For time</p>
<p><b>Arnie</b> Los Angeles County Fire Fighter Specialist Arnaldo "Arnie" Quinones, 34, was killed in the line of duty on Sunday, August 30, 2009 during the Station Fire. His emergency response vehicle went over the side of the road and fell 800 feet into a steep canyon during fire suppression activities protecting Camp 16 outside the City of Palmdale, CA.</p>	<p>With a single 2 pood kettlebell (apx 72lbs):</p> <ul style="list-style-type: none"> <li>• 21 Turkish get-ups, Right arm</li> <li>• 50 Kettlebell Swings</li> <li>• 21 Overhead squats, Left arm</li> <li>• 50 Kettlebell Swings</li> <li>• 21 Overhead squats, Right arm</li> <li>• 50 Kettlebell Swings</li> <li>• 21 Turkish get-ups, Left arm</li> </ul>	<p>For time</p>
<p><b>The Seven</b> A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda. Seven new stars will be etched onto the memorial wall at the CIA where every star represents grieving friends, family and colleagues dedicated to fight against the enemy, forever in their name. Killed in the attack were CIA officers Jennifer Lynne Matthews, 45; Scott Michael Roberson, 39; Harold E. Brown Jr., 37; Darren LaBonte, 35; Elizabeth Hanson, 30; and security contractors Jeremy Jason Wise, 35, and Dane Clark Paresi, 46.</p>	<ul style="list-style-type: none"> <li>• 7 Handstand Push-ups</li> <li>• 7 Thruster 135lbs</li> <li>• 7 Knees to elbows</li> <li>• 7 Deadlift 245lbs</li> <li>• 7 Burpees</li> <li>• 7 Kettlebell Swings 2 pood (apx 72lbs)</li> <li>• 7 Pull-ups</li> </ul>	<p>7 Rounds for time</p>
<p><b>RJ</b> Veteran LAPD officer and United States Marine Corps Reservist Sergeant Major Robert J Cottle, 45, was killed by an improvised explosive device while on patrol in Southern Afghanistan on Wednesday, March 24, 2010. RJ joined the Marines at age 18, and the LAPD in 1990. His various LAPD assignments included Hollywood Vice, Southeast Area, LAPD Dive Team and, most recently, SWAT.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 15 ft Rope Climb 5 ascents</li> <li>• 50 Push-ups</li> </ul>	<p>5 Rounds for time</p>
<p><b>Luce</b> Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 20th Special Forces Group, headquartered at Jackson, MS, died August 2, 2009 in Qole Gerdasar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.</p>	<p>Wearing a 20lbs vest:</p> <ul style="list-style-type: none"> <li>• Run 1K</li> <li>• 10 Muscle-ups</li> <li>• 100 Squats</li> </ul>	<p>3 Rounds for time</p>

<p><b>Johnson</b> 1st Lt. Michael E. Johnson, 25, of the U.S. Marine Corps 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, headquartered in Okinawa, Japan, died September 8, 2009 while supporting combat operations in Kunar province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 9 Deadlift 245lbs</li> <li>• 8 Muscle-ups</li> <li>• 9 Squat Clean 155lbs</li> </ul>	<p>As Many Rounds As Possible in 20 minutes</p>
<p><b>Roy</b> Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, FL, assigned to the 3rd Marine Special Operations Battalion, Marine Special Operations Advisor Group, Marine Corps Forces Special Operations Command at Camp Lejeune, was killed in action on July 8th, 2009 in Nimroz Province, Afghanistan, while supporting combat operations.</p>	<ul style="list-style-type: none"> <li>• 15 Deadlift 225lbs</li> <li>• 20 Box Jumps 24" Box</li> <li>• 25 Pull-ups</li> </ul>	<p>5 Rounds for time</p>
<p><b>Adam Brown</b> Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, Arkansas, was killed on March 17th, 2010 in Komar Province, Afghanistan, in a battle against heavily armed militants</p>	<ul style="list-style-type: none"> <li>• 24 Deadlift 295lbs</li> <li>• 24 Box Jumps, 24" Box</li> <li>• 24 Wallball 20lbs</li> <li>• 24 Bench Press 195lbs</li> <li>• 24 Box Jumps 24" Box</li> <li>• 24 Wallball 20lbs</li> <li>• 24 Clean 145lbs</li> </ul>	<p>2 Rounds for time</p>
<p><b>Coe</b> Army Sgt. Keith Adam Coe, 30, of Auburndale, Fla., assigned to the 1st Battalion, 37th Field Artillery Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, Wash., died April 27th, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device.</p>	<ul style="list-style-type: none"> <li>• 10 Thruster 65lbs</li> <li>• 10 Ring Push-ups</li> </ul>	<p>10 Rounds for time</p>
<p><b>Severin</b> U.S. Army Sergeant First Class Severin W. Summers III, 43, of Bentonla, MS, assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), headquartered at Jackson, MS, died August 2, 2009 in Qole Gerdsar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 50 Strict Pull-ups</li> <li>• 100 Push-ups, release hands from floor at the bottom</li> <li>• Run 5K</li> </ul> <p>*If you've got a twenty pound vest or body armor, wear it.</p>	<p>For Time</p>
<p><b>Helton</b> U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, GA, assigned to the 6th Security Forces Squadron at MacDill Air Force Base in Tampa, FL, was killed September 8th, 2009, while on a mission near Baghdad, Iraq, when an improvised explosive device detonated near his vehicle.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 30 Squat Clean 50lb dumbbells</li> <li>• 30 Burpees</li> </ul>	<p>3 Round for time</p>
<p><b>Jack</b> Army Staff Sgt. Jack M. Martin III, 26, of Bethany, OK, assigned to the 3rd Battalion, 1st Special Forces Group, Fort Lewis, WA, died September 29th, 2009, in Jolo Island, Philippines, from the detonation of an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 10 Push press 115lbs</li> <li>• 10 Kettlebell Swings 1.5 pood (apx 55lbs)</li> <li>• 10 Box jumps 24" Box</li> </ul>	<p>As Many Rounds As Possible in 20 minutes</p>
<p><b>Forrest</b> U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed October 26th, 2009, while on a counternarcotics mission in Western Afghanistan when the helicopter he was in crashed.</p>	<ul style="list-style-type: none"> <li>• 20 L-Pull-ups</li> <li>• 30 Toes to bar</li> <li>• 40 Burpees</li> <li>• 800 meter Run</li> </ul>	<p>3 Rounds for time</p>
<p><b>Bulger</b> Canadian Forces Corporal Nicholas Bulger died July 3, 2009 while on patrol in the Zhari district of Afghanistan when an IED device exploded near his vehicle.</p>	<ul style="list-style-type: none"> <li>• 150 meter Run</li> <li>• 7 Chest to Bar pull-ups</li> <li>• 7 Front squat 135lbs</li> <li>• 7 Handstand Push-ups</li> </ul>	<p>10 Rounds for time</p>

<p><b>Brenton</b> Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, was shot and killed in a drive-by shooting while on duty on October 31, 2009.</p>	<ul style="list-style-type: none"> <li>• Bear Crawl 100 feet</li> <li>• Standing Broad-jump 100 feet*</li> </ul> <p>*Do three Burpees after every five broad-jumps. If you've got a twenty pound vest or body armor, wear it.</p>	<p>5 Rounds for time</p>
<p><b>Blake</b> U.S. Navy Senior Chief Cryptologic Technician David Blake McLendon, 30, of Thomasville, Georgia, assigned to Naval Special Warfare Group 2 Support Activity in Norfolk, VA, was killed September 21, 2010, in a helicopter crash during combat operations in the Zabul province of Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 100 foot Walking lunge with 45lb plate held overhead</li> <li>• 30 Box jump 24" Box</li> <li>• 20 Wallball shots 20lb 10'</li> <li>• 10 Handstand push-ups</li> </ul>	<p>4 Rounds for time</p>
<p><b>Collin</b> Navy Special Warfare Operator Chief Collin Trent Thomas, 33, of Morehead, Kentucky, assigned to a Navy SEAL team based out of Little Creek, VA, was fatally shot on August 18, 2010, during combat operations in Eastern Afghanistan.</p>	<ul style="list-style-type: none"> <li>• Carry 50 pound sandbag 400 meters</li> <li>• 12 Push Press 115lbs</li> <li>• 12 Box jumps 24" Box</li> <li>• 12 Sumo Deadlift High-pull 95lbs</li> </ul>	<p>6 Rounds for time</p>
<p><b>Thompson</b> Army Sgt. Keith Adam Coe, 30, of Auburndale, Fla., assigned to the 1st Battalion, 37th Field Artillery Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, Wash., died April 27th, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device.</p>	<ul style="list-style-type: none"> <li>• 15 ft Rope Climb, 1 ascent</li> <li>• 29 Back Squat 95lbs</li> <li>• 10 meter barbells Farmer carry 135lbs</li> </ul> <p>Begin the rope climbs seated on the floor.</p>	<p>10 Rounds for time</p>
<p><b>Whitten</b> Army Captain Dan Whitten, 28, of Grimes, Iowa, assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died February 2, 2010, when enemy forces in Zabul, Afghanistan attacked his vehicle with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 22 Kettlebell Swings 2 pood (apx 72lbs)</li> <li>• 22 Box jump 24" Box</li> <li>• 400 meter Run</li> <li>• 22 Burpees</li> <li>• 22 Wallball shots 20lbs</li> </ul>	<p>5 Rounds for time</p>
<p><b>Bull</b> U.S. Marine Corps Captain Brandon "Bull" Barrett, 27, of Marion, IN, assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based out of Camp Lejeune, NC, was killed on May 5, 2010, while supporting combat operations in Helmand Province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 200 Double unders</li> <li>• 50 Overhead Squat 135lbs</li> <li>• 50 Pull-ups</li> <li>• 1 mile Run</li> </ul>	<p>2 Rounds for time</p>
<p><b>John Rankel</b> U.S. Marine Corps Sergeant John Rankel, 23, of Speedway, IN, assigned to 3d Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 6 Deadlift 225lbs</li> <li>• 7 Burpee Pull-ups</li> <li>• 10 Kettlebell Swings 2 pood (apx 72lbs)</li> <li>• 200 meter Run</li> </ul>	<p>As Many Rounds As Possible in 20 minutes</p>
<p><b>Holbrook</b> US Army Captain Jason Holbrook, 28, of Burnet, TX, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based out of Fort Bragg, NC, was killed on July 29th, 2010 in Tsagay, Afghanistan when insurgents attacked his vehicle with an improvised explosive device</p>	<ul style="list-style-type: none"> <li>• 5 Thrusters 115lbs</li> <li>• 10 Pull-ups</li> <li>• 100 meter Sprint</li> <li>• Rest 1 minute</li> </ul>	<p>10 Rounds for time each round</p>
<p><b>Ledesma</b> Narcotics Detective and Special Assignment Unit Operator Carlos Ledesma, 34, of the Chandler Police Department, Chandler, AZ, was shot and killed by drug dealers on July 28, 2010, during an undercover operation in Phoenix, AZ.</p>	<ul style="list-style-type: none"> <li>• 5 Parallette Handstand Push-ups</li> <li>• 10 Toes through Rings</li> <li>• 15 Medicine Ball Cleans 20lbs</li> </ul>	<p>As Many Rounds As Possible in 20 minutes</p>

<p><b>Wittman</b> U.S. Army Sergeant Jeremiah Wittman, 26, of Darby, MT, assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, CO, was killed on February 13, 2010, when insurgents attacked his unit with a roadside bomb in Zhari province, Afghanistan</p>	<ul style="list-style-type: none"> <li>• 15 Kettlebell Swings 1.5 pood (apx 55lbs)</li> <li>• 15 Power Clean (M=95lbs, F=65lbs)</li> <li>• 15 Box Jumps (M=24", F=18")</li> </ul>	7 Rounds for time
<p><b>McCluskey</b> U.S. Army Sergeant Jason "Mick" McCluskey, 26, of McAlester, OK, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, NC, was killed on November 4, 2010, when insurgents attacked his unit with small arms fire in Zarghun Shahr, Mohammad Agha district, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 9 Muscle-ups</li> <li>• 15 Burpee Pull-ups</li> <li>• 21 Pull-ups</li> <li>• 800 meter Run</li> </ul>	3 Rounds for time
<p><b>Weaver</b> U.S. Army First Lieutenant Todd W. Weaver, 26, of Hampton, VA, assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based out of Fort Campbell, KY, died on September 9, 2010, of wounds suffered when insurgents attacked his unit with a roadside bomb in Kandahar, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 10 L Pull-ups</li> <li>• 15 Push-ups</li> <li>• 15 Chest to bar Pull-ups</li> <li>• 15 Push-ups</li> <li>• 20 Pull-ups</li> <li>• 15 Push-ups</li> </ul>	4 Rounds for time
<p><b>Abbate</b> U.S. Marine Corps Sergeant Matthew T. Abbate, 26, of Honolulu, HI, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, CA, was killed on December 2, 2010, while conducting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 1 mile Run</li> <li>• 21 Clean and Jerk 155lbs</li> <li>• 800 meter Run</li> <li>• 21 Clean and Jerk 155lbs</li> <li>• 1 mile Run</li> </ul>	For Time
<p><b>Hammer</b> U.S. Army First Sergeant Michael "Hammer" Bordelon, 37, of Morgan City, LA, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, WA, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq on April 23, 2005.</p>	<ul style="list-style-type: none"> <li>• 5 Power Clean (M=135lbs. F=95lbs)</li> <li>• 10 Front Squat (M=135lbs. F=95lbs)</li> <li>• 5 Jerk (M=135lbs. F=95lbs)</li> <li>• 20 Pull-ups</li> </ul> <p>Rest 90 seconds between each round</p>	5 Rounds - Each Round for time
<p><b>Moore</b> Officer David S. Moore, 29, of the Indianapolis Metropolitan Police Department, died on January 26, 2011 from gunshot wounds suffered on January 23, 2011 when he stopped a stolen vehicle and the driver opened fire at him.</p>	<ul style="list-style-type: none"> <li>• 15 ft Rope Climb, 1 ascent</li> <li>• 400 meter Run</li> <li>• Max rep Handstand Push-ups</li> </ul>	As Many Rounds As Possible in 20 minutes
<p><b>Wilmot</b> Canadian Forces Private Colin Wilmot, 24, of Fredericton, NB, assigned to the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, AB, died on July 6, 2008 from wounds suffered when an explosive device detonated near him in the Panjwali District of Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 50 Squats</li> <li>• 25 Ring dips</li> </ul>	6 Rounds for time
<p><b>Moon</b> U.S. Army Specialist Christopher Moon, 20, of Tucson, AZ, assigned to 2d Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, NC, died on July 13, 2010, from injuries sustained on July 6, 2010 in Arghandab, Afghanistan when insurgents attacked his vehicle with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 10 Right arm Hang Split Snatch 40lb Dumbbell</li> <li>• 15 ft Rope Climb 1 ascent</li> <li>• 10 Left arm Hang Split Snatch 40lb Dumbbell</li> <li>• 15 ft Rope Climb 1 ascent</li> </ul> <p>Alternate feet in the split snatch sets.</p>	7 Rounds for time



<p><b>Small</b> U.S. Army Staff Sergeant Marc Small, 29, of Collegeville, PA, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, NC, died on February 12, 2009, from wounds sustained when insurgents attacked his unit with a rocket-propelled grenade launcher and small arms fire in Faramuz, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 1000 meter Row</li> <li>• 50 Burpees</li> <li>• 50 Box jumps 24" box</li> <li>• 800 meter Run</li> </ul>	3 Rounds for time
<p><b>Morrison</b> U.S. Army Specialist Scott Morrison, 23, of Blue Ash, OH, assigned to 584th Mobility Augmentation Company, 20th Engineer Battalion, 36th Engineer Brigade, based out of Fort Hood, TX, died on September 26, 2010, from injuries suffered on September 25 when insurgents in Kandahar, Afghanistan attacked his vehicle with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• Wallballs</li> <li>• Box jump 24"</li> <li>• Kettlebell Swings 1.5 pood (apx 55lbs)</li> </ul>	50, 40, 30, 20, 10 reps per round for time
<p><b>Manion</b> First Lieutenant Travis Manion, 26, of Doylestown, PA, assigned to 1st Reconnaissance Battalion, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, CA, was killed by sniper fire on April 29, 2007 while fighting against an enemy ambush in Anbar Province, Iraq.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 29 Back Squat (M=135lbs, F=95lbs)</li> </ul>	7 Rounds for time
<p><b>Gator</b> U.S. Army Specialist Christopher "Gator" Gathercole, 21, of Santa Rosa, CA, assigned to 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, WA, was killed by enemy fire on May 26, 2008, in Ghazni, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 5 Front Squat 185lbs</li> <li>• 26 Ring Push-ups</li> </ul>	8 Rounds for time
<p><b>Bradley</b> U.S. Air Force Senior Airman Bradley R. Smith, 24, of Troy, IL, assigned to the 10th Air Support Operations Squadron, based in Fort Riley, KS, was killed on January 3, 2010, by an improvised explosive device in Zhari district, Kandahar Province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 100 meter Sprint</li> <li>• 10 Pull-ups</li> <li>• 100 meter Sprint</li> <li>• 10 Burpees</li> <li>• Rest 30 seconds</li> </ul>	10 Rounds for time
<p><b>Meadows</b> U.S. Marine Corps Captain Joshua S. Meadows, 30, of Bastrop, TX, assigned to 1st Marine Special Operations Battalion, Marine Corps Forces Special Operations Command, based in Camp Pendleton, CA, was killed by enemy fire on September 5, 2009 in Farah Province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 20 Muscle-ups</li> <li>• 25 Lowers from an inverted hang on the rings, slowly, with straight body and arms</li> <li>• 30 Ring Handstand Push-ups</li> <li>• 35 Ring Rows</li> <li>• 40 Ring Push-ups</li> </ul>	For Time
<p><b>Santiago</b> U.S. Army Sergeant Anibal Santiago, 37, of Belvidere, IL, assigned to the 3rd Battalion, 75th Ranger Regiment, stationed in Fort Benning, GA, died on July, 18, 2010, in Bagram, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 18 Hang Squat Clean 35lb Dumbbells</li> <li>• 18 Pull-ups</li> <li>• 10 Power Clean (M=135lbs, F=95lbs)</li> <li>• 10 Handstand Push-ups</li> </ul>	7 Rounds for time
<p><b>Carse</b> U.S. Army Corporal Nathan B. Carse, 32, of Harrod, OH, assigned to the 2nd Engineer Battalion, 176th Engineer Brigade, based out of White Sands Missile Range, NM, died in Kandahar, Afghanistan, on February 8, 2011, from wounds suffered when insurgents attacked his unit using an improvised explosive device.</p>	<p>Begin each round with a 50 meter Bear crawl.</p> <ul style="list-style-type: none"> <li>• Squat Clean (M=95lbs, F=65lbs)</li> <li>• Double unders</li> <li>• Deadlift 185lbs</li> <li>• Box jump 24"</li> </ul>	21, 18, 15, 12, 9, 6, 3 reps per round for time
<p><b>Bradshaw</b> U.S. Army First Lieutenant Brian Bradshaw, 24, of Steilacoom, WA, died in Kheyl, Afghanistan, on June 25th, 2009, from wounds suffered when insurgents detonated a roadside bomb near his vehicle.</p>	<ul style="list-style-type: none"> <li>• 3 Handstand Push-ups</li> <li>• 6 Deadlift 225lbs</li> <li>• 12 Pull-ups</li> <li>• 24 Double unders</li> </ul>	10 Rounds for time

<p><b>White</b> U.S. Army First Lieutenant Ashley White, 24, of Alliance, OH, assigned to the 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard, based in Goldsboro, NC, died on October 22, 2011 in Kandahar province, Afghanistan, from wounds suffered when insurgents attacked her unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 15' Rope Climb 3 ascents</li> <li>• 10 Toes to bar</li> <li>• 21 Walking lunge steps with 45lb plate held overhead</li> <li>• Run 400 meters</li> </ul>	5 Rounds for time
<p><b>Santora</b> US Army Sergeant Jason A. Santora, of Farmingville, NY, assigned to the 3rd Battalion, 75th Ranger Regiment, based out of Fort Benning, GA died in Logar province, Afghanistan on April 23, 2010, from wounds sustained during a firefight with insurgents.</p>	<ul style="list-style-type: none"> <li>• 1 minute of Squat Cleans 155lbs</li> <li>• 1 minute of 20' Shuttle Sprints (20' forward + 20' backwards = 1 rep)</li> <li>• 1 minute of Deadlifts 245lbs</li> <li>• 1 minute of Burpees</li> <li>• 1 minute of Jerks 155lbs</li> <li>• Rest 1 minute</li> </ul>	3 Rounds for time
<p><b>Wood</b> Australian Army Sergeant Brett Wood, 32, of Ferntree Gully, VIC, assigned to the 2nd Commando Regiment, based in Sydney, NSW, died on May 23, 2011, in Helmand province, Afghanistan, after insurgents attacked him with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 10 Burpee Box Jumps 24" box</li> <li>• 10 Sumo-Deadlift High-pull (M=95lbs, F=65lbs)</li> <li>• 10 Thruster (M=95lbs, F=65lbs)</li> <li>• Rest 1 minute</li> </ul>	5 Rounds for time
<p><b>Hidalgo</b> U.S. Army First Lieutenant Daren M. Hidalgo, 24, of Waukesha, WI, assigned to 3rd Squadron, 2nd Stryker Cavalry Regiment, based in Vilseck, Germany, died on February 20, 2011, in Kandahar province, Afghanistan, from wounds suffered when insurgents attacked his unit with an improvised explosive device. Two weeks prior to his death, he was hit by an earlier improvised explosive device. Despite his injuries, he stayed in country and on patrols rather than return home.</p>	<ul style="list-style-type: none"> <li>• 2 mile Run</li> <li>• Rest 2 minutes</li> <li>• 20 Squat Clean (M=135lbs, F=95lbs)</li> <li>• 20 Box Jump 24"</li> <li>• 20 Walking Lunge steps with 45lb plate held overhead</li> <li>• 20 Box Jump 24"</li> <li>• 20 Squat Clean (M=135lbs, F=95lbs)</li> <li>• Rest 2 minutes</li> <li>• 2 mile Run</li> </ul> <p>If you've got a 20lb vest or body armor, wear it.</p>	For Time
<p><b>Ricky</b> U.S. Army Sergeant William "Ricky" Rudd, 27, of Madisonville, KY, assigned to the 3rd Battalion, 75th Ranger Regiment, based in Fort Benning, GA, died on October 5, 2008, from wounds suffered from enemy small arms fire while on a combat patrol in Mosul, Iraq.</p>	<ul style="list-style-type: none"> <li>• 10 Pull-ups</li> <li>• 5 Deadlift 75lb Dumbbells</li> <li>• 8 Push Press (M=135lbs, F=95lbs)</li> </ul>	As Many Rounds As Possible in 20 minutes
<p><b>Dae Han</b> U.S. Army Sergeant First Class Dae Han Park, 36, of Watertown, CT, assigned to the 3rd Battalion, 1st Special Forces Group (Airborne), based out of Joint Base Lewis-McChord, WA, died on March 12, 2011 in Wardak province, Afghanistan, from wounds suffered when enemy forces attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run with a 45 pound barbell</li> <li>• 15 ft Rope Climb 3 ascents</li> <li>• 12 Thruster (M=135lbs, F=95lbs)</li> </ul>	3 Round for time
<p><b>Rahoi</b> U.S. FBI Supervisory Special Agent Gregory J. Rahoi, 38, of Brookfield, WI, assigned to the Hostage Rescue Team, based in Quantico, VA, was killed on December 6, 2006, during a live-fire tactical training exercise at Fort A.P. Hill, near Bowling Green, VA.</p>	<ul style="list-style-type: none"> <li>• 12 Box Jumps 24"</li> <li>• 6 Thrusters (M=95lbs, F=65lbs)</li> <li>• 6 Bar-facing Burpees</li> </ul>	As Many Rounds As Possible in 12 minutes

<p><b>Zimmerman</b> U.S. Marine Corps First Lieutenant James R. Zimmerman, 25, of Aroostook, ME, assigned to 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, died on November 2, 2010, while conducting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 11 Chest to Bar Pull-ups</li> <li>• 2 Deadlifts 315lbs</li> <li>• 10 Handstand Push-ups</li> </ul>	<p>As Many Rounds As Possible in 25 minutes</p>
<p><b>Klepto</b> U.S. Air Force Major David "Klepto" L. Brodeur, 34, of Auburn, MA, assigned to the 11th Air Force, based at Joint Base Elmendorf-Richardson, AK, died on April 27, 2011 in Kabul, Afghanistan, of wounds sustained from gunfire from an Afghan military trainee.</p>	<ul style="list-style-type: none"> <li>• 27 Box Jumps 24"</li> <li>• 20 Burpees</li> <li>• 11 Squat Cleans 145lbs</li> </ul>	<p>4 Rounds for time</p>
<p><b>Pheezy</b> U.S. Marine Corps Lance Corporal Philip P. Clark, 19, of Gainesville, FL, assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, died on May 18, 2010, while supporting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 5 Front Squat 165lbs</li> <li>• 18 Pull-ups</li> <li>• 5 Deadlift 225lbs</li> <li>• 18 Toes to Bar</li> <li>• 5 Push Jerk 165lbs</li> <li>• 18 Hand Release Push-ups</li> </ul>	<p>3 Rounds for time</p>
<p><b>J.J</b> U.S. Marine Lance Corporal Justin James "JJ" Wilson, 24, of Palm City, FL, assigned to 3rd Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, was killed on March 22, 2010, while supporting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 1 Squat Clean 185lbs</li> <li>• 10 Parallette Handstand Push-ups</li> <li>• 2 Squat Clean 185lbs</li> <li>• 9 Parallette Handstand Push-ups</li> <li>• 3 Squat Clean 185lbs</li> <li>• 8 Parallette Handstand Push-ups</li> <li>• 4 Squat Clean 185lbs</li> <li>• 7 Parallette Handstand Push-ups</li> <li>• 5 Squat Clean 185lbs</li> <li>• 6 Parallette Handstand Push-ups</li> <li>• 6 Squat Clean 185lbs</li> <li>• 5 Parallette Handstand Push-ups</li> <li>• 7 Squat Clean 185lbs</li> <li>• 4 Parallette Handstand Push-ups</li> <li>• 8 Squat Clean 185lbs</li> <li>• 3 Parallette Handstand Push-ups</li> <li>• 9 Squat Clean 185lbs</li> <li>• 2 Parallette Handstand Push-ups</li> <li>• 10 Squat Clean 185lbs</li> <li>• 1 Parallette Handstand Push-ups</li> </ul>	<p>For Time</p>
<p><b>Jag 28</b> U.S. Air Force Senior Airman Mark Forester, 29, of Tuscaloosa, AL, assigned to the 21st Special Tactics Squadron, based in Pope Air Force Base, NC, died on September 29, 2010, while conducting combat operations in Uruzgan province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 28 Kettlebell Swings 2 pood (apx 72lbs)</li> <li>• 28 Strict Pull-ups</li> <li>• 28 Kettlebell Clean and Jerk 2 pood each</li> <li>• 28 Strict Pull-ups</li> <li>• 800 meter Run</li> </ul>	<p>For Time</p>
<p><b>Brian</b> U.S. Navy Special Warfare Operator Chief Petty Officer (SEAL) Brian R. Bill, 31, of Stamford, CT, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 15 ft Rope Climb 5 ascents</li> <li>• 25 Back Squat 185lbs</li> </ul>	<p>3 Rounds of time</p>

<p><b>Nick</b> U.S. Army Specialist Nicholas P. Steinbacher, 22, of La Crescenta, CA, assigned to the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, based in Fort Hood, TX, died on December 10, 2006 of injuries suffered when insurgents attacked his Humvee with an improvised explosive device in Baghdad, Iraq.</p>	<ul style="list-style-type: none"> <li>• 10 Hang Squat Clean 45 pound Dumbbells</li> <li>• 6 Handstand Push-ups on Dumbbells</li> </ul>	12 Rounds for time
<p><b>Strange</b> U.S. Navy Cryptologist Technician (Collection) Petty Officer 1st Class (Expeditionary Warfare Specialist) Michael J. Strange, 25, of Philadelphia, PA, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 600 meter Run</li> <li>• 11 Weighted Pull-up 1.5 pood (apx 55lbs)</li> <li>• 11 Steps Walking Lunge carrying 1.5 pood Kettlebells</li> <li>• 11 Thruster 1.5 pood Kettlebell</li> </ul>	8 Rounds for time
<p><b>Tumilson</b> U.S. Navy Special Warfare Operator Petty Officer 1st Class (SEAL/Enlisted Surface Warfare Specialist) Jon "JT" Thomas Tumilson, 35, of Rockford, IA, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, in Wardak province, Afghanistan, of wounds suffered when his helicopter crashed.</p>	<ul style="list-style-type: none"> <li>• 200 meter Run</li> <li>• 11 Burpee Deadlifts 60lb Dumbbells</li> </ul>	8 Rounds for time
<p><b>Ship</b> Canadian Forces Sergeant Prescott Shipway, 36, of Esterhazy, SK, Canada, assigned to the 2nd Battalion, Princess Patricia's Canadian Light Infantry, based in Shilo, MB, Canada, was killed on September 7, 2008 by a roadside bomb in Kandahar province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 7 Squat Clean 185lbs</li> <li>• 8 Burpee Box Jumps, 36"</li> </ul>	9 Rounds for time
<p><b>Jared</b> U.S. Army Master Sergeant Jared N. Van Aalst, 34, of Laconia, NH, assigned to the U.S. Army Special Operations Command, based in Fort Bragg, NC, died August 4, 2010, in Kunduz province, Afghanistan, of wounds suffered while his unit was conducting combat operations.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 40 Pull-ups</li> <li>• 70 Push-ups</li> </ul>	4 Rounds for time
<p><b>Tully</b> U.S. Army Sergeant First Class Michael J. Tully, 33, of Falls Creek, PA, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, WA, died on August 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 200 meter Swim</li> <li>• 23 Squat Cleans 40lbs Dumbbells</li> </ul>	4 Rounds for time
<p><b>Holleyman</b> U.S. Army Staff Sergeant Aaron N. Holleyman, 27, of Glasgow, MS, assigned to the 1st Battalion, 5th Special Forces Group, based in Fort Campbell, KY, was killed on August 30, 2004, when his military vehicle hit an improvised explosive device in Khutayyah, Iraq.</p>	<ul style="list-style-type: none"> <li>• 5 Wallballs</li> <li>• 3 Handstand Push-ups</li> <li>• 1 Power Clean 225lbs</li> </ul>	30 Rounds for time
<p><b>Adrian</b> U.S. Army Sergeant First Class Adrian Elizalde, 30, of North Bend, OR, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, WA, died on August 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 3 Forward Rolls</li> <li>• 5 Wall Climbs</li> <li>• 7 Toes to Bar</li> <li>• 9 Box Jumps 30"</li> </ul>	7 Rounds for time
<p><b>Glen</b> Former U.S. Navy SEAL Glen Doherty, 42, of Winchester, MA, assigned to a State Department security detail in Benghazi, Libya, died in an attack on a U.S. consulate on September 11, 2012.</p>	<ul style="list-style-type: none"> <li>• 30 Clean and Jerk (M=135lbs, F=95lbs)</li> <li>• 1 mile Run</li> <li>• 15 ft Rope Climb 10 ascents</li> <li>• 1 mile Run</li> <li>• 100 Burpees</li> </ul>	For Time

<p><b>Tom</b> U.S. Army First Lieutenant Thomas M. Martin, 27, of Ward, AR, assigned to the 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, based in Fort Richardson, AK, died on October 14, 2007 in Al Busayifi, Iraq, of wounds suffered when insurgents attacked his unit with small arms fire.</p>	<ul style="list-style-type: none"> <li>• 7 Muscle-ups</li> <li>• 11 Thruster 155lbs</li> <li>• 14 Toes to Bar</li> </ul>	<p>As Many Rounds As Possible in 20 Minutes</p>
<p><b>Ralph</b> British Army Second Lieutenant Ralph Johnson, 24, of South Africa, assigned to the Household Cavalry Regiment, based in Windsor, England, was killed on August 1, 2006, in Helmand province, Afghanistan, when insurgents attacked his vehicle with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 8 Deadlift 250lbs</li> <li>• 16 Burpees</li> <li>• 15 ft Rope Climb 3 ascents</li> <li>• 600 meter Run</li> </ul>	<p>4 Rounds for time</p>
<p><b>Clovis</b> U.S. Army Second Lieutenant Clovis T. Ray, 34, of San Antonio, TX, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, HI, was killed on March 15, 2012, in Kunar province, Afghanistan, when insurgents attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 10 mile Run</li> <li>• 150 Burpee Pull-ups</li> </ul> <p>Partition the Run and Burpee Pull-ups as needed.</p>	<p>For Time</p>
<p><b>Weston</b> U.S. Drug Enforcement Administration Special Agent Michael E. Weston, 37, assigned to the Kabul Country Office in Kabul, Afghanistan, was killed on October 29, 2009, when the helicopter he was in crashed in western Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 1000 meter Row</li> <li>• 200 meter Farmer carry 45lb Dumbbells</li> <li>• 50 meter Right arm Waiter Walk 45lbs Dumbbell</li> <li>• 50 meter Left arm Waiter Walk 45lbs Dumbbell</li> </ul>	<p>5 Rounds</p>
<p><b>Loredo</b> U.S. Army Staff Sergeant Edwardo Loredo, 34, of Houston, TX, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82d Airborne Division, based in Fort Bragg, NC, was killed on June 24, 2010 in Jelewar, Afghanistan, when insurgents attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 24 Squats</li> <li>• 24 Push-ups</li> <li>• 24 Steps Walking Lunge</li> <li>• 400 meter Run</li> </ul>	<p>6 Rounds for time</p>
<p><b>Sean</b> U.S. Army Staff Sergeant Sean M. Flannery, 29, of Wyomissing, PA, assigned to the 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based in Fort Campbell, KY, was killed on November 22, 2010, in Kandahar province, Afghanistan, when insurgents attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 11 Chest to Bar Pull-ups</li> <li>• 22 Front Squat (M=75lbs, F=50/55lbs)</li> </ul>	<p>10 Rounds for time</p>
<p><b>Hortman</b> U.S. Army Captain John D. Hortman, 30, of Inman, SC, assigned to the 1st Battalion, 160th Special Operations Aviation Regiment, based in Fort Campbell, KY, died on August 8, 2011, in Fort Benning, GA, in a helicopter accident during a military training exercise</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 80 Squats</li> <li>• 8 Muscle-ups</li> </ul>	<p>As Many Rounds As Possible in 45 Minutes</p>
<p><b>Hamilton</b> U.S. Army Specialist Adam Hamilton, 22, of Kent, OH, assigned to the 4th Squadron, 4th Cavalry Regiment, 1st Brigade Combat Team, 1st Infantry Division, based in Fort Riley, KS, died on May, 28, 2011 in Haji Ruf, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 1000 meter Row</li> <li>• 50 Push-ups</li> <li>• 1000 meter Run</li> <li>• 50 Pull-ups</li> </ul>	<p>3 Rounds for time</p>

<p><b>Zeus</b> U.S. Army Specialist David E. Hickman, 23, of Greensboro, NC, assigned to the 2nd Battalion, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, NC, died on November 14, 2011, in Baghdad, Iraq, from wounds suffered when insurgents detonated an improvised explosive device near his vehicle.</p>	<ul style="list-style-type: none"> <li>• 30 Wallballs</li> <li>• 30 Sumo Deadlift High-pull (M=75lbs, F=50/55lbs)</li> <li>• 30 Box jump, 20" box</li> <li>• 30 Push Press (M=75lbs, F=50/55lbs)</li> <li>• Row 30 calories</li> <li>• 30 Push-ups</li> <li>• 10 Back Squat Body Weight</li> </ul>	<p>3 Rounds for time</p>
<p><b>Barraza</b> U.S. Army Staff Sergeant Ricardo Barraza, 24, of Shafter, CA, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, WA, died on March 18, 2006, in Ar Ramadi Iraq, when he came under small arms fire by enemy forces during combat operations.</p>	<ul style="list-style-type: none"> <li>• 200 meter Run</li> <li>• 9 Deadlift 275lbs</li> <li>• 6 Burpee Bar Muscle-ups</li> </ul>	<p>As Many Rounds As Possible in 18 Minutes</p>
<p><b>Cameron</b> U.S. Coast Guard Lieutenant Junior Grade Thomas Cameron, 24, of Portland, OR, in training at the Aviation Training Center in Mobile, AL, died on February 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission.</p>	<ul style="list-style-type: none"> <li>• 50 Steps Walking Lunge</li> <li>• 25 Chest to Bar Pull-ups</li> <li>• 50 Box Jumps 24"</li> <li>• 25 Triple Unders</li> <li>• 50 Back Extensions</li> <li>• 25 Ring Dips</li> <li>• 50 Knees to Elbows</li> <li>• 25 Wallballs "2-fer-1s"</li> <li>• 50 Sit-ups</li> <li>• 15 ft Rope Climb 5 ascents</li> </ul>	<p>For Time</p>
<p><b>Jorge</b> U.S. Coast Guard Chief Petty Officer Fernando Jorge, 39, of Cypress, CA, an Aviation Survival Technician Chief, died on February 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission.</p>	<ul style="list-style-type: none"> <li>• 30 GHD Sit-ups</li> <li>• 15 Squat Clean 155lbs</li> <li>• 24 GHD Sit-ups</li> <li>• 12 Squat Clean 155lbs</li> <li>• 18 GHD Sit-ups</li> <li>• 9 Squat Clean 155lbs</li> <li>• 12 GHD Sit-ups</li> <li>• 6 Squat Clean 155lbs</li> <li>• 6 GHD Sit-ups</li> <li>• 3 Squat Clean 155lbs</li> </ul>	<p>For Time</p>
<p><b>Brehm</b> U.S. Army Sergeant Dale G. Brehm, 23, of Turlock, CA, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, WA, died on March 18, 2006, when he came under small arms fire from enemy forces during combat operations in Ar Ramadi, Iraq.</p>	<ul style="list-style-type: none"> <li>• 15 ft Rope Climb 10 ascents</li> <li>• 20 Back Squat 225lbs</li> <li>• 30 Handstand Push-ups</li> <li>• Row 40 calories</li> </ul>	<p>For Time</p>
<p><b>Omar</b> U.S. Army First Lieutenant Omar Vazquez, 25, of Hamilton, NJ, assigned to the 2d Squadron, 3rd Armored Cavalry Regiment, based in Fort Hood, TX, died of wounds suffered April 22, 2011, when insurgents in Numaniyah, Iraq, attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 10 Thrusters (M=95lbs, F=65lbs)</li> <li>• 15 Bar-facing burpees</li> <li>• 20 Thrusters (M=95lbs, F=65lbs)</li> <li>• 25 Bar-facing burpees</li> <li>• 30 Thrusters (M=95lbs, F=65lbs)</li> <li>• 35 Bar-facing burpees</li> </ul>	<p>For Time</p>
<p><b>Gallant</b> U.S. Navy Petty Officer Second Class Taylor Gallant, 22, of Winchester, KY, assigned to the Explosive Ordnance Disposal Mobile Unit 12, based in Joint Expeditionary Base Little Creek in Virginia Beach, VA, died on January 26, 2012, while conducting diving operations off the North Carolina coast in the Atlantic Ocean.</p>	<ul style="list-style-type: none"> <li>• 1 mile Run with a 20 pound medicine ball</li> <li>• 60 Burpee pull-ups</li> <li>• 800 meter Run with a 20 pound medicine ball</li> <li>• 30 Burpee pull-ups</li> <li>• 400 meter Run with a 20 pound medicine ball</li> </ul>	<p>For Time</p>

	<ul style="list-style-type: none"> <li>15 Burpee pull-ups</li> </ul>	
<b>Smykowski</b> U.S. Marine Corps Sergeant Mark T. Smykowski, 23, of Mentor, OH, assigned to 2nd Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, NC, was killed on June 6, 2006, while conducting combat operations in Al Anbar province, Iraq.	<ul style="list-style-type: none"> <li>6K Run</li> <li>60 Burpee Pull-ups</li> </ul> <p>If you've got body armor or a thirty pound vest, wear it.</p>	For Time
<b>Falkel</b> U.S. Army Staff Sergeant Chris Falkel, 22, of Highlands Ranch, CO, assigned to the 1st Battalion, 3rd Special Forces Group, based in Fort Bragg, NC, was killed on August 8, 2005 by enemy small-arms fire in Deh Afghan, Afghanistan.	<ul style="list-style-type: none"> <li>8 Handstand Push-ups</li> <li>8 Box Jump 30" box</li> <li>15 ft Rope Climb 1 ascent</li> </ul>	As Many Rounds As Possible in 25 minutes
<b>Donny</b> Nichols, 21, of Shell Rock, IA, assigned to the 1st Battalion, 133rd Infantry Regiment, Iowa Army National Guard, based in Waterloo, IA, died April 13, 2011, in Laghman province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device.	<ul style="list-style-type: none"> <li>Deadlift 225lbs</li> <li>Burpees</li> </ul>	21-15-9-9-15-21 reps of
<b>Dobogai</b> U.S. Army Captain Derek A. Dobogai, 26, of Fond Du Lac, Wisconsin, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, Hawaii, died on August 22, 2007, in Multaka, Iraq, of injuries suffered when his unit's helicopter crashed.	<ul style="list-style-type: none"> <li>8 Muscle-ups</li> <li>22 yard Farmer carry, 50 pound dumbbells</li> </ul>	7 Rounds for Time
<b>Roney</b> Police Service of Northern Ireland Constable Ronan Kerr, 25, of Omagh, Northern Ireland, was killed on April 2, 2011 by a car bomb outside his home in Omagh.	<ul style="list-style-type: none"> <li>200 meter Run</li> <li>11 Thruster (M=135lbs, F=95lbs)</li> <li>200 meter Run</li> <li>11 Push Press (M=135lbs, F=95lbs)</li> <li>200 meter Run</li> <li>11 Bench Press (M=135lbs, F=95lbs)</li> </ul>	4 Rounds for Time
<b>Don</b> U.S. Marine Corporal Donald M. Marler, 22, of St. Louis, MO, assigned to the 3rd Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, CA, died on June 6, 2010 while supporting combat operations in Helmand province, Afghanistan.	<ul style="list-style-type: none"> <li>66 Deadlifts (M=110lbs, F=75lbs)</li> <li>66 Box jump (M=24", F=18/20")</li> <li>66 Kettlebell Swings (M=1.5 pood, F=1.0 pood)</li> <li>66 Knees to Elbows</li> <li>66 Sit-ups</li> <li>66 Pull-ups</li> <li>66 Thrusters (M=55lbs, F=35/40lbs)</li> <li>66 Wallballs</li> <li>66 Burpees</li> <li>66 Double Unders</li> </ul>	For Time
<b>Dragon</b> U.S. Army Captain Nicholas Rozanski, 36, of Dublin, OH Ohio National Guard, based in Walbridge, OH, died on April 4, 2012, of wounds sustained during an enemy attack by a suicide vehicle borne improvised explosive device in Faryab province, Afghanistan.	<ul style="list-style-type: none"> <li>5k Run</li> <li>4 minutes to find 4 rep max Deadlift</li> <li>5k Run</li> <li>4 minutes to find 4 rep max Push jerk</li> </ul>	For Time and Load

<p><b>Walsh</b> U.S. Army First Lieutenant Jonathan P. Walsh, 28, of Cobb, Georgia, assigned to the 2nd Battalion, 504th Infantry, 1st Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died on April 22, 2012, in Paktia, Afghanistan, when enemy forces attacked his unit with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 22 Burpee Pull-ups</li> <li>• 22 Back squat (M=185lbs, F=125/130lbs)</li> <li>• 200 meter Run with a 45lb plate overhead</li> </ul>	4 Rounds for Time
<p><b>Lee</b> U.S. Army Staff Sergeant Dick Alson Lee Jr., 31, of Orange Park, Florida, assigned to the 95th Military Police Battalion, 18th Military Police Brigade, 21st Theater Sustainment Command, based in Sembach, Germany, died on April 26, 2012 from injuries sustained when his vehicle encountered an improvised explosive device in Ghazni province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 1 Deadlift 345lbs</li> <li>• 3 Squat Clean 185lbs</li> <li>• 5 Push Jerk 185lbs</li> <li>• 3 Muscle-ups</li> <li>• 15 ft Rope climb 1 ascent</li> </ul>	5 Rounds for Time
<p><b>Willy</b> U.S. Marine Corps Sergeant Wade D. Wilson, 22, of Normangee, Texas, assigned to the 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on May 11, 2012, while conducting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 5 Front Squat 225lbs</li> <li>• 200 meter Run</li> <li>• 11 Chest to Bar Pull-ups</li> <li>• 400 meter Run</li> <li>• 12 Kettlebell Swings (2 pood)</li> </ul>	3 Rounds for Time
<p><b>Coffey</b> U.S. Marine Corporal Keaton G. Coffey, 22, of Boring, Oregon, assigned to the 1st Law Enforcement Battalion, 1st Marine Headquarters Group, 1st Marine Expeditionary Force, based in Camp Pendleton, California, was killed on May 24, 2012 while conducting combat operations in Helmand province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 50 Back Squat (M=135lbs, F=95lbs)</li> <li>• 50 Bench Press (M=135lbs, F=95lbs)</li> <li>• 800 meter Run</li> <li>• 35 Back Squat (M=135lbs, F=95lbs)</li> <li>• 35 Bench Press (M=135lbs, F=95lbs)</li> <li>• 800 meter Run</li> <li>• 20 Back Squat (M=135lbs, F=95lbs)</li> <li>• 20 Bench Press, (M=135lbs, F=95lbs)</li> <li>• 800 meter Run</li> <li>• 1 Muscle-up</li> </ul>	For Time
<p><b>DG</b> U.S. Air Force Major Walter David Gray, 38, of Conyers, Georgia, assigned to the 13th Air Support Operations Squadron, based in Fort Carson, Colorado, died on August 8, 2012 from injuries suffered during a suicide bomb attack in Kunar province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 8 Toes to bar</li> <li>• 8 Thrusters w/dumbbells (M=35lbs, F=25lbs)</li> <li>• 12 Walking Lunges w/dumbbells (M=35lbs, F=25lbs)</li> </ul>	As Many Rounds As Possible in 10 minutes
<p><b>TK</b> U.S. Army Major Thomas E. Kennedy, 35, of West Point, New York, assigned to Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division, based in Fort Carson, Colorado, died on August 8, 2012, of wounds suffered when an insurgent detonated a suicide vest in Kunar province, Afghanistan.</p>	<ul style="list-style-type: none"> <li>• 8 Strict Pull-ups</li> <li>• 8 Box Jumps 36"</li> <li>• 12 Kettlebell Swings (M=2 pood/apx 72lbs, F=50lbs)</li> </ul>	As Many Rounds As Possible in 20 minutes
<p><b>Taylor</b> U.S. Army Specialist David Wayne Taylor, 20, of Dixon, Kentucky, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died in Kandahar province, Afghanistan on March 29, 2012, from wounds sustained in an accident at an ammunition supply point.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 5 Burpee Muscle-ups</li> </ul> <p>If you've got a 20-lb. vest or body armor, wear it.</p>	4 Rounds for Time



<p><b>TK</b> U.S. Marine Corps Sgt. Justin M. Hansen, 26, of Traverse City, Michigan--assigned to the 2nd Marine Special Operations Battalion, based in Camp Lejeune, North Carolina--died July 24, 2012, in Badghis Province, Afghanistan, while conducting combat operations.</p>	<ul style="list-style-type: none"> <li>• Body-weight back squats</li> <li>• Body-weight bench presses</li> <li>• Strict pull-ups</li> </ul>	<p>30-20-10 Reps for Time</p>
<p><b>Nukes</b> U.S. Marine Corps Capt. Matthew "Nukes" Manoukian, 29, of Los Altos Hills, Calif., assigned to the 1st Marine Special Operations Battalion, based in Camp Pendleton, Calif., died Aug. 10, 2012, in Sangin District, Afghanistan, after being shot by an Afghan policeman.</p>	<p>8 minutes to complete:</p> <ul style="list-style-type: none"> <li>• 1 Mile Run</li> <li>• Deadlifts max reps 315lbs</li> </ul> <p>Then, 10 minutes to complete:</p> <ul style="list-style-type: none"> <li>• 1 Mile Run</li> <li>• Power Cleans max reps 225lbs</li> </ul> <p>Then, 12 minutes to complete:</p> <ul style="list-style-type: none"> <li>• 1 Mile Run</li> <li>• Overhead Squats max reps 135lbs</li> </ul>	<p>Do not rest between rounds. Post run times and reps completed for each exercise.</p>
<p><b>Zembiec</b> U.S. Marine Corps Major Douglas A. Zembiec, 34, of Albuquerque, New Mexico, assigned to Headquarters Battalion, Marine Corps National Capital Region, Henderson Hall, based in Arlington, Virginia, was killed during a firefight on May 11, 2007 in Baghdad, Iraq.</p>	<ul style="list-style-type: none"> <li>• 11 Back Squats, 185 lb.</li> <li>• 7 Strict Burpee Pull-ups*</li> <li>• 400 meter Run</li> </ul> <p>*During each burpee pull-up perform a strict push-up, jump to a bar that is ideally 12 inches above your max standing reach, and perform a strict pull-up.</p>	<p>5 rounds for time</p>
<p><b>Alexander</b> Staff Sgt. Alexander G. Povilaitis, 47, of Dawsonville, Georgia, assigned to the 570th Sapper Company, 14th Engineer Battalion, 555th Brigade, was killed in action on May 31, 2012 in Kandahar Province, Afghanistan, when enemy forces attacked his vehicle with an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 31 Back Squats (M=135lbs, F=95lbs)</li> <li>• 12 Power Cleans (M=185lbs, F=130lbs)</li> </ul>	<p>5 Rounds for time</p>
<p><b>Wyk</b> Army Pfc. Jacob H. "Wyk" Wykstra, 21, of Thornton, Colorado, assigned to 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, died May 28, 2014, in Kandahar Province, Afghanistan, of injuries sustained in an aircraft accident.</p>	<ul style="list-style-type: none"> <li>• 5 Front Squats (M=225lbs, F=155lbs)</li> <li>• 15-foot rope climbs, 5 ascents</li> <li>• 400 meter Run with a 45lb plate</li> </ul>	<p>5 Rounds for time</p>
<p><b>Bell</b> Air Force Senior Airman Bryan R. Bell, 23, of Erie, Pennsylvania, assigned to 2nd Civil Engineer Squadron at Barksdale Air Force Base, died January 5, 2012 at Camp Bastion in Afghanistan, of injuries suffered when his vehicle struck an improvised explosive device.</p>	<ul style="list-style-type: none"> <li>• 21 Deadlifts (M=185lbs, F=130lbs)</li> <li>• 15 Pull-ups</li> <li>• 9 Front Squats (M=185lbs, F=130lbs)</li> </ul>	<p>3 Rounds for time</p>
<p><b>JBo</b> U.S. Army Staff Sgt. Jeremie "JBo" "Bubba" Border, 28, of Mesquite, Texas, assigned to the 1st Battalion, 1st Special Forces Group (Airborne), based in Torii Station, Okinawa, Japan, died Sept. 1, 2012, in Batur Village, Afghanistan, from wounds suffered when enemy forces attacked his unit with small-arms fire.</p>	<ul style="list-style-type: none"> <li>• 9 Overhead Squats (M=115lbs, F=80lbs)</li> <li>• 1 legless rope climb, 15-foot rope, beginning from seated</li> <li>• 12 Bench Press (M=115lbs, F=80lbs)</li> </ul>	<p>As Many Rounds As Possible in 28 minutes</p>

<p><b>Kevin</b> Navy Special Warfare Operator 1st Class Kevin Ebbert, 32, of Arcata, California, assigned to an East Coast-based Naval Special Warfare unit in Virginia Beach, Virginia, died Nov. 24, 2012 in Uruzgan Province, Afghanistan, while supporting combat stability operations.</p>	<ul style="list-style-type: none"> <li>• 32 Deadlifts (M=185lbs, F=130lbs)</li> <li>• 32 <a href="#">hanging hip touches, alternating arms</a></li> <li>• 800-meter running farmer carry 15-lb. dumbbells</li> </ul>	3 Rounds for time
<p><b>Riley</b> Army Sgt. 1st Class Riley G. Stephens, 39, of Tolar, Texas, assigned to the 1st Battalion, 3rd Special Forces Group (Airborne), died Sept. 28, 2012, in Wardak, Afghanistan, of wounds caused by enemy small-arms fire.</p>	<ul style="list-style-type: none"> <li>• 1.5 Mile Run</li> <li>• 150 Burpees</li> <li>• 1.5 Mile Run</li> </ul> <p>If you've got a weight vest or body armor, wear it.</p>	For time
<p><b>Freeks</b> Special Warfare Operator Petty Officer 1st Class Patrick D. Feeks, 28, of Edgewater, Maryland, assigned to a Naval Special Warfare unit based on the West Coast, died Aug. 16, 2012, in a helicopter crash northeast of Kandahar, Afghanistan, while supporting Operation Enduring Freedom.</p>	<ul style="list-style-type: none"> <li>• 2 x 100-meter shuttle sprint</li> <li>• 2 Squat Clean Thrusters</li> <li>• 4 x 100-meter shuttle sprint</li> <li>• 4 Squat Clean Thrusters</li> <li>• 6 x 100-meter shuttle sprint</li> <li>• 6 Squat Clean Thrusters</li> <li>• 8 x 100-meter shuttle sprint</li> <li>• 8 Squat Clean Thrusters</li> <li>• 10 x 100-meter shuttle sprint</li> <li>• 10 Squat Clean Thrusters</li> <li>• 12 x 100-meter shuttle sprint</li> <li>• 12 Squat Clean Thrusters</li> <li>• 14 x 100-meter shuttle sprint</li> <li>• 14 Squat Clean Thrusters</li> <li>• 16 x 100-meter shuttle sprint</li> <li>• 16 Squat Clean Thrusters</li> </ul> <p>Thruster Weight: M=65lbs, F=45lbs Dumbbells</p>	For time
<p><b>Ned</b> Special Agent Nathan "Ned" Schuldheiss, 27, of Newport, Rhode Island, a civilian assigned to the Air Force Office of Special Investigations, Detachment 204 Offutt Air Force Base, Nebraska, died Nov. 1, 2007 near Balad Air Base, Iraq, of wounds sustained from an improvised-explosive device that struck his vehicle.</p>	<ul style="list-style-type: none"> <li>• 11 Back Squats at Body-Weight</li> <li>• 1000 meter Row</li> </ul>	7 Rounds for time
<p><b>Sham</b> Air Force Staff Sgt. David "Sham" Wieger, 28, of North Huntingdon, Pennsylvania, a special agent for the Air Force of Special Investigations, Detachment 303, Travis Air Force Base, California, died Nov. 1, 2007, near Balad Air Base, Iraq, of wounds sustained from an improvised explosive device that struck his vehicle.</p>	<ul style="list-style-type: none"> <li>• 11 Deadlifts at Body-Weight</li> <li>• 100 meter Sprint</li> </ul>	7 Rounds for time
<p><b>Ozzy</b> U.S. Air Force Master Sgt. Thomas "Ozzy" Crowell, 36, of Neosho, Missouri, died Nov. 1, 2007, near Balad Air Base in Iraq. The special agent for the Air Force Office of Special Investigations, Detachment 301 at Scott Air Force Base in Illinois sustained wounds from an improvised explosive device that struck his vehicle.</p>	<ul style="list-style-type: none"> <li>• 11 Deficit Handstand Push-ups</li> <li>• 1000 meter Run</li> </ul>	7 Rounds for time
<p><b>Jenny</b> U.S. Army Capt. Jennifer M. Moreno, of San Diego, California, died Oct. 6, 2013, in Zhari District, Afghanistan, when enemy forces attacked her unit with an improvised explosive device. The 25-year-old was assigned to Madigan Army Medical Center on Joint Base Lewis-McChord in Washington state</p>	<ul style="list-style-type: none"> <li>• 20 Overhead Squats 45lbs</li> <li>• 20 Back Squats 45lbs</li> <li>• 400 meter Run</li> </ul>	As Many Rounds As Possible in 20 minutes

<p><b>Spehar</b> U.S. Navy Special Warfare Operator Petty Officer 2nd Class (SEAL) Nicholas Spehar died Aug. 6, 2011, in Wardak Province, Afghanistan, of wounds suffered when his helicopter was shot down. The 24-year-old, of St. Paul, Minnesota, was assigned to a West Coast-based Naval Special Warfare unit and served during Operation Enduring Freedom.</p>	<ul style="list-style-type: none"> <li>• 100 Thrusters (M=135lbs, F=95lbs)</li> <li>• 100 Chest-to-Bar Pull-ups</li> <li>• 6 mile Run</li> </ul>	For Time
<p><b>Luke</b> Marine Staff Sgt. Leon H. Lucas Jr. died Aug. 1, 2011, in Helmand Province, Afghanistan, of injuries sustained from an enemy grenade attack in the upper Gereshk Valley. The 32-year-old, of Wilson, North Carolina, was assigned to the 3rd Battalion, 4th Marine Regiment, Twentynine Palms, California, and served during Operation Enduring Freedom.</p>	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 15 Clean &amp; Jerks 115lbs</li> <li>• 400 meter Run</li> <li>• 30 Toes-to-Bars</li> <li>• 400 meter Run</li> <li>• 45 Wallball</li> <li>• 400 meter Run</li> <li>• 45 kettlebell Swings 1.5 pood</li> <li>• 400 meter Run</li> <li>• 30 Ring Dips</li> <li>• 400 meter Run</li> <li>• 15 Steps Weighted Lunges 115lbs</li> <li>• 400 meter Run</li> </ul>	For Time
<p><b>Robbie</b> U.S. Army Staff Sergeant Robert J. Miller died Jan. 25, 2008, in Bari Kowt, Afghanistan, of wounds sustained when he encountered small-arms fire while conducting combat operations. The 24-year-old, of Oviedo, Florida, was assigned to the 3rd Battalion, 3rd Special Forces Group (Airborne) in Fort Bragg, North Carolina, and served during Operation Enduring Freedom. In October of 2010, Miller was awarded the Medal of Honor posthumously for his heroic actions in combat.</p>	<ul style="list-style-type: none"> <li>• 8 Freestanding Handstand Push-ups</li> <li>• 15-foot L-Sit Rope Climb, 1 ascent</li> </ul>	As Many Rounds As Possible in 25 minutes
<p><b>Shawn</b> U.S. Army Captain Shawn G. Hogan, of Salem, New Hampshire, died Oct. 17, 2012. The 28-year-old was fatally injured in a training exercise at Land Between the Lakes National Recreation Area in Golden Pond, Kentucky. He was assigned to Company B, 4th Battalion, 5th Special Forces Group (Airborne) in Fort Campbell.</p>	<ul style="list-style-type: none"> <li>• Run 5 miles*</li> </ul> <p>*Run in 5-minute intervals, stopping after each to perform 50 squats and 50 push-ups before beginning the next 5-minute run interval.</p>	For Time & Number of Intervals to Complete
<p><b>Foo</b> Sgt. Gary "Foo" Morales, of the Port St. Lucie County Sheriff's Office in Florida, died Feb. 28, 2013. Morales, 35, was fatally shot during a traffic stop. The Air Force veteran was employed by the St. Lucie County Sherriff's Office for 12 years and had just been promoted to Sergeant Deputy.</p>	<ul style="list-style-type: none"> <li>• 13 Bench Press 170lbs</li> </ul> <p>Then, complete as many rounds as possible in 20 minutes of:</p> <ul style="list-style-type: none"> <li>• 7 Chest-to-Bar Pull-ups</li> <li>• 77 Double Unders</li> <li>• 2 Squat Clean Thrusters 170lbs</li> <li>• 28 Sit-ups</li> </ul>	
<p><b>Bowen</b> Captain Jeffrey Bowen, of Alexander, North Carolina, died July 28, 2011. The 37-year-old was a 13-year veteran of the Asheville Fire Department, assigned to Rescue 3. Bowen was fatally injured while fighting a four-alarm fire in a medical building.</p>	<ul style="list-style-type: none"> <li>• 800 meter Run</li> <li>• 7 Deadlifts 275lbs</li> <li>• 10 Burpee Pull-ups</li> <li>• 14 Single Arm Kettlebell Thrusters (7 each arm) 53lb</li> <li>• 20 Box Jumps 24"</li> </ul>	3 Rounds for Time

<p><b>Gaza</b> U.S. Air Force Major Lucas "Gaza" Gruenther, of Twain Harte, California, died Jan. 28, 2013, when his F-16 jet went down in the Adriatic Sea off the coast of Italy. Gruenther was in the 555th Fighter Squadron where he served as an F-16 Flight Lead for the 31st Fighter Wing, Aviano Air Base, Italy.</p>	<ul style="list-style-type: none"> <li>• 35 Kettlebell Swings 1.5 pood</li> <li>• 30 Push-ups</li> <li>• 25 Pull-ups</li> <li>• 20 Box Jumps 30"</li> <li>• 1 mile Run</li> </ul>	5 Rounds for Time
<p><b>Crain</b> Officer Michael "Freight" Crain, of Beaumont, California, died Feb. 7, 2013, when he was fatally injured by gunfire in an apparent ambush while on patrol. A former U.S. Marine Corps sergeant, the 34-year-old had been with the Riverside Police Department for 11 years, assigned to field operations and the SWAT Team.</p>	<ul style="list-style-type: none"> <li>• 34 Push-ups</li> <li>• 50 yard Sprint</li> <li>• 34 Deadlifts (M=135lbs, F=95lbs)</li> <li>• 50 yard Sprint</li> <li>• 34 Box Jumps 24"</li> <li>• 50 yard Sprint</li> <li>• 34 Clean &amp; Jerks (M=95lbs, F=65lbs)</li> <li>• 50 yard Sprint</li> <li>• 34 Burpees</li> <li>• 50 yard Sprint</li> <li>• 34 Wallball</li> <li>• 50 yard Sprint</li> <li>• 34 Pull-ups</li> <li>• 50 yard Sprint</li> </ul>	2 Rounds for Time
<p><b>Capoot</b> Officer James Lowell Capoot, of the Vallejo Police Department, died Nov. 17, 2011, in the line of duty while chasing after an armed man suspected of robbing a bank. The 45-year-old, who lived in Vacaville, California, joined the Vallejo Police Department in 1993 and served as a motorcycle officer, motorcycle instructor, driving instructor and SWAT officer. He received two medals of courage, including one life-saving medal, as well as many other department commendations.</p>	<ul style="list-style-type: none"> <li>• 100 Push-ups</li> <li>• 800 meter Run</li> <li>• 75 Push-ups</li> <li>• 1,200 meter Run</li> <li>• 50 Push-ups</li> <li>• 1,600 meter Run</li> <li>• 25 Push-ups</li> <li>• 2,000 meter Run</li> </ul>	For Time
<p><b>Hall</b> U.S. Air Force Capt. Ryan P. Hall, of Colorado Springs, Colorado, died Feb. 18, 2012, near Camp Lemonnier, Djibouti, Africa, when his single-engine U-28 aircraft crashed. There were four total fatalities. The 30-year-old was assigned to the 319th Special Operations Squadron, Hurlburt Field, Florida.</p>	<ul style="list-style-type: none"> <li>• 3 Cleans 225lbs</li> <li>• 200 meter Sprint</li> <li>• 20 kettlebell snatches 1.5 pood (10 each arm)</li> <li>• Rest 2 minutes</li> </ul>	5 Rounds for Time
<p><b>Sevais</b> U.S. Air Force Senior Airman Adam Servais, of Onalaska, Wisconsin, died Aug. 19, 2006, in Uruzgan Province, Afghanistan, when his vehicle came under hostile fire. The 23-year-old was assigned to the 23rd Special Tactics Squadron, Hurlburt Field, Florida.</p>	<ul style="list-style-type: none"> <li>• 1.5 mile Run</li> </ul> <p>Then 8 rounds of:</p> <ul style="list-style-type: none"> <li>• 19 pull-ups</li> <li>• 19 push-ups</li> <li>• 19 burpees</li> </ul> <p>After the 8 Rounds</p> <ul style="list-style-type: none"> <li>• 400 meter Sandbag Carry (heavy)</li> <li>• 1 Mile Farmers Carry (M=45lb, F=35lb) dumbbells</li> </ul>	For Time

## Other Workouts

100 Pull-ups	<ul style="list-style-type: none"> <li>• 100 Pull-ups</li> </ul>	For time
3 Types of Pull-ups	<ul style="list-style-type: none"> <li>• 3 Weighted Pull-ups 45 pounds</li> <li>• 5 Strict Pull-ups</li> <li>• 7 Kipping Pull-up</li> </ul>	10 Rounds for time. For weighted pull-ups place a 45 pound dumbbell between the legs above crossed ankles and jettison the dumbbell after third rep and continue with strict pull-ups and then the kipping pull-ups. Coming off the bar or going to ground constitutes termination of a set.
Annie Are You Ok?	<ul style="list-style-type: none"> <li>• 500 meter Row Each Round</li> <li>• Dumbbell Thruster 35lbs</li> <li>• Sumo-Deadlift High-Pull</li> <li>• Burpees</li> <li>• MedBall Clean 20lbs</li> <li>• Wallball 20lbs 10'</li> </ul>	21-15-9 reps, for time
Bear Complex	7 Sets of the sequence: <ul style="list-style-type: none"> <li>• Power Clean</li> <li>• Front Squat</li> <li>• Push Press</li> <li>• Back Squat</li> <li>• Push Press</li> </ul>	5 Round, rest between rounds as needed. Max load in the final round
	<b>RULES:</b> No resting on the ground, even to re-grip, break up or combine movements in any way so as the following are met: the clean starts at the ground and finishes standing at full hip extension, the squats have to go below parallel and the presses finish locked out overhead. Jerking is acceptable as are squat cleans and Deadlifting then hang cleaning. The squats and the push press can be distinct or combined into thrusters . . but you can't receive the clean in a squat and go directly into a thruster . . stand first. There is not a time limit, rest anywhere anytime except on the ground!!! Starting weight: 65M/53F	
Fight Gone Bad	<ul style="list-style-type: none"> <li>• Wallball 20lbs 10'</li> <li>• Sumo-Deadlift to High-Pull 75lbs (Reps)</li> <li>• Box Jump 24" (Reps)</li> <li>• Push Press 75lbs (reps)</li> <li>• Row (calories)</li> </ul>	Every min move from through each of the 5 stations - the clock runs continuously - 1 min rest between rounds before repeating. 3/5 rounds
Filthy Fifty	<ul style="list-style-type: none"> <li>• 50 Box Jumps, 24"</li> <li>• 50 Jumping Pull-ups</li> <li>• 50 KB Swings 1 pood (apx 35lbs)</li> <li>• Walking Lunges, 50 Steps</li> <li>• 50 Knees to Elbows</li> <li>• 50 Push Press, 45lb</li> <li>• 50 Back Extensions</li> <li>• 50 Wallball, 20lb 10'</li> <li>• 50 Burpees</li> <li>• 50 Double Unders</li> </ul>	For time
GI Jane	<ul style="list-style-type: none"> <li>• 100 Pull-up Burpees</li> </ul>	For time
Nasty Girl	<ul style="list-style-type: none"> <li>• 50 Squats</li> <li>• 7 Muscle-ups</li> <li>• 10 Hang Power Cleans 135lbs</li> </ul>	3 rounds for time
Quarter Gone Bad	<ul style="list-style-type: none"> <li>• 15 secs of: Thrusters 135lbs</li> <li>• Rest-45 secs</li> <li>• 15 secs of: Weighted Pull-ups 50lbs</li> <li>• Rest-45 secs</li> <li>• 15 secs of: Burpees</li> <li>• Rest-45 secs</li> </ul>	5 rounds for total reps

Tabata Something Else	<ul style="list-style-type: none"> <li>• Pull-ups</li> <li>• Push-ups</li> <li>• Sit-ups</li> <li>• Squats</li> </ul>	32 consecutive Tabata intervals (20 secs work 10 secs rest). Score total reps of all rounds
Tabata This	<ul style="list-style-type: none"> <li>• Squats</li> <li>• Row</li> <li>• Pull-ups</li> <li>• Sit-ups</li> <li>• Push-ups</li> </ul>	20 secs of work followed by 10 secs of rest repeated 8 times. 1 min rotation break between exercises. Each exercise is scored by the weakest number of reps (calories for the Row)
The 45's	<ul style="list-style-type: none"> <li>• 45 Double Unders</li> <li>• 45 Squat Clean 135lbs</li> <li>• 45 Ring Dips</li> <li>• 45 Double Unders</li> </ul>	For time
The Chief	<p>Max rounds in 3 minutes of:</p> <ul style="list-style-type: none"> <li>• 3 Power Cleans 135lbs</li> <li>• 6 Push-ups</li> <li>• 9 Squat</li> </ul>	Rest 1 minute. Repeat for a total of 5 cycles.

## The Crossfit Total (CFT)

- Back Squat 1 rep
- Press 1 rep
- Deadlift 1 rep

Warm-up with several sets prior to starting each exercise. You get **ONLY 3** attempts to hit your 1 rep max for each exercise. Your CFT score is the total of the highest weight completed in each exercise. See chart below.

CrossFit Total Rankings  
based on tables by Kilgore, Rippetoe, et al.  
(Aasgaard Co, 2006)

### Men's Class Rankings

Bwt	Untrained	Novice	Intermediate	Advanced	Elite
114	228	395	468	646	836
123	246	427	510	695	901
132	265	461	546	745	848
148	296	516	618	833	1061
165	322	560	672	906	1149
181	348	604	722	969	1245
198	366	637	764	1017	1305
220	385	671	807	1071	1373
242	402	700	833	1102	1411
275	413	718	856	1128	1441
319	422	733	874	1150	1466
320+	430	748	891	1169	1494

### Women's Class Rankings

Bwt	Untrained	Novice	Intermediate	Advanced	Elite
97	134	231	270	370	480
105	143	251	291	400	507
114	155	269	314	426	537
123	164	284	333	452	566
132	173	302	351	473	594
148	190	332	389	520	648
165	206	357	417	560	709
181	220	383	451	598	737
198	237	412	474	630	788
199+	250	434	506	662	826

## The Nameless Workouts

For Time	<ul style="list-style-type: none"> <li>• 75 Push-ups</li> <li>• 50 Sumo-Deadlift High-Pull 95lbs</li> <li>• 50 Ring Dips</li> <li>• 30 Weighted Pull-ups 45lb</li> <li>• 25 Handstand Push-ups</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 50 Ring Dips</li> <li>• 400 meter Run</li> <li>• 50 Push-ups</li> <li>• 400 meter Run</li> <li>• 50 Handstand Push-ups</li> <li>• 400 meter Run</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 15 Handstand Push-ups</li> <li>• 1 L-Pull-up</li> <li>• 13 Handstand Push-ups</li> <li>• 3 L-Pull-up</li> <li>• 11 Handstand Push-ups</li> <li>• 5 L-Pull-up</li> <li>• 9 Handstand Push-ups</li> <li>• 7 L-Pull-up</li> <li>• 7 Handstand Push-ups</li> <li>• 9 L-Pull-up</li> <li>• 5 Handstand Push-ups</li> <li>• 11 L-Pull-up</li> <li>• 3 Handstand Push-ups</li> <li>• 13 L-Pull-up</li> <li>• 1 Handstand Push-ups</li> <li>• 15 L-Pull-up</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 21 L-pull-ups</li> <li>• 20 One legged squats, alternating legs</li> <li>• 18 L-pull-ups</li> <li>• 16 One legged squats, alternating legs</li> <li>• 15 L-pull-ups</li> <li>• 12 One legged squats, alternating legs</li> <li>• 12 L-pull-ups</li> <li>• 8 One legged squats, alternating legs</li> </ul>	For Time
For Time	<ul style="list-style-type: none"> <li>• Walking lunge 100 ft.</li> <li>• 21 Pull-ups</li> <li>• 21 Sit-ups</li> <li>• Walking lunge 100 ft.</li> <li>• 18 Pull-ups</li> <li>• 18 Sit-ups</li> <li>• Walking lunge 100 ft.</li> <li>• 15 Pull-ups</li> <li>• 15 Sit-ups</li> <li>• Walking lunge 100 ft.</li> <li>• 12 Pull-ups</li> <li>• 12 Sit-ups</li> <li>• Walking lunge 100 ft.</li> <li>• 9 Pull-ups</li> <li>• 9 Sit-ups</li> <li>• Walking Lunge 100 ft.</li> <li>• 6 Pull-ups</li> <li>• 6 Sit-ups</li> </ul>	For time



For Time	<ul style="list-style-type: none"> <li>• 21 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 18 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 15 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 12 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 9 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 6 Hip-Back Extensions</li> <li>• 400 meter Run</li> <li>• 3 Hip-Back Extensions</li> <li>• 400 meter Run</li> </ul>	For time
For Time:	<ul style="list-style-type: none"> <li>• 500 meter Row</li> <li>• 21 Push press 115lbs</li> <li>• 500 meter Row</li> <li>• 18 Push press 115lbs</li> <li>• 500 meter Row</li> <li>• 15 Push press 115lbs</li> <li>• 500 meter Row</li> <li>• 12 Push press 115lbs</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 1000 meter Row</li> <li>• 25 Burpees</li> <li>• 750 meter Row</li> <li>• 50 Burpees</li> <li>• 500 meter Row</li> <li>• 75 Burpees</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 10 GHD Sit-ups</li> <li>• 10 Hip &amp; Back Extensions</li> <li>• 30 Thrusters 95lbs</li> <li>• 50 Pull-ups</li> <li>• 30 GHD Sit-ups</li> <li>• 30 Hip &amp; Back Extensions</li> <li>• 20 Thrusters 95lbs</li> <li>• 35 Pull-ups</li> <li>• 50 GHD Sit-ups</li> <li>• 50 Hip &amp; Back Extensions</li> <li>• 10 Thrusters 95lbs</li> <li>• 20 Pull-ups</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 15 Power Clean 155lbs</li> <li>• 30 Ring Dips</li> <li>• 12 Power Clean 155lbs</li> <li>• 24 Ring Dips</li> <li>• 9 Power Clean 155lbs</li> <li>• 18 Ring Dips</li> <li>• 6 Power Clean 155lbs</li> <li>• 12 Ring Dips</li> <li>• 3 Power Clean 155lbs</li> <li>• 6 Ring Dips</li> </ul>	For time
For Time	<ul style="list-style-type: none"> <li>• 50 box Jumps 20" Box</li> <li>• Rope climb 5 ascents</li> <li>• 50 Kettlebell Swing 1.5 pood (apx 55lbs)</li> <li>• 50 sit-ups</li> <li>• 50 Hang power clean 40lb dumbbell</li> <li>• 800 meter Run</li> <li>• 50 Back extensions</li> </ul>	For time

For Time	<ul style="list-style-type: none"> <li>• 5 Thruster 95lbs</li> <li>• 7 Hang Power Cleans 95lbs</li> <li>• 10 Sumo-Deadlift High-Pull 95lbs</li> </ul>	For time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 500 meter Row</li> <li>• 21 Burpees</li> <li>• 400 meter Run</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 12 Muscle-ups</li> <li>• 75 Squats</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 6 Muscle-ups</li> <li>• 30 Wallball 20lbs</li> <li>• 12 Handstand Push-ups</li> <li>• 15 Power clean 135lbs</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 10 Deadlift 275lbs</li> <li>• 50 Double unders</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 30 Overhead squats 75lbs</li> <li>• 21 Pull-ups</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 10 Weighted Pull-ups</li> <li>• 30 Back Extensions</li> </ul>	3 Rounds for time
3 Rounds For Time	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 15 Pull-ups</li> <li>• 50 Squats</li> <li>• 15 Pull-ups</li> </ul>	3 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 15 Hang Power Snatch 95lbs</li> <li>• 400 meter Run</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 400 meter Run</li> <li>• 50 Squats</li> <li>• 30 Back Extensions</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 3 Deadlifts</li> <li>• Handstand Push-ups, max reps</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 25 Kettlebell swings 2 pood(70lbs)</li> <li>• 25 GHD Sit-ups</li> <li>• 25 Back Extensions</li> <li>• 25 Knees to Elbows</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 30 Glute-Ham Sit-ups</li> <li>• 25 Back Extensions</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 20 GHD Sit-ups</li> <li>• 5 Push jerk</li> </ul>	5 Rounds for time
5 Rounds For Time	<ul style="list-style-type: none"> <li>• 10 Wall Climbs</li> <li>• 10 Toes to Bar</li> <li>• 20 Box Jumps, 24" Box</li> </ul>	5 Rounds for time
7 Rounds For Time	<ul style="list-style-type: none"> <li>• 10 Sumo-Deadlift High-Pulls 95lbs</li> <li>• 10 Ring Dips</li> </ul>	7 Rounds for time
7 Rounds For Time	<ul style="list-style-type: none"> <li>• 3 Front Squat 185lbs</li> <li>• 7 L-Pull-ups</li> </ul>	7 Rounds for time
As Many Rounds in <u>15 mins</u>	<ul style="list-style-type: none"> <li>• Row 250 meters</li> <li>• 25 Push-ups</li> </ul>	As many rounds as possible in 20 minutes
As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 15 Clean &amp; Jerk 95lbs</li> <li>• 400 meter Run</li> </ul>	As many rounds as possible in 20 minutes
As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 10 Thrusters 65lbs</li> <li>• 10 Pull-ups</li> </ul>	As many rounds as possible in 20 minutes

As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 5 Handstand Push-ups</li> <li>• 10 L Pull-ups</li> <li>• 15 Steps, Walking Lunge</li> </ul>	As many rounds as possible in 20 minutes
As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 250 meter Row</li> <li>• 21 Sumo-Deadlift High-Pull 95lbs</li> <li>• 15 Pull-ups</li> </ul>	As many rounds as possible in 20 minutes
As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 15 Pull-ups</li> <li>• 15 Ring Push-ups</li> <li>• 15 Back Extensions</li> <li>• 15 GHD Sit-ups</li> </ul>	As many rounds as possible in 20 minutes
As Many Rounds in <u>20 mins</u>	<ul style="list-style-type: none"> <li>• 5 Chest to bar Pull-ups</li> <li>• 10 Ring Dips</li> <li>• 15 Overhead Squat 95lbs</li> </ul>	As many rounds as possible in 20 minutes