

Name	1	2	3
Deadlift			
Back squat			
Front squat			
Overhead squat			
Bench			
Clean			
Clean and Jerk			
Snatch			
Push Press			
Push Jerk			
Thruster			
5K run			
10K run			
5K row			
10K row			
Strict pullups			
Kipping pullups			
Weighted pullup			

Name	Workout	1	2	3
Angie	100 pullups 100 pushups 100 situps 100 squats			
Barbara	5 rounds with 3 minutes rest: 20 pullups 30 pushups 40 situps 50 squats			
Chelsea	Each minute on the minute for 30 minutes: 5 pullups 10 pushups 15 squats			
Cindy	Total rounds in 20 minutes: 5 pullups 10 pushups 15 squats			
Diane	21-15-9 Deadlift 225 lbs Handstand pushups			
Elizabeth	21-15-9 Clean 135 lbs Ring dips			
Fran	21-15-9 Thruster 95 lbs Pullups			
Grace	30 reps for time: Clean and jerk 135 lbs			
Gwen	15-12-9 Clean and Jerk Touch and go at floor. No regrip, no dumping. Rest as needed. Report load.			
Helen	3 rounds for time: 400 meter run 1.5 kb swing (21 reps) 12 pullups			
Isabel	30 reps for time: Snatch 135 lbs			
Jackie	For time: 1000 meter row Thruster 45 lbs (50 reps) Pullups (30 reps)			
Karen	For time: 150 wallball shots			
Linda	10-9-8-7-6-5-4-3-2-1 for time: Clean 3/4 bodyweight Bench bodyweight Deadlift 1.5 bodyweight			
Lynne	5 rounds for max reps: Bench bodyweight Pullups			
Mary	Total rounds in 20 minutes: 5 handstand pushups 10 1-legged squats 15 pullups			
Nancy	5 rounds for time: 400 meter run Overhead squat 95 lbs (15 reps)			

Name	Workout	1	2	3
Murph	1 mile run 100 pullups 200 pushups 300 squats 1 mile run			
Michael	Three rounds for time of: Run 800 meters 50 back extensions 50 situps			
Tabata This	Rest 1 minute between exercises: Tabata row Tabata squat Tabata pullup Tabata pushup Tabata situp			
Tabata Something Else	Total reps of: Tabata pullups Tabata pushups Tabata situps Tabata squats			
Fight Gone Bad	3 or 5 rounds of 1 minute per station, 1 minute rest after completing a round of all five stations. Wall-ball – 20 pound ball, 10 ft target. (Reps) Sumo deadlift high-pull 75 pounds (Reps) Box Jump – 20" box (Reps) Push-press 75 pounds (Reps) Row – calories (Calories)			