

CrossFit

Redmond

Workouts for the week of March 15, 2010

DATE	STRENGTH	WOD	NOTES
Monday Mar 15	Deadlift 5-5-5-3-3-3 Shoulder Press 5-5-5-3-3-3	21-15-9 Burpees Clean and Double Jerk	
Tuesday Mar 16	Overhead Squat 5-5-5-3-3-3 HSPUs 3 Max sets	Complete for time Row 1000m 50 Ball Slams 30 Toes-to-Bar	
Wednesday Mar 17	Hang Squat Clean 5-5-5-3-3-3 Strict Pull-ups 3 Max sets	10-9-8-7-6-5-4-3-2-1 1-2-3-4-5-6-7-8-9-10 Deadlifts, Bodyweight Push-ups	
Thursday Mar 18	Push Press 5-5-5-3-3-3	"Annie" 50-40-30-20-10 Double Unders Sit-ups	
Friday Mar 19	Front Squat 5-5-5-3-3-3 Muscle-ups practice/reps	21-15-9 Overhead, 40kg/30kg Sumo deadlift hiepull, 40kg/30kg	
Saturday Mar 20	"Jackie" Complete for time Row 1000m 50 thrusters, 20kg/15kg 30 Pull-ups		
Sunday Mar 21	GYM CLOSED		