

August 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 10 rnds for time: 10 pullups 10 Dips 10 Situps 10 Squats	3 AMRAP in 15 minutes: 50lb d-bell push jerk x 5 7 box jumps	4 Bike 30 K	5 3 rnds for time w/ 20lb vest 1k Run 10 muscle ups 100 squats	6 For time: 225lb Back Squat x 20 40 Toes to bar 55lb d-bell swing x 60	7
8	9 100ft walking lunges, pullups and situps x 21, 18, 15, 12, 9, 6	10 AMRAP in 20 minutes: 245lb deadlift x 9 8 muscle ups 155lb squat clean x 9	11 5 rnds for time: 135 lb thruster x 15 Run 400 meters	12 3 rnds for time: 40lb snatch - right arm 21 L-pullups 40lb snatch - left arm 21 L-pullups	13 Fight Gone Bad	14
15	16 20 minutes for distance Run 400m Rest precisely time of the previous run	17 Deadlift 1-10-1-20-1-30	18 9, 7, 5 of: Muscle up 135 lb squat snatch	19 1200m run, 63 kbells, 36 pullups 800m run, 42 kbells, 24 pullups 400m run, 21 kbells, 12 pullups	20 AMRAP in 7 minutes: 315lb deadlift x 7 20 meter sprint 14 1-leg squats, 21 double unders, 20 meter sprint	21
22	23 7 rnds for time: 205lb clean x 3 4 ring handstand pushups	24 3 rnds for time: 30 toes to bar 95lb ground to overhead x 21	25 Back Squat x 1 Shoulder Press x 1 Deadlift x 1	26 100 Pullups 100 pushups 100 situps 100 squats	27 5 rnds for time: 225lb deadlift x 15 20 box jumps 15 pullups	28
29	30 Run 5k	31 135lb snatch x 30	Notes: 6 rnds for time: 400m run 25 burpees			