

## July 2010

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b>  Shoulder Press 5x5	<b>2</b>  800m run x 4 rnds each for time rest as needed between rounds	<b>3</b>
<b>4</b>	<b>5</b>  75lb power snatch x 75	<b>6</b>  21, 15, 9 135lb overhead squat Chest to bar pullups	<b>7</b>  10 muscle ups 15 handstand pushups 155lb squat clean x 20 550m run	<b>8</b>  Clean 7x3	<b>9</b>  AMRAP for 12 minutes: 185lb Front Squat x 5 10 Chest to bar pullups 20 Double unders	<b>10</b>
<b>11</b>	<b>12</b>  Deadlift 5 x 5	<b>13</b>  15 rnds for time: 5 pullups 10 Pushups 15 Squats	<b>14</b>  21, 15, 9 135lb clean Ring dips	<b>15</b>  Row 500m; Bdywt bench x 30 Row 1000m; Bdywt bench x 20 Row 2000m; Bdywt bench x 10	<b>16</b>  Row 2k; 50 wall ball shots Row 1k; 35 wall ball shots Row 500m; 20 wall ball shots	<b>17</b>
<b>18</b>	<b>19</b>  3 rnds for time 10 muscleups 10 forward rolls 20 one legs squats alter. 20 handstand walk	<b>20</b>  10 rnds each for time 100m sprint 90 seconds rest	<b>21</b>  Overhead Squat 7x1	<b>22</b>  5 rnds for time: 50ft walking lunges w/ 45lb bar overhead 21 burpees	<b>23</b>  5 rnds for time: 800m run 15ft rope climb x 5 ascent 50 pushups	<b>24</b>
<b>25</b>	<b>26</b>  3 rnds for time 50lb dumbbell thruster x 15 30 GHD Situps	<b>27</b>  5 rnds for time: 40 double unders 30 box jumps 55lb d-bell swing x 20	<b>28</b>  10 rnds for time: 45lb pullups x 3 Strict pullups x 5 Kipping pullups x 7	<b>29</b>  5 rnds for time: Deadlift x 5 Ring handstand pushups x 5	<b>30</b>  5 rnds for time: 40m 185lb overhead walk 30 wallball shots 40m 95lb barbell farmer carry set cones @ 20 meters	<b>31</b>