

# July Workouts

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## **Workout #18 –**

Five rounds, each for time of:  
20 Pull-ups (Jumping pull-ups if needed)  
30 Push-ups  
40 Sit-ups  
50 Squats  
Results: (Time)

## **Workout #19 –**

Thruster 1-1-1-1-1-1-1 reps  
Results: (Loads)

## **Workout #20 –**

Five rounds for time of:  
Run 400 meters  
30 Box jump, 24 inch box  
30 Wall ball shots, 14 pound ball  
Results: (Time)

## **Workout #21–**

Five rounds for time of:  
20 pound Dumbbell clean, 15 reps  
21 Pull-ups (Jumping pull-ups if needed)  
Results :( Time)

## **Workout #22 –**

Overhead Squat 5-5-5-5-5 reps  
Results :( Loads)

## **Workout #23 –**

For time:  
Run 800 meters  
40 pull-ups(Jumping pull-ups if needed)  
Run 800 meters  
40 pull-ups(Jumping pull-ups if needed)  
Run 800 meters  
40 pull-ups(Jumping pull-ups if needed)  
Results :( Time)

## **Workout #24**

Deadlift 1-1-1-1-1-1-1 reps  
Results :( Loads)



**Workout #30 –**

3 rounds for time of:

50 Squats

7 Muscle-ups

135 pound Hang power cleans, 10 reps

Substitutions: 1 muscle-up is equal to 3 pull-ups and 3 dips. 7 muscle-ups are equal to 21 pull-ups and 21 dips.

Results: (Time)

**Workout #31 –**

Hang power Clean 1-1-1-1-1-1-1-1-1-1 reps

Results: (Loads)

**Workout #32 –**

For time:

50 Wall-ball shots

50 Pull-ups

35 Wall-ball shots

35 Pull-ups

20 Wall-ball shots

20 Pull-ups

Use 14 pound medicine ball launched to a target ten feet above the ground.

Results: (Time)

**Workout #33 –**

Complete as many rounds in 20 minutes as you can of:

Handstand push-ups 5 reps

Bench press 105 pounds, 10 reps

Push press 65 pounds, 15 reps

Dips 20 reps

Results: (Rounds)

**Workout #34 –**

Ten rounds for time of:

3 Weighted Pull-ups, 45 pounds

5 Strict Pull-ups

7 Kipping Pull-up

For weighted pull-ups place a 25 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.

Results: (Time)

**Workout #35 –**

Three rounds for time:  
Run 400 meters  
35 pound Kettlebell X 21 swings  
12 Handstand push-ups  
Results: (Time)

**Workout #36 –**

Complete as many rounds as possible in 20 minutes of:  
65 pound Thruster, 5 reps  
65 pound Hang Powercleans, 7 reps  
65 pound Sumo Deadlift High-pull, 10 reps  
Results: (Rounds)

**Workout #37 -**

Complete as many rounds in 20 minutes as you can of:  
Run 400 meters  
Max rep Pull-ups  
Results: (Rounds + Pull- up reps)

**Workout #38 –**

Five rounds, each for time of:  
20 Pull-ups (Jumping pull-ups if needed)  
30 Push-ups  
40 Sit-ups  
50 Squats  
Results: (Time)

**Workout #39 -**

Back squat, 1 rep  
Shoulder Press, 1 rep  
Deadlift, 1 rep  
Results: (Total Poundage)

**Workout #40 -**

Five rounds for time of:  
Run 800 meters  
35 pound Kettlebell swing, 30 reps  
30 Pull-ups  
Results: (Time)



