



June Workouts

Workout #1

21-15-9 reps of:

Clean 105 pounds

Ring dips

Substitutions: 1 ring dip equals 2 regular dips. Reps for regular dips will be 42-30-18.

Results: (Time)

Workout #2

Complete 32 intervals of 20 seconds of work followed by ten seconds of rest where the first 8 intervals are pull-ups, the second 8 are push-ups, the third 8 intervals are sit-ups, and finally, the last 8 intervals are squats. There is no rest between exercises.

Results: (Total Reps)

Workout #3

Five rounds for time of:

30 pound Kettlebell swing, 30 reps

30 Burpees

30 sit-ups

Results: (Time)

Workout #4

Front squat 3-3-3-3-3 reps

Results: (Loads) Ex. 135-145-155-165-185

Workout #5

Ten rounds for time of:
3 Weighted Pull-ups, 25 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.

Results: (Time and sets completed)

Workout #6

105 pound Clean and Jerk, 30 reps
Results: (Time)

Workout #7

Four rounds, each for time of:
800 meter run

Rest as needed between efforts.
Results: (Time)

Workout #8

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

Workout #9

Power clean 1-1-1-1-1-1-1 reps
Results: (Loads)

Workout #10

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

5 Pull-ups
10 Push-ups
15 Squats
Results: (Rounds)

Workout #11

21-15-9 reps of:
155 pound Deadlift
Handstand push-ups. Substitution: If you cannot do Handstand push-ups do inverted push-ups

Results: (Time)

Workout #12

Four rounds for time of:
100 ft Walking lunge, carrying 30 pound dumbbells
24 inch Box Jump, 30 reps
Pull-ups, 20 reps
Results: (Time)

Workout #13

For time:
Run 400 meters
50 push-ups
Run 800 meters
35 push-ups
Run 1 Mile
25 push-ups
Results: (Time)

Workout #14

Four rounds for time of:
Run 400 meters
50 Squats
Results: (Time)

Workout #15

95 pound Thruster, 20 reps
20 Pull-ups
Results: (Time)

Workout #16

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

Workout #17

Run 5 K
Results: (Time)

Workout #18

Five rounds, each for time of:
20 Pull-ups
Substitutions: If you cannot do pull-ups do jumping pull-ups. DO NOT DO
NEGATIVES
30 Push-ups
40 Sit-ups
50 Squats
Results: (Time)