

| # | TIME | TYPE | NAME | WORKOUT | NOTES |
|----|----------|-----------|-------------------------|---|---|
| 1 | 9:00 AM | Community | Special O | 10 Minute AMRAP 100 m RUN 100 m walking lunge 20x hand release push ups | - 1 Athlete at a time on Pushups (share work) - All athletes run + Lunge |
| 2 | 10:00 AM | Community | For the Kids | 10 Minute AMRAP 10/20/30/40.... Kettlebell Swings (24/16) Wallballs (20/14) | - 1 Athlete works at a time |
| 3 | 11:00 AM | CrossFit | Michaelish | 3 rounds for time: 200 m run 10 super mans 10 sit ups | - 1 Athlete works at a time - Athletes alternate complete rounds |
| 4 | 12:00 PM | Max Lift | Back Squat | 10 minutes to find 1 Rep Max Back Squat | - All athletes take part |
| 5 | 1:00 PM | CrossFit | Teams of Nastyish Girls | 50x Air Squats 40x Box Jumps 30x Pullups Max hang Cleans in remaining time (135/95) | - All athletes (same time) complete 50/40/30 - 1 Athlete works at a time for hang cleans |
| 6 | 2:00 PM | Community | 10 Cindys | 10 rounds for time (10min cap) "Cindy" 5x Pullups 10x Pushups 15x Air Squats | - 1 Athlete works at a time - alternating movements with a partner (Athlete A: pullups B: pushups A: Squats B: pullups etc. - or solo) |
| 7 | 3:00 PM | CrossFit | Bear Complex | 10 min AMRAP BEAR COMPLEX 1x Front Squat 1x Push Jerk 1x Back Squat 1x Push Jerk | - 1 Athlete works at a time completing full complex - 96/65 Rx 135/95 Advanced - bar cannot touch ground for 10 minutes - Thruster to back squat is ok |
| 8 | 4:00 PM | Community | GI Jane | 100x burpee pullups for time (10 minute cap) | - 1 Athlete works at a time - chest to deck, jump to chin over bar |
| 9 | 5:00 PM | Community | Max Row | 10 minutes for max Calories Row | - 1 Athlete works at a time with 1 rower / team |
| 10 | 6:00 PM | Max Lift | Hang Clean + Jerk | 10 minutes to find 1 rep max Hang Clean + Jerk | - All athletes take part |
| 11 | 7:00 PM | CrossFit | Team JT | 21-15-9 Handstand Pushup Ring Dip Pushup | - 1 Athlete works at a time |
| 12 | 8:00 PM | CrossFit | Snatch & Jump | 50/40/30/20/10 Dumbbell Snatch (30/20) Box Jump | - 1 Athlete works at a time - Sub KB Swing or snatch if no DB |
| 13 | 9:00 PM | Community | Karen | 150 Wallballs for time | - 1 Athlete works at a time |
| 14 | 10:00 PM | CrossFit | Row your Dumbbells | 10 minute AMRAP 2,000/1,600m Row Max DB S2OH in remaining time (40/30) | - 1 Athlete works at a time - 1 arm DB Shoulder to Overhead |
| 15 | 11:00 PM | Community | Swing Your Burps | Aternating EMOM x5 ea A) 14x KB Swing B) 7x Burpees | - 1 Athlete works at a time - score is KB weight x reps completed - burpees not part of score |
| 16 | 12:00 AM | Max Lift | Max Overhead | 10 minutes to find 1 rep max Hang Clean | - All athletes take part |
| 17 | 1:00 AM | CrossFit | Deads & Balls | 10 minute AMRAP Max Deadlifts (185/135) 7x Wallballs EMOM | - 1 Athlete works at a time - Every athlete must complete 7 WB within the minute - split deadlift work any way |
| 18 | 2:00 AM | Community | Down the Rabbit Hole | For Time 50x burpees 50x box Jump Overs | - 1 Athlete works at a time |
| 19 | 3:00 AM | CrossFit | Annie | 50/40/30/20/10 Double unders (3x Singles) Abmat Situps | - 1 Athlete works at a time |
| 20 | 4:00 AM | CrossFit | Get Up | 10 minute AMRAP Turkish Getup (24/16) | - 1 Athlete works at a time |
| 21 | 5:00 AM | Community | Early Morning Fresh Air | 800m Run for time | - All athletes take part - if unable to go outdoors: choose a distance and break up into shuttle runs |
| 22 | 6:00 AM | Max Lift | Strict Press | 10 minutes to find 1 rep max Strict Press | - All athletes take part |
| 23 | 7:00 AM | Community | John Deere | 10 minute AMRAP for distance Farm carry (24/16 kg) per hand | - 1 Athlete works at a time - Pick a set distance (indoor or out) |
| 24 | 8:00 AM | CrossFit | Thrusting to Freedom | For Time: 100x Thrusters (95/65) | - 1 Athlete works at a time |