

### WOD #1 @ 5:00 pm

1 Person	2 Person Team	3 Person Team	4 Person Team
1 Round at 5:00 - 5:15 - 5:30 - 5:45	1 Round at 5:00 - 5:15 - 5:30 - 5:45	1 Round at 5:00 - 5:15 - 5:30 - 5:45	1 Round at 5:00 - 5:15 - 5:30 - 5:45
10 Cal AAB	20 Cal AAB	30 Cal AAB	40 Cal AAB
10 Burpees	20 Burpees	30 Burpees	40 Burpees
10 DB Snatch 50/35#	20 DB Snatch 50/35#	30 DB Snatch 50/35#	40 DB Snatch 50/35#
10 Toes-To-Bar	20 Toes-To-Bar	30 Toes-To-Bar	40 Toes-To-Bar
20m Overhead Walking Lunges 45/25# Plate	40m Overhead Walking Lunges 45/25# Plate	60m Overhead Walking Lunges 45/25# Plate	80m Overhead Walking Lunges 45/25# Plate
	All movements with 1 person working at a time and can be broken up however. When done with 1 round rest until the next 15min starting point.	All movements with 1 person working at a time and can be broken up however. When done with 1 round rest until the next 15min starting point.	All movements with 1 person working at a time and can be broken up however. When done with 1 round rest until the next 15min starting point.

### WOD #2 @ 6:00 PM

1 person	2 people	3 people	4 people
50 deadlift (45#/35#)	100 deadlift (55#/45#)	150 deadlift (65#/55#)	200 deadlift (75#/65#)
50 front squat (45#/35#)	100 front squat (55#/45#)	150 front squat (65#/55#)	200 front squat (75#/65#)
200 m Barbell Carry (45#/35#)	400 m Barbell Carry (55#/45#) together	600 m Barbell Carry (65#/55#) together	800 m Barbell Carry (75#/65#) together
50 russian twist (45#/35#)	100 russian twist(45/35#)	150 russian twist (45#/35#)	200 russian twist (45#/35#)
50 ring dips	100 ring dips	150 ring dips	200 ring dips
200 m Barbell Carry (45#/35#)	400 m Barbell Carry (55#/45#) together	600 m Barbell Carry (65#/55#) together	800 m Barbell Carry (75#/65#) together
50 sledge hammers	100 sledge hammers	150 sledge hammers	200 sledge hammers
50 back squats(45#/35#)	100 back squats (55#/45#)	150 back squats (65#/55#)	200 back squats (75#/65#)
200 m barbell carry(45#/35#)	400 m Barbell Carry (55#/45#) together	600 m Barbell Carry (65#/55#) together	800 m Barbell Carry (75#/65#) together
	Partition as needed	Partition as needed	Partition as needed
	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

### WOD #3 @ 7:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
2 Rounds Of:	(2) Relay 400m Run (1 each)	(3) Relay 400m Run (1 each)	(4) Relay 400m Run (1 each)
400m Run	50 Pull Ups (1 person working)	75 Pull Ups (1 person working)	100 Pull Ups (1 person working)
12 Pull Ups	100 Push Ups (1 person working)	150 Push Ups (1 person working)	200 Push Ups (1 person working)
25 Push Ups	150 Air Squats (1 person working)	225 Air Squats (1 person working)	300 Air Squats (1 person working)
40 Air Squats	(2) Relay 400m Run (1 each)	(3) Relay 400m Run (1 each)	(4) Relay 400m Run (1 each)
5min Rest Between Rounds			
	The movements with 1 person working and can be broken up between both people however. Must complete all of one movement before moving on to the next.	The movements with 1 person working and can be broken up between all people however. Must complete all of one movement before moving on to the next.	The movements with 1 person working and can be broken up between all people however. Must complete all of one movement before moving on to the next.

### WOD #4 @ 8:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
10 Rounds Of:	10 Rounds each relay style	10 Rounds each relay style	10 Rounds each relay style
2 Ring Muscle Ups	2 Ring Muscle Ups	2 Ring Muscle Ups	2 Ring Muscle Ups
4 Handstand Push Ups	4 Handstand Push Ups	4 Handstand Push Ups	4 Handstand Push Ups
8 Kettlebell Swings 53/35#	8 Kettlebell Swings 53/35#	8 Kettlebell Swings 53/35#	8 Kettlebell Swings 53/35#
	(each person alternates doing a full round)	(each person alternates doing a full round)	(each person alternates doing a full round)

### WOD #5 @ 9:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
6K Row	1 Person working at a time	1 Person working at a time	1 Person working at a time
	8K Row	10K Row	12K Row
	(Only 1 rower breakup between both people however to hit the total distance)	(Only 1 rower breakup between all people however to hit the total distance)	(Only 1 rower breakup between all people however to hit the total distance)

### WOD #6 @ 10:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
20 EMOM	20 EMOM	20 EMOM	20 EMOM
Odd: 8 Bench Press @ 50% of 1RM	Odd: 8 Bench Press @ 50% of 1RM	Odd: 8 Bench Press @ 50% of 1RM	Odd: 8 Bench Press @ 50% of 1RM

Even: 8 Deadlift @ 50% of 1RM	(1 working at a time)	(1 working at a time)	(2 working at a time)
Even: 8 Deadlift @ 50% of 1RM	Even: 8 Deadlift @ 50% of 1RM	Even: 8 Deadlift @ 50% of 1RM	Even: 8 Deadlift @ 50% of 1RM
(Synchronized)	(Synchronized)	(Synchronized)	(Synchronized)

### WOD #7 @ 11:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
100 Slam Balls 40/30#	200 Slam Balls 40/30#	300 Slam Balls 40/30#	400 Slam Balls 40/30#
200 Sit Ups	400 Sit Ups	600 Sit Ups	800 Sit Ups
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

### WOD #8 @ 12:00 AM

1 Person	2 Person Team	3 Person Team	4 Person Team
<b>For Time:</b>	<b>For Time:</b>	<b>For Time:</b>	<b>For Time:</b>
400m Run	400m Run (together)	400m Run (together)	400m Run (together)
10 Overhead Squats 75/55#	16 OHS 75/55# (1 person working)	22 OHS 75/55# (1 person working)	28 OHS 75/55# (1 person working)
300m Run	300m Run (together)	300m Run (together)	300m Run (together)
20 Thrusters 75/55#	32 Thrusters 75/55# (1 person working)	44 Thrusters 75/55# (1 person working)	56 Thrusters 75/55# (1 person working)
200m Run	200m Run (together)	200m Run (together)	200m Run (together)
30 Pull Ups	48 Pull Ups (1 person working)	66 Pull Ups (1 person working)	84 Pull Ups (1 person working)
100m Run	100m Run (together)	100m Run (together)	100m Run (together)
40 Wallball (20# to 10'/14# to 9')	64 Wallball 20# to 10'/14# to 9' (1 person working)	88 Wallball 20# to 10'/14# to 9' (1 person working)	112 Wallball 20# to 10'/14# to 9' (1 person working)
100m Run	100m Run (together)	100m Run (together)	100m Run (together)
30 Pull Ups	48 Pull Ups (1 person working)	66 Pull Ups (1 person working)	84 Pull Ups (1 person working)
200m Run	200m Run (together)	200m Run (together)	200m Run (together)
20 Thrusters 75/55#	32 Thrusters 75/55# (1 person working)	44 Thrusters 75/55# (1 person working)	56 Thrusters 75/55# (1 person working)
300m Run	300m Run (together)	300m Run (together)	300m Run (together)
10 Overhead Squats 75/55#	16 OHS 75/55# (1 person working)	22 OHS 75/55# (1 person working)	28 OHS 75/55# (1 person working)
400m Run	400m Run (together)	400m Run (together)	400m Run (together)
	All movements with 1 person working can be broken up however	All movements with 1 person working can be broken up however	All movements with 1 person working can be broken up however

### WOD #9 @ 1:00 AM

1 Person	2 Person Team	3 Person Team	4 Person Team
9min AMRAP starting @ 1:00 - 1:20 - 1:40 (3 AMRAP total)	9min AMRAP starting @ 1:00 - 1:20 - 1:40 (3 AMRAP total)	9min AMRAP starting @ 1:00 - 1:20 - 1:40 (3 AMRAP total)	9min AMRAP starting @ 1:00 - 1:20 - 1:40 (3 AMRAP total)
2 Rope Climbs	3 Rope Climbs (1 person working)	4 Rope Climbs (1 person working)	5 Rope Climbs (1 person working)
20 DB Lunges 35/20#	30 DB Lunges 35/20# (1 person working)	40 DB Lunges 35/20# (1 person working)	50 DB Lunges 35/20# (1 person working)
16/12 cal AAB	16/12 cal AAB (each @ same time)	16/12 cal AAB (each @ same time)	16/12 cal AAB (each @ same time)
	Both movements with 1 person working and can be broken up however	Both movements with 1 person working and can be broken up however	Both movements with 1 person working and can be broken up however

### WOD #10 @ 2:00 AM

1 Person	2 Person Team	3 Person Team	4 Person Team
For Time:	For Time:	For Time:	For Time:
150 Wallball (20# to 10'/14# to 9')	250 Wallball (20# to 10'/14# to 9')	350 Wallball (20# to 10'/14# to 9')	450 Wallball (20# to 10'/14# to 9')
Every time you break you have to run 200m before starting again.	Every time you break you have to run 200m before starting again.	Every time you break you have to run 200m before starting again.	Every time you break you have to run 200m before starting again.
	Each person does their wallball set (1 at a time) then you both run together. Continue until 250 total Wallballs are hit.	Each person does their wallball set (1 at a time) then you all run together. Continue until 350 total Wallballs are hit.	Each person does their wallball set (1 at a time) then you all run together. Continue until 450 total Wallballs are hit.

### WOD #11 @ 3:00 AM

1 Person	2 Person Team	3 Person Team	4 Person Team
40 Handstand Push Ups	70 Handstand Push Ups	100 Handstand Push Ups	130 Handstand Push Ups
100 Ring Rows	175 Ring Rows	250 Ring Rows	325 Ring Rows
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

<b>WOD #12 @ 4:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
<b>5 Rounds Of:</b>	<b>5 Rounds Of:</b>	<b>5 Rounds Of:</b>	<b>5 Rounds Of:</b>
15 Sumo Deadlift High Pull 75/55#	30 Sumo Deadlift High Pull 75/55#	45 Sumo Deadlift High Pull 75/55#	60 Sumo Deadlift High Pull 75/55#
15 Box Jumps 24/20"	30 Box Jumps 24/20"	45 Box Jumps 24/20"	60 Box Jumps 24/20"
15 Kettlebell Swings 53/35#	30 Kettlebell Swings 53/35#	45 Kettlebell Swings 53/35#	60 Kettlebell Swings 53/35#
2min Rest			
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

<b>WOD #13 @ 5:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
125 Burpees	250 Burpees	375 Burpees	500 Burpees
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

<b>WOD #14 @ 6:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
5K Ruck	5K Ruck	5K Ruck	5K Ruck
(1) 15# Sandbag	(1) 45# Sandbag alt. as needed	(1) 45# Sandbag alt. as needed	(1) 45# Sandbag alt. as needed
		(1) 30# Sandbag alt. as needed	(1) 30# Sandbag alt. as needed
			(1) 15# Sandbag alt. as needed

<b>WOD #15 @ 7:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
50 Deadlifts 95/65#	100 Deadlifts 95/65#	150 Deadlifts 95/65#	200 Deadlifts 95/65#
50 Hang Cleans 95/65#	100 Hang Cleans 95/65#	150 Hang Cleans 95/65#	200 Hang Cleans 95/65#
50 Push Press 95/65#	100 Push Press 95/65#	150 Push Press 95/65#	200 Push Press 95/65#
50 Front Rack Lunges 95/65#	100 Front Rack Lunges 95/65#	150 Front Rack Lunges 95/65#	200 Front Rack Lunges 95/65#
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 persone working and can be broken up between both people however	1 persone working and can be broken up between all people however	1 persone working and can be broken up between all people however

<b>WOD #16 @ 8:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
200 cal Row	300 cal Row	400 cal Row	500 cal Row
75 Toes-To-Bar	150 Toes-To-Bar	200 Toes-To-Bar	250 Toes-To-Bar
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

<b>WOD #17 @ 9:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
<b>5 Rounds of:</b>	<b>5 Rounds of:</b>	<b>5 Rounds of:</b>	<b>5 Rounds of:</b>
<b>EMOM</b>	<b>EMOM</b>	<b>EMOM</b>	<b>EMOM</b>
<b>Min #1</b> - 100m Run	<b>Min #1</b> - 100m Run (together)	<b>Min #1</b> - 100m Run (together)	<b>Min #1</b> - 100m Run (together)
<b>Min #2</b> - 12 Wallball (20# to 10'/12# to 9')	<b>Min #2</b> - 10 Wallball each (20# to 10'/12# to 9') (synchronized)	<b>Min #2</b> - 10 Wallball each (20# to 10'/12# to 9') (synchronized)	<b>Min #2</b> - 10 Wallball each (20# to 10'/12# to 9') (synchronized)
<b>Min #3</b> - 8 Burpees	<b>Min #3</b> - 8 Burpees each (synchronized)	<b>Min #3</b> - 8 Burpees each (synchronized)	<b>Min #3</b> - 8 Burpees each (synchronized)
<b>Min #4</b> - 4 Power Clean 70% of 1RM	<b>Min #4</b> - 4 Power Cleans each 70% of 1RM (everyone has their own bar and must hit the top of each rep together)	<b>Min #4</b> - 4 Power Cleans each 70% of 1RM (everyone has their own bar and must hit the top of each rep together)	<b>Min #4</b> - 4 Power Cleans each 70% of 1RM (everyone has their own bar and must hit the top of each rep together)
<b>Min #5</b> - 10 Box Jumps (24/20")	<b>Min #5</b> - 16 Box Jumps total (24/20") (must alternate each rep)	<b>Min #5</b> - 15 Box Jumps total (24/20") (must alternate each rep)	<b>Min #5</b> - 20 Box Jumps total (24/20") (must alternate each rep)
<b>Min #6</b> - Rest	<b>Min #6</b> - Rest	<b>Min #6</b> - Rest	<b>Min #6</b> - Rest

<b>WOD #18 @ 10:00 AM</b>			
<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
Starting @ 10:20	Starting @ 10:20	Starting @ 10:20	Starting @ 10:20

1200m Row	1200m Row	2 rowers must hit 1200m each	2 rowers must hit 1200m each
	1 person must hang from bar for other to row	1 person must hang from bar for other 2 people to row	2 people must hang from bar for other 2 people to row
Starting @ 10:30	Starting @ 10:30	Starting @ 10:30	Starting @ 10:30
120 Med Ball Sit Ups 14#	120 Medball Sit Ups 14#	2 Medballs a 14# & 10# must hit 120 Medball Sit Ups each	2 Medballs a 14# & 10# must hit 120 Medball Sit Ups each
	1 person must plank for other to do the Medball Sit Ups	1 person must plank for other 2 people to do the Medball Sit Ups	2 people must plank for other 2 people to do the Medball Sit Ups
Starting @ 10:40	Starting @ 10:40	Starting @ 10:40	Starting @ 10:40
300 Killer Rope	300 Killer Rope	2 Killer Ropes must hit 300 Killer Rope each	2 Killer Ropes must hit 300 Killer Rope each
	1 person must hold plate 35/25# overhead for other to Killer Rope	1 person must hold plate 35/25# overhead for other 2 people to do Killer Rope	2 people must hold plate 35/25# overhead for other 2 people to do Killer Rope
	1 Person must be holding the movement for the other person to be working to get to the total reps needed. Switch positions as much as needed	1 Person must be holding the movement for the other 2 people to be working at the same time to get to the total reps needed. Switch positions as much as needed	2 people must be holding the movement for the other 2 people to be working at the same time to get to the total reps needed. Switch positions as much as needed

### WOD #19 @ 11:00 AM

1 Person	2 Person Team	3 Person Team	4 Person Team
<b>This is for time:</b>	<b>This is for time:</b>	<b>This is for time:</b>	<b>This is for time:</b>
<b>EMOM</b>	<b>Rotate people each minute</b>	<b>Rotate people each 30 seconds</b>	<b>Rotate people each 30 seconds</b>
1 Clean & Jerk (pick your weight and feel free to change it during the WOD)	1 Clean & Jerk (pick your weight and feel free to change it during the WOD)	1 Clean & Jerk (pick your weight and feel free to change it during the WOD)	1 Clean & Jerk (pick your weight and feel free to change it during the WOD)
<b>Time stops when a total of 4000 pounds is hit.</b>	<b>Time stops when a total of 5000 pounds is hit.</b>	<b>Time stops when a total of 8000 pounds is hit.</b>	<b>Time stops when a total of 10000 pounds is hit.</b>
	Alternate each minute. Each person gets their own barbell.	Alternate each 30 seconds. Each person gets their own barbell.	Alternate each 30 seconds. Each person gets their own barbell.
You can only do 1 lift every minute. If you fail the lift then you have to wait until the next minute to lift again.	You can only do 1 lift every minute. If you fail the lift then you have to wait until the next minute and the next person will lift	You can only do 1 lift every 30 seconds. If you fail the lift then you can try again until the next 30 seconds starts and the next person will then lift.	You can only do 1 lift every 30 seconds. If you fail the lift then you can try again until the next 30 seconds starts and the next person will then lift.
Women's weights are multiplied by 1.5	Women's weights are multiplied by 1.5	Women's weights are multiplied by 1.5	Women's weights are multiplied by 1.5

### WOD #20 @ 12:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
50 Air Squats	75 Air Squats	100 Air Squats	125 Air Squats
10 Burpees	15 Burpees	20 Burpees	25 Burpees
40 Box Jumps 24/20"	60 Box Jumps 24/20"	80 Box Jumps 24/20"	100 Box Jumps 24/20"
10 Push Ups	15 Push Ups	20 Push Ups	25 Push Ups
30 Walking Lunges	45 Walking Lunges	60 Walking Lunges	75 Walking Lunges
10 Burpees	15 Burpees	20 Burpees	25 Burpees
20 KB Swings 53/35#	30 KB Swings 53/35#	40 KB Swings 53/35#	50 KB Swings 53/35#
10 Push Ups	15 Push Ups	20 Push Ups	25 Push Ups
4 Wall Walks	8 Wall Walks	12 Wall Walks	16 Wall Walks
10 Push Ups	15 Push Ups	20 Push Ups	25 Push Ups
20 KB Swings 53/35#	30 KB Swings 53/35#	40 KB Swings 53/35#	50 KB Swings 53/35#
10 Burpees	15 Burpees	20 Burpees	25 Burpees
30 Walking Lunges	45 Walking Lunges	60 Walking Lunges	75 Walking Lunges
10 Push Ups	15 Push Ups	20 Push Ups	25 Push Ups
40 Box Jumps 24/20"	60 Box Jumps 24/20"	80 Box Jumps 24/20"	100 Box Jumps 24/20"
10 Burpees	15 Burpees	20 Burpees	25 Burpees
50 Air Squats	75 Air Squats	100 Air Squats	125 Air Squats
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

### WOD #21 @ 1:00 PM

1 Person	2 Person Team	3 Person Team	4 Person Team
<b>1 Round Of:</b>	<b>2 Total Rounds Of:</b>	<b>3 Total Rounds Of:</b>	<b>4 Total Rounds Of:</b>
10 Burpees	10 Burpees	10 Burpees	10 Burpees

20/16 cal AAB	20/16 cal AAB	20/16 cal AAB	20/16 cal AAB
10 Pull Ups	10 Pull Ups	10 Pull Ups	10 Pull Ups
20/16 cal Row	20/16 cal Row	20/16 cal Row	20/16 cal Row
10 Toes-To-Bar	10 Toes-To-Bar	10 Toes-To-Bar	10 Toes-To-Bar
20 Double Unders	20 Double Unders	20 Double Unders	20 Double Unders
10 DB Thrusters 50/35#	10 DB Thrusters 50/35#	10 DB Thrusters 50/35#	10 DB Thrusters 50/35#
20 Box Jumps	20 Box Jumps	20 Box Jumps	20 Box Jumps
10 Slam Ball 40/30#	10 Slam Ball 40/30#	10 Slam Ball 40/30#	10 Slam Ball 40/30#
20 Air Squats	20 Air Squats	20 Air Squats	20 Air Squats
10 Push Ups	10 Push Ups	10 Push Ups	10 Push Ups
	You must alternate each movement athlete 1 does burpees then athlete 2 does AAB. If you do this right then after 2 total rounds every athlete will hit every movement.	You must alternate each movement athlete 1 does burpees then athlete 2 does AAB. If you do this right then after 3 total rounds every athlete will hit every movement.	You must alternate each movement athlete 1 does burpees then athlete 2 does AAB. If you do this right then after 4 total rounds every athlete will hit every movement.

**WOD #22 @ 2:00 PM**

1 Person	2 Person Team	3 Person Team	4 Person Team
10 Sled pushes (10mtrs)	20 Sled pushes	30 Sled pushes	40 sled pushes
100 cal AAB	200 cal AAB	300 cal AAB	400 cal AAB
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 person working at a time	2 People can be working at a time but only 1 person can be working at a each movement	2 People can be working at a time but only 1 person can be working at a each movement

**WOD #23 @ 3:00 PM**

1 Person	2 Person Team	3 Person Team	4 Person Team
10 Rounds For Time:	10 Rounds Each For Time:	10 Rounds Each For Time:	10 Rounds Each For Time:
200m Run	Athlete #1 - 200m Run	Athlete #1 - 200m Run	Athlete #1 - 200m Run
Rest 2min	Athlete #2 - 200m Run	Athlete #2 - 200m Run	Athlete #2 - 200m Run
	1min Rest	Athlete #3 - 200m Run	Athlete #3 - 200m Run
			Athlete #4 - 200m Run
	Athletes will rest during the other athletes run.	Athletes will rest during the other athletes run.	Athletes will rest during the other athletes run.

**WOD #24 @ 4:00 PM**

1 Person	2 Person Team	3 Person Team	4 Person Team
200 Double Unders	350 Double Unders	500 Double Unders	600 Double Unders
75 Push Press 95/75#	140 Push Press 95/75#	200 Push Press 95/75#	250 Push Press 95/75#
15 Chest to bars	30 Chest to bars	45 Chest to bars	60 Chest to bars
50 Tire Flips	100 Tire Flips	150 Tire Flips	200 Tire Flips
Partition as needed	Partition as needed	Partition as needed	Partition as needed
	1 person working and can be broken up between both people however	1 person working and can be broken up between all people however	1 person working and can be broken up between all people however

**WOD #25 @ 5:00 PM**

1 Person	2 Person Team	3 Person Team	4 Person Team
1 mile Ride	1.5 Mile ride	2 Mile ride	2.5 Mile ride
25 Pull ups	50 Pull ups	75 pull ups	100 pull ups
1 Mile Ride	1.5 Mile ride	2 Mile ride	2.5 Mile ride
50 Situps	50 Situps	75 Sit ups	100 Sit ups
1 Mile Ride	1.5 Mile ride	2 Mile ride	2.5 Mile ride
25 Push ups	50 Push ups	75 Push ups	100 Push ups
1 mile Ride	1.5 Mile ride	2 Mile ride	2.5 Mile ride
50 russian twist (45#/35#)	100 russian twist(45/35#)	150 russian twist (45#/35#)	200 russian twist (45#/35#)
1 mile Ride	1.5 Mile ride	2 Mile ride	2.5 Mile ride
	One person riding/working	One person riding/working	One person riding/working

**WOD #26 @ 6:00 PM (For Camerons 11th birthday)**

1 Person x 11	2 Person Team x 11	3 Person Team x 11	4 Person Team x 11
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11 Squats	15 Squats	20 Squats	25 Squats
11 situps	15 situps	20 situps	25 situps
11 pushups	15 pushups	20 pushups	25 pushups
11 kb swings	15 kb swings	20 kb swings	25 kb swings
11 toes to bar	15 toes to bar	20 toes to bar	25 toes to bar
11 meter lunge	20 meter lunge	30 meter lunge	40 meter lunge
11 meter bear crawl	20 meter bear crawl	130meter bear crawl	40 meter bear crawl
	2 people working at a time	2 people working at a time	3 people working at a time

**WOD #27 @ 7:00 PM**

<b>1 Person</b>	<b>2 Person Team</b>	<b>3 Person Team</b>	<b>4 Person Team</b>
1 Mile (1600m) Farmers Carry with 35/20# DB or KB	1 Mile (1600m) Farmers Carry with 35/20# DB or KB	1 Mile (1600m) Farmers Carry with 2 sets of 35/20# DB or KB	1 Mile (1600m) Farmers Carry with 2 sets of 35/20# DB or KB
	1 person doing the farmers carry at a time and switch between both people whenever.	2 people doing the farmers carry at a time and switch between all people whenever.	2 people doing the farmers carry at a time and switch between all people whenever.












