

24 Heroes Schedule

When: May 24th-May 25th

Opening Ceremonies: Sunday May 24th @ 9:00 AM-10:00 AM

Time	Workout	Limited Equipment	Bodyweight
10:00-11:00 AM	“Glen” For Time: 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees	“Glen” Limited Equipment For Time: 30 DB/Odd Object Clean and Jerks 1 Mile Run 30 DB/Odd Object Rows 1 Mile Run 100 Burpees	“Glen” Bodyweight For Time: 30 Toe Touch Jumps 1 Mile Run 75 Sit-ups 1 Mile Run 100 Burpees
11:00-12:00 PM	“Pheezy” 3 Rounds: 5 Front Squats (165#/105#) 18 Pull-Ups 5 Deadlifts (225#/155#) 18 Toes-to-Bars 5 Push Jerks (165#/105#) 18 Hand-Release Push-Ups	“Pheezy” Limited Equipment 3 Rounds: 10 DB/Odd Object Goblet Squats 18 DB/Odd Object Rows 10 DB/Odd Object Deadlift 18 Toes to DB 10 DB/Odd Object Push Press 18 Hand Release Push-ups	“Pheezy” Bodyweight 3 Rounds: 10 Air Squats 18 Shoulder Taps 10 Glute Bridges 18 V-Ups/Tuck Crunch 10 Vertical Jumps 18 Hand-Release Push Ups
12:00-1:00 PM	“Hotshots 19” 6 Rounds: 30 Air Squats 19 Power Cleans (135#/95#) 7 Strict Pull-ups 400 Meter Run	“Hotshots 19” Limited Equipment 6 Rounds: 30 Air Squats 19 DB/Odd Object Power Cleans 7 DB/Odd Object Row 400 Meter Run	“Hotshots 19” Bodyweight 6 Rounds: 30 Air Squats 19 V-Ups/Tuck Crunch 7 Up Downs 400 Meter Run
1:00-2:00 PM	“Whip” AMRAP 21 11 Push-ups 5 Squat Cleans (155/105#) 10 Box Jumps (24/20”)	“Whip” Limited Equipment AMRAP 21 11 Push-ups 10 DB/Odd Object Squat Cleans 10 Box Jumps (24/20”)	“Whip” Bodyweight AMRAP 21 11 Push-ups 10 Jumping Air Squats 10 Jump Over Object
2:00-3:00 PM	“Monti” 5 Rounds: 50 Box Step-ups (24/20”) 15 Cleans (135#/95#) 50 Box Step-ups 10 Snatches (135#/95#)	“Monti” Limited Equipment 5 Rounds: 50 Box Step-ups (24/20”) 15 DB/Odd Object Cleans 50 Box Step-ups 10 DB Snatches/Odd Object Ground to Overhead	“Monti” Bodyweight 5 Rounds 50 Reverse Lunges 15 Leg Raises 50 Reverse Lunges 10 Up Downs
3:00-4:00 PM	“Pike” 5 Rounds: 20 Thrusters (75/55#) 10 Strict Ring Dips 20 Push-Ups 10 Strict Handstand Push-Ups 50 Meter Bear Crawl	“Pike” Limited Equipment 5 Rounds: 20 DB/Odd Object Thrusters 10 Box Dips 20 Push-Ups 10 Pike Push-ups/Strict DB Press 50 Meter Bear Crawl	“Pike” Bodyweight 5 Rounds: 20 Air Thrusters 10 Bodyweight Dips 20 Push-ups 10 Strict Handstand Push-ups 50 Meter Bear Crawl

4:00-5:00 PM	“Jerry” 1 Mile Run 2,000 Meter Row 1 Mile Run	“Jerry” Limited Equipment 1 Mile Run 3 Rounds: 30 Good Mornings 30 DB/Odd Object Rows 30 Air Squats Then... 1 Mile Run	“Jerry” Bodyweight 1 Mile Run 3 Rounds: 30 Good Mornings 30 Sit-ups 30 Air Squats Then... 1 Mile Run
5:00-6:00 PM	“Scooter” For Time: 400 Meter Farmers Carry (53/35#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/24”) 400m Plate Carry (45/25#) 20 Box Jumps (30/25#) 400m Farmers Carry (53/35#)	“Scooter” Limited Equipment For Time: 400 Meter Farmers Carry 20 Tuck Jumps 400 Meter DB/Odd Object Run 20 Tuck Jumps 400 Meter DB/Odd Object Run 20 Tuck Jumps 400 Meter Farmer Carry	“Scooter” Bodyweight For Time: 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run
6:00-7:00 PM	“Helton” 3 Rounds: 800 Meter Run 30 Double DB/Odd Object Squat Cleans 30 Burpees	“Helton” Limited Equipment 3 Rounds: 800 Meter Run 30 DB/Odd Object Squat Cleans 30 Burpees	“Helton” Bodyweight 3 Rounds: 800 Meter Run 30 Jumping Lunges 30 Burpees
7:00-8:00 PM	“Havana” AMRAP 25 150 Double Unders 50 Push-ups 15 Power Cleans (185/135#)	“Havana” Limited Equipment AMRAP 25 150 Double Unders 50 Push-ups 30 DB/Odd Object Power Cleans	“Havana” Bodyweight AMRAP 25 150 Jumping Jacks/Line Hops 50 Push-Ups 15 Broad Jumps
8:00-9:00 PM	“The McCollum” Teams of 2 7 Rounds: 400 Meter Team Run 31 Lunges 31 DB Snatches 31 Burpees 20 Pull-ups 20 Single Arm DB Hang Cleans	“The McCollum” Limited Equipment Teams of 2 7 Rounds: 400 Meter Team Run 31 Lunges 31 DB Snatches 31 Burpees 20 DB/Odd Object Rows 20 DB/Odd Object Hang Cleans	“The McCollum” Bodyweight Teams of 2 7 Rounds: 400 Meter Team Run 31 Lunges 31 Toe Touch Jumps 31 Burpees 20 Supermans 20 Alt Single Leg Hip Thrusts
9:00-10:00 PM	“Forest” 3 Rounds: 20 L-Sit Pull-ups 30 Toes to Bar 40 Burpees 800 Meter Run	“Forest” Limited Equipment 3 Rounds: 20 DB/Odd Object Rows 30 V-Ups 40 Burpees 800 Meter Run	“Forest” Bodyweight 3 Rounds: 20 Push-ups 30 Sit-ups/V-ups 40 Burpees 800 Meter Run

10:00-11:00 PM	"Jack" AMRAP 20 10 Push Presses (115/85#) 10 KBS (70/53#) 10 Box Jumps (24/20")	"Jack" Limited Equipment AMRAP 20 10 DB Push Presses 10 DB Swings/Good Mornings 10 Tuck Jumps	"Jack" Bodyweight AMRAP 20 10 Inchworms 10 Supermans 10 Tuck Jumps
11:00-12:00 AM	"Tarentino" (45 Min Cap) Teams of 2 2,000 Meter Row 50 Clean and Jerks (155/105#) 2,000 Meter Row 100 Burpees 2,000 Meter Row 150 Wall Balls (20/14#)	"Tarentino" Limited Equipment Teams of 2 2,000 Meter Run 50 DB/Odd Object Clean and Jerks 2,000 Meter Run 100 Burpees 2,000 Meter Run 150 DB/Odd Object Thrusters	"Tarentino" Bodyweight Teams of 2 2,000 Meter Run 50 Toe Touch Jumps 2,000 Meter Run 100 Burpees 2,000 Meter Run 150 Air Thrusters
12:00-1:00 AM	"Harper" AMRAP 23 9 Chest to Bar Pull-ups 15 Power Cleans (135#/95#) 21 Air Squats 400 Meter Plate Run (45/35#)	"Harper" Limited Equipment AMRAP 23 9 DB/Odd Object Rows 15 DB/Odd Object Power Cleans 21 Air Squats 400 Meter DB/Odd Object Run	"Harper" Bodyweight AMRAP 23 9 Superman Pulses 15 Tuck Jumps 21 Air Squats 400 Meter Run
1:00-2:00 AM	"Small" 3 Rounds: 1,000 Meter Row 50 Burpees 50 Box Jumps (24/20") 800 Meter Run	"Small" Limited Equipment 3 Rounds: 1,000 Meter Run 50 Burpees 50 Jump Over DB/Object 800 Meter Run	"Small" Bodyweight 3 Rounds: 1,000 Meter Run 50 Burpees 50 Jump Over Object 1,000 Meter Run
2:00-3:00 AM	"Jenny" AMRAP 20 20 Overhead Squats (45#/34#) 20 Back Squats (43#/35#) 400m Run	"Jenny" Limited Equipment AMRAP 20 20 DB OHS/Goblet Squats 20 DB Goblet Squats/Lunges 400 Meter Run	"Jenny" Bodyweight AMRAP 20 20 Air Squats 20 Lunges 400 Meter Run
3:00-4:00 AM	"Dork" 6 Rounds: 60 Double Unders 30 Kettlebell Swings (53/35#) 15 Burpees	"Dork" Limited Equipment 6 Rounds: 60 Double Unders 30 DB/Odd Object Swings 15 Burpees	"Dork" Bodyweight 6 Rounds: 60 Jumping Jacks 30 Glute Bridges 15 Burpees
4:00-5:00 AM	"Gator" 8 Rounds: 5 Front Squats (185#/135#) 26 Ring Push-ups	"Gator" Limited Equipment 8 Rounds: 10 DB Goblet Squats 26 Push-ups	"Gator" Bodyweight 8 Rounds: 10 Air Squats 26 Push-ups
5:00-6:00 AM	"Rankel" AMRAP 20 6 Deadlifts (225/155#) 7 Burpee Pull-Ups 10 Kettlebell Swings (70/53#) 200 Meter Run	"Rankel" Limited Equipment AMRAP 20 12 DB/Odd Object Deadlifts 7 Burpee DB/Odd Object Rows 10 DB/Odd Object Swings or Good Mornings 200 Meter Run	"Rankel" Bodyweight AMRAP 20 12 Bodyweight Deadlifts 7 Burpee Tuck Jumps 10 Glute Bridges 200 Meter Run

6:00-7:00 AM	“Klepto” 4 Rounds: 27 Box Jumps (24/20”) 20 Burpees 11 Squat Cleans (145/100#)	“Klepto” Limited Equipment 4 Rounds: 27 Tuck Jumps 20 Burpees 11 DB/Odd Object Squat Cleans	“Klepto” Bodyweight 4 Rounds: 27 Tuck Jumps 20 Burpees 11 Air Squats
7:00-8:00 AM	“T.U.P” 15-12-9-6-3 Power Cleans (135#/95#) Pull-Ups Front Squats (135#/95#) Pull-Ups	“T.U.P” Limited Equipment 15-12-9-6-3 DB/Odd Object Power Clean DB/Odd Object Rows DB/Odd Object Goblet Squats DB/Odd Object Rows	“T.U.P” Bodyweight 15-12-9-6-3 Tuck Jump Push-Ups Jumping Lunges Push-Ups
8:00-9:00 AM	“Rahoi” AMRAP 12 12 Box Jumps (24/20”) 6 Thrusters (95#/65#) 6 Bar-Facing Burpees	“Rahoi” Limited Equipment AMRAP 12 12 Tuck Jumps 6 DB/Odd Object Thrusters 6 DB/Odd Object Facing Burpees	“Rahoi” Bodyweight AMRAP 12 12 Tuck Jumps 6 Air Thrusters 6 Burpees Over Line
9:00-10:00 AM	“Murph” 1 Mile Run 100 Pull-ups 200 Push-ups 300 Air Squats 1 Mile Run *Wear a vest if you have one.	“Murph” Limited Equipment 1 Mile Run 100 DB/Odd Object Rows 200 Push-ups 300 Air Squats 1 Mile Run	“Murph” Bodyweight 1 Mile Run 100 Sit-ups 200 Push-ups 300 Air Squats 1 Mile Run