

24 Heroes Workout Schedule

When: May 29th-May 30th

Opening Ceremonies: Sunday May 30th @ 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
11:00am-12:00pm	“Laura” Teams of 2 AMRAP 21 30-cal. Row 20 Burpees Over DB 10 Power Cleans 155/105#	“Laura” Limited Equipment Teams of 2 AMRAP 21 400 Meter Run 20 Burpees Over DB 10 DB Power Cleans 155/105#	“Laura” Limited Equipment Teams of 2 AMRAP 21 400 Meter Run 20 Burpees 10 Tuck Jumps
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#)	“Pike” Limited Equipment 5 Rounds: 20 DB/Odd Object Thrusters	“Pike” Bodyweight 5 Rounds: 20 Air Thrusters

	10 Strict Ring Dips 20 Push-Ups 10 Strict Handstand Push-Ups 50 Meter Bear Crawl	10 Box Dips 20 Push-Ups 10 Pike Push-ups/Strict DB Press 50 Meter Bear Crawl	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	“Nate” AMRAP 20 2 Muscle Ups 4 Handstand Push-ups 8 KB Swings (70/53#)	“Nate” Limited Equipment AMRAP 20 4 DB Rows 4 Push-ups/Pike Push-ups 8 DB/Odd Object Swings	“Nate” Bodyweight AMRAP 20 4 Sit-ups 4 Push-ups/Pike Push-ups 8 Jump Squats
7:00-8:00 PM	“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
8:00-9:00 PM	“RJ” 5 Rounds: 800 Meter Run 5 Rope Climbs 50 Push-ups	“RJ” 5 Rounds: 800 Meter Run 20 DB/Odd Object Rows 50 Push-ups	“RJ” Bodyweight 5 Rounds: 800 Meter Run 25 Tuck Crunches 50 Push-ups
9:00-10:00 PM	“The Seven” 7 Rounds:	“The Seven” Limited Equipment 7 Rounds:	“The Seven” Bodyweight 7 Rounds:

	<p>7 Handstand Push-ups 7 Thrusters (135/95#) 7 Knees to Elbows 7 Deadlifts (245/165#) 7 Burpees 7 Kettlebell Swings (70/53#) 7 Pull-ups</p>	<p>7 Pike Push-ups/Push-ups 7 DB/Odd Object Thrusters 7 Tuck Crunches 7 DB/Odd Object Deadlifts 7 Burpees 7 DB/Odd Object Swings 7 DB/Odd Object Rows</p>	<p>7 Pike Push-ups/Push-ups 7 Air Thrusters 7 Tuck Crunches 7 Air Deadlifts 7 Burpees 7 Glute Bridges 7 Shoulder Taps (per side)</p>
10:00-11:00 PM	<p>“Wittman” 7 Rounds: 15 KB Swings (53/35#) 15 Power Cleans (95/65#) 15 Box Jumps (24/20”)</p>	<p>“Wittman” Limited Equipment 7 Rounds: 15 DB/Odd Object Swings 15 DB/Odd Object Power Cleans 15 Tuck Jumps</p>	<p>“Wittman” Bodyweight 7 Rounds: 15 Lunges 15 Walkouts 15 Tuck Jumps</p>
11:00 PM-12:00 AM	<p>“Zembiec” 5 Rounds: 11 Back Squats (185/135#) 7 Strict Burpee Pull-ups 400 Meter Run</p>	<p>“Zembiec” Limited Equipment 5 Rounds: 11 Goblet Squats 7 <u>Strict Dumbbell Burpee</u> 400 Meter Run</p>	<p>“Zebiec” Bodyweight 5 Rounds: 11 Jump Squats 7 Strict Burpee Tuck Jumps 400 Meter Run</p>
12:00-1:00 AM	<p>“Rene” 7 Rounds: 400 Meter Run 21 Walking Lunges 15 Pull-ups 9 Burpees</p>	<p>“Rene” Limited Equipment 7 Rounds: 400 Meter Run 21 Walking Lunges 15 DB/Odd Object Rows 9 Burpees</p>	<p>“Rene” Bodyweight 7 Rounds: 400 Meter Run 21 Walking Lunges 15 Superman Pulses 9 Burpees</p>
1:00-2:00 AM	<p>“Small” 3 Rounds: 1,000 Meter Row 50 Burpees 50 Box Jumps (24/20”) 800 Meter Run</p>	<p>“Small” Limited Equipment 3 Rounds: 1,000 Meter Run 50 Burpees 50 Jump Over DB/Object 800 Meter Run</p>	<p>“Small” Bodyweight 3 Rounds: 1,000 Meter Run 50 Burpees 50 Jump Over Object 1,000 Meter Run</p>
2:00-3:00 AM	<p>“McGhee” AMRAP 30 5 Deadlifts (275/185#) 13 Push-ups 9 Box Jumps (24/20”)</p>	<p>“McGhee” Limited Equipment AMRAP 30 10 DB Deadlifts 13 Push-ups 9 Tuck Jumps</p>	<p>“McGhee” Bodyweight AMRAP 30 10 Glute Bridges 13 Push-ups 9 Tuck Jumps</p>
3:00-4:00 AM	<p>“Dork” 6 Rounds: 60 Double Unders 30 Kettlebell Swings (53/35#) 15 Burpees</p>	<p>“Dork” Limited Equipment 6 Rounds: 60 Double Unders 30 DB/Odd Object Swings 15 Burpees</p>	<p>“Dork” Bodyweight 6 Rounds: 60 Jumping Jacks 30 Glute Bridges 15 Burpees</p>
4:00-5:00 AM	<p>“Gator” 8 Rounds:</p>	<p>“Gator” Limited Equipment 8 Rounds:</p>	<p>“Gator” Bodyweight 8 Rounds:</p>

	5 Front Squats (185#/135#) 26 Ring Push-ups	10 DB Goblet Squats 26 Push-ups	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	“Kerrie” 10 Rounds: 100 Meter Run 5 Burpees 20 Sit-Ups 15 Push-Ups 100 Meter Run Rest 2 minutes Wear a Weight Vest (20/14 lb)	“Kerrie” Limited Equipment 10 Rounds: 100 Meter Run 5 Burpees 20 Sit-Ups 15 Push-Ups 100 Meter Run Rest 2 minutes	“Kerrie” Bodyweight 10 Rounds: 100 Meter Run 5 Burpees 20 Sit-Ups 15 Push-Ups 100 Meter Run Rest 2 minutes
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	“Emily” 10 Rounds: 30 Double-unders 15 Pull-ups 30 Air Squats 100 Meter sprint Rest 2 Minutes	“Emily” Limited Equipment 10 Rounds: 30 Double Unders 15 DB Rows 30 Air Squats 100 Meter Run Rest 2 Minutes	“Emily” Bodyweight 10 Rounds: 30 Double Unders 30 Shoulder Taps 30 Air Squats 100 Meter Run Rest 2 Minutes
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