

June

2020

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	1	2	3	4	5	6
<p>Download the app "smartwod" to help you time your</p>	<p>13 Minute AMRAP: Round 1 First 6 minutes, 10 V-ups 10 Burpees</p> <p>rest 1 minutes</p> <p>Last 6 Minutes, 10 Burpees 10 V-ups</p>		<p>For time: 200 Air Squats run 1 mile</p> <p>break it up however you would like (example: run 200 meters the 50 squats and repeat) 1600 meters is 1 mile</p>		<p>Complete as many rounds as possible in 15 minutes of:</p> <p>50-ft. Bear Crawl 75-ft. walking lunge 25 sit-ups</p>	
7	8	9	10	11	12	13
	<p>80 Reps for time: (1 time through all 4 movements equals 1 rep)</p> <p>1 push up 1 set of shoulder taps (pushup plank and touch each shoulder) 1 lunge on the right leg 1 lunge on the left leg</p>		<p>24-21-18-15-12-9-6-3 reps for time of: *Med-ball cleans https://www.youtube.com/watch?v=KVGhkHSrDJo *Box Jumps (onto a step or object about 20 inches tall) complete 24 of both, then 21 of both, 18, etc. Use a heavy backpack for med-ball cleans</p>		<p>For time:</p> <p>150 single under jump ropes 21 burpees 100 single under jump ropes 15 burpees 75 single under jump ropes 9 burpees</p>	

14	15	16	17	18	19	20
	<p>20 Minute Time Cap: 100 burpees over an object (bar, dumbbell, volleyball, etc) https://www.youtube.com/watch?v=tOyyz-MWFEE</p>		<p>Death by Sit-ups</p> <p>1 sit up the first minute (then rest until the 2nd minute),</p> <p>2 sit ups the second minute (rest until the 3rd minute),</p> <p>Continue minutes until you cannot complete the number of sit ups in the given minute</p>		<p>6 Rounds:</p> <p>200-meter run 10 Push ups 12 Alternating jumping Lunges</p>	
21	22	23	24	25	26	27
	<p>44-22-11</p> <p>Burpees Push ups Sit-ups Air squats</p> <p>Complete 44 reps of each movement (burpee, push-ups, Sit-ups, air squats), then start over completing 22 of each movement and finally 11 of each movement.</p>		<p>5 Rounds</p> <p>10 Hollow Rocks https://www.youtube.com/watch?v=p7j02V1flzU</p> <p>10 V-Ups 10 Tuck Jumps 10 Second Hollow Hold (Same as Hollow Rocks, just hold the position) Rest 1 minute then repeat</p>		<p>For Time:</p> <p>20 push-ups, 1 sit up 19 push-ups, 2 sit ups 18 push-ups, 3 sit ups</p> <p>.....Continue this pattern until.....</p> <p>3 push-ups, 18 sit ups 2 push-ups, 19 sit ups 1 push up, 20 sit ups</p>	
28	29	29 th Continued				
	<p>*10 burpees Then</p> <p>*10 burpees *15 push ups Then</p> <p>*10 burpees *15 push ups *20 Lunges Then</p>	<p>*10 burpees *15 push ups *20 Lunges *25 sit ups Then</p> <p>*10 burpees *15 push ups *20 Lunges *25 sit ups *30 air squats</p> <p>complete as written</p>				