

CrossFit Redmond

Workouts for the week of December 22, 2008

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
Monday 4 Rounds for time Dec 22 25 Squats BC-90 25 Sit-ups (butterfly)		<input type="text"/>
Tuesday For Time Dec 23 100 Push-ups BC-91		<input type="text"/>
Wednesday Tabata These Dec 24 Burpees BC-92 Squats		<input type="text"/>
Thursday For Time: Dec 25 93 Burpees BC-93		<input type="text"/>
	GYM CLOSED -- Merry Christmas	
Friday 4 Rounds for time Dec 26 25 Tuck Jumps BC-94 25 Sit-ups		<input type="text"/>
Saturday 4 Rounds for time Dec 27 25 Lunges BC-95 25 Push-ups 25 Squats 25 Sumpermans		<input type="text"/>
Sunday REST DAY! Dec 28 BC-96		