

CrossFit Redmond

Workouts for the week of November 9, 2009

WORKOUT OF THE DAY	WEIGHTS & NOTES	SCORE
Monday Nov 9	5 Rounds for time 3 Snatch, 95lbs 15 Overhead Squats, 95lbs Run 400m	<input type="text"/>
Tuesday Nov 10	CrossFit Total Find your 1 Rep Max for: Back Squat Shoulder Press Deadlift	<input type="text"/>
Wednesday Nov 11	AMRAP - 20min 12 Power Sanch, 65lbs 10 Push-ups	<input type="text"/>
Thursday Nov 12	Clean & Jerk Ladder	<input type="text"/>
Friday Nov 13	"Diane" 21-15-9 Deadlift, 225/185 Handstand Push-ups	<input type="text"/>
Saturday Nov 14	The Filthy 50s For time: 50 Box jump, 24 inch box 50 Jumping pull-ups 50 Kettlebell swings, 1 pood Walking Lunge, 50 steps 50 Knees to elbows 50 Push press, 45 pounds 50 Back extensions 50 Wall ball shots, 20 pound ball 50 Burpees 50 Double unders	<input type="text"/>
Sunday Nov 15	REST DAY!	