

Sheet1

**Olympians Work out**

<b>Molle</b>	Hand stand pushup tricep dips x2 push ups	21-15-9 reps for time
<b>Yanik</b>	run 800 m 50 back extensions 50 situps	3 rounds for time
<b>Abdou</b>	1 mile run 100 pull ups 200 push ups 300 squats 1 mile run	For time: partition pull ups, pushups, and squats as needed
<b>Igali</b>	50 pull ups 400m run thruster 21reps 800m run thruster 21 reps 400m run 50 pull ups	for time
<b>Huynh</b>	quarter body weight over head squat 21reps 42 pull ups quarter body weight over head squat 15 reps 30 pull ups quarter body weight over head squat 9 reps 18 pull ups	for time
<b>Azarbayjani</b>	100 squats 5 pull ups & 5 dips 75 squats 10 pull ups & 10 dips 50 squats 15 pull ups & 15 dips 25 squats 20 pull ups & 20 dips	for time
<b>Nordhagen</b>	quarter body weight squat clean 30 reps 30 pull ups run 800m	3 rounds for time

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<b>Verbeek</b>	run 800m run 400m backwards run 800m run 400m backwards	for time
<b>Sissaouri</b>	24inch box jump 30 reps push press 20 reps pull ups 30 reps	rounds in 20 min
<b>Dugrenier</b>	run 1 mile 50 burpees 50 box jumps bike 3 miles	3 rounds for time
<b>Takahashi</b>	50 squats 25 pull ups 25 dips	6 rounds for time
<b>Cross</b>	run 800m max hand stand pushup max chin ups	4 rounds
<b>Paice</b>	20 dead lifts run 400m 20 kettle bell swings run 400 m 20 overhead squats run 400m 20 burpees run 400m 20 pullups run 400m 20 box jumps 24inch run 400m 20 squat cleans run 400m	for time
<b>McKay</b>	thruster 5 reps 10 pull ups 100m sprint	10 rounds for time
<b>Calder</b>	10 burpee pull ups 1 & half body weight dead lift 10 kettle bell swings run 200 m	as many reps as possible 20 min

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<b>Belisle</b>	200 rope skips over head squat quarter body weight 50 reps 50 pull ups run 1 mile	for time
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