

SWC ALL STAR WORKOUTS

<b>Buydens</b>	100 pullups 100 push ups 100 sit ups 100 squats	For time: Complete all reps of each exercise before moving on to the next
<b>Jutras</b>	20 pull ups 30 push ups 40 situps 50 squats	5 rounds for time
<b>Johnson</b>	5 pull ups 10 push ups 15 squats	Each minute on the minute for 30 min
<b>Gallays</b>	5 pull up 10 push ups 15 squats	As many rounds as possible in 20 min
<b>Walker</b>	Dead lift body weight hand stand pushups	21-15-9 reps for time
<b>Adamson</b>	clean half body weight tricep dips (double)	21-15-9 reps for time
<b>Wist</b>	clean and jerk half body weight	30 reps for time
<b>Waldner</b>	400 m run kettle bell swing x 21 pull ups 12 reps	3 rounds for time
<b>Hanbridge</b>	thruster pull ups	21-15-9 for time
<b>Garvie</b>	Dead lift 1 & half body weight bench body weight clean 3 quarter body weight	10-9-8-7-6-5-4-3-2-1 reps rounds for time
<b>Mcdonald</b>	Snatch half body weight	30 reps for time
<b>Reeves</b>	1000m row thruster 50 reps pull up 30 reps	for time
<b>Elder</b>	Wall- ball 150 shots	for time
<b>Bradley</b>	5 hand stand push ups 10 1 leg squats 15 pullups	As many rounds as possible in 20 min
<b>Drew</b>	400m run over head squat quarter body weight x 15reps	5 rounds for time
<b>Dupuis</b>	double unders situps	50-40-30-20-10 rep rounds for time
<b>Kadochnikov</b>	run 800m kettle bell swings 30 reps 30 pull ups	5 rounds for time
<b>Reis</b>	run 400m 30 box jumps 24inch box 30 wall ball shots	5 rounds for time

<b>Wong</b>	body weight bench press pullups	5 rounds for MAX reps - No time limit
<b>Yong</b>	run 400m max rep pull-ups	As many rounds as possible in 20 min Not number of pull ups in each round