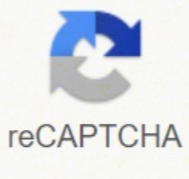




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Open

J.T. 21-15-9 Handstand Push Ring Dips Push-Ups	MICHAEL 3 RFT 800 Meter Run 50 Back Extends 50 Sit-ups	MURPH 1 RFT 1 mile Run 100 Pull-ups 200 Pushups 300 Squats 1 mile Run
DANIEL 1 RFT Rx 95 50 Pull Ups 400 Meter Run Thruster x21 Reps 800 Meter run Thruster x21 Reps 400 Meter Run 50 Pull Ups	JOSH 1 RFT Rx 95 Overhead Squat 42 Pull-ups Overhead Squat 30 Pull-ups Overhead Squat 18 Pull-ups	JASON 1 RFT 100 Squats - 5 M 75 Squats - 10 M 50 Squats - 15 M 25 Squats - 20M
BADGER 3 RFT 30 Squat Cleans 30 Pull Ups 800 Meter Run Rx 95 lbs.	JOSHIE 21-21-21 Dumbbell Snatch 1 Pull Ups Dumbbell Snatch 1 Pull-ups Rx 40 lbs.	NATE 20 MIN AM 22 Muscle-Ups 4 Handstand Push 8 Kettlebell Swings
GRIFF 1 RFT 800 Meter Run 400 Meter Run 800 Meter Run 400 Meter Run	ERIN 5 RFT 15 Dumbbells Clean 21 Pull-Ups Rx 40 lbs.	MR. JOS 5 RFT 400 Meter Run 30 Clute Ham Sit 15 Deadlifts Rx 250 lbs.
DT 5 RFT 12 Deadlifts 9 Hang Power Clean 6 Push Jerks Rx 155 lbs.	DANNY 20 MIN AM 30 Box Jumps 30 Push Press 30 Pull Ups Rx 115 lbs.	HANSEN 5 RFT 30 Kettlebell Swings 30 Surfers 30 Clute Ham Sit



THE GIRLS

CrossFit

AMANDA 9-7-9 Muscle-ups Snatches, 133 lb.	ANGIE FOR TIME 100 pull-ups 100 push-ups 100 sit-ups 100 squats	ANNIE 50-40-30-20-10 Double-unders Sit-ups
BARBARA 5 ROUNDS 20 pull-ups 30 push-ups 40 sit-ups 30 squats 3 minutes rest	CHELSEA EMOM FOR 30 MINUTES 3 pull-ups 10 push-ups 15 squats	CINDY AMRAP 20 3 pull-ups 10 push-ups 15 squats
DIANE 21-15-9 Deadlifts, 225 lb. Handstand push-ups	ELIZABETH 21-15-9 Cleans, 135 lb. Ring dips	EVA 5 ROUNDS FOR TIME Run 800 meters 30 kettlebell swings, 2 pool 30 pull-ups
FRAN 21-15-9 Thrusters, 95 lb. Pull-ups	GRACE 30 REPS FOR TIME Clean and jerks, 135 lb.	HELEN 3 ROUNDS FOR TIME Run 400 meters 20 kettlebell swings, 1.5 pool 10 pull-ups
ISABEL 30 REPS FOR TIME Snatches, 133 lb.	JACKIE FOR TIME Row 1,000 meters 50 thrusters, 45 lb. 30 pull-ups	KAREN FOR TIME 150 wall-ball shots, 20 lb.
KELLY 5 ROUNDS FOR TIME Run 400 meters 30 box jumps, 24-inch box 30 wall-ball shots, 20 lb.	LINDA 10-9-8-7-6-5-4-3-2-1 Deadlifts, 1 1/2 body weight Bench presses, body weight Cleans, 3/4 body weight	LYNNE 5 ROUNDS FOR MAX REPS Bench presses, body weight Pull-ups
MARY AMRAP 20 5 handstand push-ups 10 pistols 15 pull-ups	NANCY 5 ROUNDS FOR TIME Run 400 meters 15 overhead squats, 95 lb.	NICOLE AMRAP 20 Run 400 meters Max-reps pull-ups

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