**HERO WORKOUTS**

**ANGIE**

100 PULL UPS

100 PUSHUPS

100 SITUPS

100 SQUATS

ALL REPS OF EACH EXERCISE MUST BE COMPLETE BEFORE MOVING ON

**BARBARA**- 5 ROUNDS FOR TIME:

20 PULLUPS

30 PUSHUPS

40 SITUPS

50 SQUATS

**BRADLEY**- 10 ROUNDS FOR TIME:

SPRINT 100 METERS

10 PULLUPS

SPRINT 100 METERS

10 BURPEES

REST 30 SECONDS

**FORREST**- 3 ROUNDS FOR TIME:

20 L-PULL UPS

30 TOES TO BAR

40 BURPEES

RUN 800 METERS

**JARED-** 4 ROUNDS FOR TIME:

800 METER RUN

40 PULLUPS

70 PUSHUPS

**LOREDO**- 6 ROUNDS OF:

24 SQUATS

24 PUSHUPS

24 WALKING LUNGES

RUN 400 METERS

**LUCE**- FOR TIME WITH IOTV:

RUN 1000 METERS

20 PULLUPS

100 SQUATS

**MIKE MALTZ CHALLENGE**

400 METER RUN

50 PULLUPS

100 METER 50LB FARMER’S CARRY

50 DIPS

100 PUSHUPS

50 KNEES TO ELBOW

100 SITUPS

400 METER RUN

**RJ**- 5 ROUNDS FOR TIME:

RUN 800 METERS

5 15FT ROPE CLIMBS

50 PUSHUPS

**WEAVER**- 4 ROUNDS FOR TIME:

10 L -PULL UPS

15 PUSH UPS

15 CHEST TO BAR PULL UPS

15 PUSH UPS

20 PULL UPS

15 PUSH UPS

**WHITE**- 5 ROUNDS FOR TIME:

3 15 FT ROPE CLIMBS

10 TOES TO BAR

21 WALKING LUNGES WITH 45LBS

400 METER RUN (SUB WITH BUDDY CARRIES)