



The Complete List of CrossFit Hero WODs

By Harris Reynolds | May 16, 2016

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There is a certain connection between CrossFit and people who dedicate their lives to serving their country and community.

CrossFit founder Greg Glassman trained police officers for a living before going on to create the juggernaut that is CrossFit, Inc. The face of the organization, Dave Castro, is a former Navy SEAL who discovered CrossFit while trying to stay fit while deployed in the early 2000s.

In addition, many servicemen and women practice CrossFit to stay in tip-top shape while serving. For their part, CrossFit HQ honors these men and women through many thematic brand elements that place significant emphasis on patriotism. One such element is the Hero WOD.

What is a Hero WOD?

Hero WODs are traditionally workouts created in honor of heroes who have died in the line of duty. Many are named after men and women who lost their lives fighting in the War on Terror in Iraq and Afghanistan whereas others are men and women who died right here at home, defending and protecting their community as police officers, firefighters and paramedics.

Sometimes, the WOD is simply a name — Laredo, Murph, Bradshaw, or The Chief just to name a few.

In recent years, various CrossFit boxes and members of the community have created similar WODs to honor others who have fallen in different arenas — victims of the Boston bombing, a teacher who lost her life protecting children during the horrific Sandy Hook Elementary School shooting, or even beloved coaches and CrossFit community members who have lost their lives tragically.

However, CrossFit HQ only officially recognizes men and women who have given their lives in the line of duty for hero WODs at this point, with over 160 named WODs honoring their sacrifices.

What is the Point of a Hero WOD?

In one word: **honor**. The point is to honor the fallen and to remember them in some small way. In my view, this means just giving your all to the workout whether that is "Heavy DT" like a Games athlete would perform or an 80-year-old lady doing half of a Murph and subbing in ring rows for pull-ups. The point is to just honor, remember and give it your best for those who have already given all they have to offer.

So without further delay, we offer you the complete list of hero WODs. See one that we've missed? Give us a shout in the comments so we can keep our page as up to date and accurate as possible.

Hero WODs

Source: [CrossFit HQ](#)

A B C D E F G H J K L M N O P R S T W Z

A

Hero WOD: **Abbate**

WOD Type: For Time

- 1 mile run
- 21 clean and jerk (155/105 pounds)
- 800 meter run
- 21 clean and jerk (155/105 pounds)
- 1 mile run

*30 minute time cap



Abbate

U.S. Marine Corps Sergeant Matthew T. Abbate, 26, of Honolulu, Hawaii, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based out of Camp Pendleton, California, was killed on December 2, 2010, while conducting combat operations in Helmand province, Afghanistan. He is survived by his wife, Stacie Riegel; son, Kellen; father, Kevin Binton; father, Salvatore Abbate; and siblings, Dominica Abbate, Elliott Abbate, Valerie Binton, and Kelly Binton.

U.S. Marine Corps Sergeant Matthew T. Abbate, 26, of Honolulu, Hawaii, assigned to the 3rd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force was killed on December 2, 2010 while conducting combat operations in Helmand province, Afghanistan.

Hero WOD: **AdamBrown**
WOD Type: For Time

2 Rounds

24 reps of deadlifts (295 pounds)
24 box jumps (24 inch box)
24 wall-ball shots (20 pound ball)
24 bench presses (195 pounds)
24 box jumps (24 inch box)
24 wall-ball shots (20 pound ball)
24 cleans (145 pounds)

Adam Brown

U.S. Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, Arkansas, was killed on March 17, 2010, in Komar Province, Afghanistan, in a battle against heavily armed militants.

He is survived by his wife, Kelley; two children, Nathan and Savannah; and his parents.



Navy Chief Special Warfare Operator (SEAL) Adam Lee Brown, 36, of Hot Springs, Arkansas, was killed on March 17th, 2010 in Komar Province, Afghanistan, in a battle against heavily armed militants. He is survived by his wife, Kelley, two children, Nathan and Savannah, and by his parents.

Hero WOD: **Adrian**
WOD Type: For Time

7 Rounds
3 forward rolls
5 wall climbs
7 toes to bar
9 box jumps (30 inch box)

Adrian

U.S. Army Sergeant First Class Adrian Elizalde, 30, of North Bend, Oregon, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, Washington, died on August 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device. He is survived by his parents, Jorge and Teresa Elizalde, sister Rachel, and daughter Sydney Grace.

U.S. Army Sergeant First Class Adrian Elizalde, 30, of North Bend, Oregon, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, Washington, died on August 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device. He is survived by his parents, Jorge and Teresa Elizalde, sister Rachel, and daughter Sydney Grace.

Hero WOD: **Arnie**
WOD Type: For Time

With a single 2 pood kettlebell (approximately 70 pounds)

21 turkish get-ups, right arm
50 swings
21 overhead squats, left arm
50 swings
21 overhead squats, right arm
50 swings
21 turkish get-ups, left arm



Arnie

Los Angeles County Fire Fighter Specialist Araldo "Arnie" Quinones, 34, was killed in the line of duty on Sunday, August 30, 2009 during the Station Fire. His emergency response vehicle went over the side of the road and fell 800 feet into a steep canyon during fire suppression activities protecting Camp 16 outside the City of Palmdale, California. He is survived by his wife Lori and daughter Sophia Grace, born three weeks after his death.

B

Hero WOD: **Badger**
WOD Type: For Time

3 rounds
30 reps of squat cleans (95 pounds)
30 pull-ups
Run 800 meters



Badger

In honor of U.S. Navy Chief Petty Officer Mark Carter, 27, of Fallbrook, California, assigned to the 1st Battalion, 75th Ranger Regiment, died during combat operations in Iraq on Dec. 11, 2007.

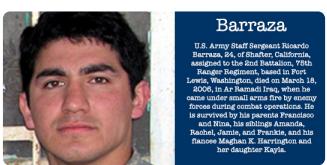
He is survived by his father, Tom; mother, Cindy; three brothers and four sisters.

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Hero WOD: **Barraza**
WOD Type: AMRAP

18 minutes

Run 200 meters
9 reps of deadlifts (275 pounds)
6 burpee bar muscle-ups



Barraza

U.S. Army Staff Sergeant Ricardo Barraza, 24, of Shafter, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, in Ar Ramadi Iraq, when he came under small arms fire by enemy forces during combat operations. He is survived by his parents Francisco and Nina, his siblings Amanda, Rachel, Jamie, and Frankie, and his fiancee Maghan K. Harrington and her daughter Kayla.

U.S. Army Staff Sergeant Ricardo Barraza, 24, of Shafter, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, in Ar Ramadi Iraq, when he came under small arms fire by enemy forces during combat operations. He is survived by his parents Francisco and Nina, his siblings Amanda, Rachel, Jamie, and Frankie, and his fiancee Maghan K. Harrington and her daughter Kayla.

Hero WOD: **Bell**
WOD Type: For Time

3 rounds
21 deadlifts (185 pounds)
15 pull-ups
9 front squats (185 pounds)



Bell

Air Force Senior Airman Bryan R. Bell, 23, of Erie, Pennsylvania, assigned to 2nd Civil Engineer Squadron at Barksdale Air Force Base, Louisiana, died January 5, 2012 in Afghanistan, of injuries suffered when his vehicle struck an improvised explosive device. He is survived by his wife Alaina Bell; parents Richard Bell and Brenda Hart; sister SrA Candice Bell; stepfather David Aldrich; stepmother Kim Bell; stepsister Stephanie Battista; stepbrother Matthew Aldrich; maternal grandparents Ross and Gertrude Peters; paternal grandmother Carmen Bell; paternal grandfather Mike and Brenda Hart; sister- and brother-in-law Mariel and Patrick Wilcox; and several aunts, uncles and cousins.

Air Force Senior Airman Bryan R. Bell, 23, of Erie, Pennsylvania, assigned to 2nd Civil Engineer Squadron at Barksdale Air Force Base, died January 5, 2012 at Camp Bastion in Afghanistan, of injuries suffered when his vehicle struck an improvised explosive device. He is survived by his wife Alaina Bell; parents Richard Bell and Brenda Hart; sister SrA Candice Bell; stepfather David Aldrich; stepmother Kim Bell; stepsister Stephanie Battista; stepbrother Matthew Aldrich; maternal grandparents Ross and Gertrude Peters; paternal grandmother Carmen Bell; paternal grandfather Mike and Brenda Hart; sister- and brother-in-law Mariel and Patrick Wilcox; and several aunts, uncles and cousins.

Hero WOD: **Big Sexy**
WOD Type: For Time

5 rounds
6 deadlifts (315 pounds)
6 burpees
5 cleans (225 pounds)
5 chest-to-bar pull-ups
4 thrusters (155 pounds)
4 muscle-ups



Big Sexy

Sgt. Lance "Big Sexy" McLean, 35, of Hattiesburg, Mississippi, died on June 29, 2012, in Afghanistan, of injuries he sustained in the line of duty on June 28, 2012, while on a mission to conduct a search and rescue operation as a member of the Shurta's Office, and as a member of the UWMA Team, 2nd Battalion, 7th Marines.

He is survived by his wife, Karen, and children, Abigail and Quinton.

Sgt. Lance "Big Sexy" McLean, 38, of Biloxi, Mississippi, died on June 29, 2013, from a gunshot wound he sustained in the line of duty on June 28, 2013. Prior to his death, McLean served as a Sergeant with the Sheriff's Office, and as a member of the SWAT Team in Hood County, Texas. He is survived by his wife, Katy; and two children, Abigail and Quinton.
Hero WOD: **Blake**
WOD Type: For Time

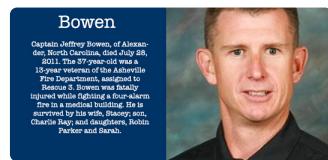
4 rounds
100 foot Walking lunge with 45 pound plate held overhead
30 box jumps (24 inch box)
20 wallball shots (20 pound ball)
10 handstand push-ups



U.S. Navy Senior Chief Cryptologic Technician David Blake McLendon, 30, of Thomasville, Georgia, assigned to Naval Special Warfare Group 2 Support Activity in Norfolk, Virginia, was killed September 21, 2010, in a helicopter crash during combat operations in the Zabul province of Afghanistan. McLendon is survived by his wife Kate McLendon, his parents David and Mary-Anne McLendon, his brother Chris McLendon, and his sister Kelly Lockman.

Hero WOD: **Bowen**
WOD Type: For Time

3 rounds
Run 800 meters
7 deadlifts (275 pounds)
10 burpee pull-ups
14 single arm kettlebell thrusters, 14 reps (7 each arm) (53 pounds)
20 box jumps (24 inch box)



Captain Jeffrey Bowen, of Alexander, North Carolina, died July 28, 2011. The 37-year-old was a 13-year veteran of the Asheville Fire Department, assigned to Rescue 3. Bowen was fatally injured while fighting a four-alarm fire in a medical building. He is survived by his wife, Stacey; son, Charlie Ray; and daughters, Robin Parker and Sarah.

Hero WOD: **Bradley**
WOD Type: For Time

10 rounds
Sprint 100 meters
10 Pull-ups
Sprint 100 meters
10 Burpees
Rest 30 seconds



U.S. Air Force Senior Airman Bradley R. Smith, 24, of Troy, Illinois, assigned to the 10th Air Support Operations Squadron, based in Fort Riley, Kansas, was killed on January 3, 2010, by an improvised explosive device in Zhari district, Kandahar Province, Afghanistan. He is survived by his wife, Tiffany, daughter Chloe, parents Gary and Paula, and brother Ryan.

Hero WOD: **Bradshaw**
WOD Type: For Time

10 rounds
3 handstand push-ups
6 deadlifts (225 pounds)
12 Pull-ups
24 Double-unders



U.S. Army First Lieutenant Brian Bradshaw, 24, of Steilacoom, Washington, assigned to the 1st Battalion, 501st Parachute Infantry Regiment, 4th Airborne Brigade Combat Team, 25th Infantry Division, based in Fort Richardson, Alaska, died in Kheyti, Afghanistan, on June 25, 2009, from wounds suffered when insurgents detonated a roadside bomb near his vehicle. He is survived by his parents, Paul and Mary, and brother Robert.

Hero WOD: **Brehm**
WOD Type: For Time

10 15 foot rope climbs
20 Back squat (225 pounds)
30 handstand push-ups
Row 40 calories



Brehm

U.S. Army Sergeant Dale G. Brehm, 23, of Turlock, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, when he came under small arms fire from enemy forces during combat operations in Ar Ramadi, Iraq. He is survived by his wife Raini, father William, stepmother Linda, and mother Laura Williams.

U.S. Army Sergeant Dale G. Brehm, 23, of Turlock, California, assigned to the 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, died on March 18, 2006, when he came under small arms fire from enemy forces during combat operations in Ar Ramadi, Iraq. He is survived by his wife Raini, father William, stepmother Linda, and mother Laura Williams.

Hero WOD: **Brenton**
WOD Type: For Time

5 rounds
100 foot bear crawl
100 feet, standing broad-jump

Do three burpees after every five broad-jumps. If you've got a 20-pound vest or body armor, wear it.

Brenton

Field Training Officer Timothy Quinn Brenton, 39, of the Seattle Police Department, was shot and killed in a drive-by shooting while on duty on October 31, 2009. He is survived by his wife Lisa, his son Quinn, and daughter Kayleigh.



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Hero WOD: **Brian**
WOD Type: For Time

3 rounds
5 15-foot rope climbs
25 reps of back squats (185 pounds)

Brian

U.S. Navy Special Warfare Operator Chief Petty Officer (SEAL) Brian R. Bill, 31, of Stamford, Connecticut, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak province, Afghanistan. He is survived by his mother Patricia Parry and her husband Dr. Michael Parry, his father Scott, and siblings Christian, Amy, Andrea, Kerry, Tessa, and Morgan.



U.S. Navy Special Warfare Operator Chief Petty Officer (SEAL) Brian R. Bill, 31, of Stamford, Connecticut, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak province, Afghanistan. He is survived by his mother Patricia Parry and her husband Dr. Michael Parry, his father Scott, and siblings Christian, Amy, Andrea, Kerry, Tessa, and Morgan.

Hero WOD: **Bruck**
WOD Type: For Time

4 rounds
Run 400 meters
24 back squats (185 pounds)
24 jerks (135 pounds)

Bruck

The Coast Guard Petty Officer Third Class Nathan B. Bruckenthal, 24, of Smithtown, New York, assigned to Tactical Law Enforcement Team South, Law Enforcement Detachment 403, based at Coast Guard Air Station Miami in Florida, died April 24, 2004, when a boat he and his team were intercepting near the Khawr Al Amaya Oil Terminal off the coast of Iraq when a bomb he and his team were intercepting exploded. He is survived by his wife Pattie, daughter Harper, born after his death, father Eric, mother Laurie Bullock, and sister Noabeth.

Hero WOD: **Bulger**
WOD Type: For Time

10 rounds
Run 150 meters
7 chest to bar pull-ups
7 front squats (135 pounds)
7 handstand push-ups

Bulger

Canadian Forces Corporal Nicholas Bulger, 30, of Peterborough, Ontario, assigned to the Canadian Light Infantry of Princess Patricia's Canadian Light Infantry, based in Edmonton, Alberta, died July 8, 2002, while on patrol in the Zabari district of Afghanistan when an Improvised Explosive Device detonated near his vehicle. Cpl. Bulger is survived by his wife Rebeka, and daughters Isabella and Marissa.



Canadian Forces Corporal Nicholas Bulger, 30, of Peterborough, Ontario, assigned to the 3rd Battalion of Princess Patricia's Canadian Light Infantry, based out of Edmonton, Alberta, died July 3, 2009 while on patrol in the Zhari district of Afghanistan when an improvised explosive device exploded near his vehicle. Cpl. Bulger is survived by his wife Rebeka, and daughters Brooklynn and Elizabeth.
Hero WOD: **Bull**
WOD Type: For Time

2 rounds
200 double-unders
50 overhead squats (135 pounds)
50 pull-ups
Run 1 mile



U.S. Marine Corps Captain Brandon "Bull" Barrett, 27, of Marion, Indiana, assigned to the 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based out of Camp Lejeune, North Carolina, was killed on May 5, 2010, while supporting combat operations in Helmand Province, Afghanistan. He is survived by his parents Cindy and Brett Barrett, his sisters Ashley and Taylor Barrett, his brother Brock Barrett, and his grandmother Carmen Johnson.

C

Hero WOD: **Cameron**
WOD Type: For Time

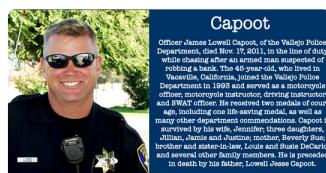
50 walking lunge steps
25 chest to bar pull-ups
50 box jumps (24 inch box)
25 triple-unders
50 back extensions
25 ring dips
50 knees to elbows
25 wallball "2-fer-1s" (20 pound ball)
50 sit-ups
5 15-foot rope climbs



U.S. Coast Guard Lieutenant Junior Grade Thomas Cameron, 24, of Portland, Oregon, in training at the Aviation Training Center in Mobile, Alabama, died on February 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission. He is survived by his parents Bette and John, and brother Alex.

Hero WOD: **Capoot**
WOD Type: For Time

100 push-ups
Run 800 meters
75 push-ups
Run 1200 meters
50 push-ups
Run 1600 meters
25 push-ups
Run 2000 meters



Officer James Lowell Capoot, of the Vallejo Police Department, died Nov. 17, 2011, in the line of duty while chasing after an armed man suspected of robbing a bank. The 45-year-old, who lived in Vacaville, California, joined the Vallejo Police Department in 1993 and served as a motorcycle officer, motorcycle instructor, driving instructor and SWAT officer. He received two medals of courage, including one life-saving medal, as well as many other department commendations. Capoot is survived by his wife, Jennifer; three daughters, Jillian, Jamie and Justine; mother, Beverly Sue; brother and sister-in-law, Louie and Susie DeCarlo; and several other family members. He is preceded in death by his father, Lowell Jesse Capoot.

Hero WOD: **Carse**
WOD Type: For Time

21-18-15-12-9-6-3
95 pound squat clean
Double-unders
185 pound deadlifts
24 inch box jump
Begin each round with a 50-meter bear crawl



U.S. Army Captain Nathan B. Carse, 32, of Harrold, Ohio, assigned to the 2nd Engineer Battalion, 176th Engineer Brigade, based out of White Sands Missile Range, New Mexico, died in Kandahar, Afghanistan, on February 8, 2011, from wounds suffered when insurgents attacked his unit using an improvised explosive device. He is survived by his mother Janis and sisters Megan Brown and Kristin Purdy.
Hero WOD: **Clovis**
WOD Type: For Time

Run 10 miles
150 burpee pull-ups

Partition the run and burpee pull-ups as needed.



U.S. Army Second Lieutenant Clovis T. Ray, 34, of San Antonio, Texas, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, Schofield Barracks, Hawaii, was killed on March 15, 2012, in Kunar province, Afghanistan, when insurgents attacked his unit with an improvised explosive device. He is survived by his wife Shannon, son Dean, parents Bob Ben Sr. and Cecilia, son Eddie, brothers Bob Ben Jr. and sister Jennifer.
Hero WOD: **Coe**
WOD Type: For Time

10 rounds
10 thrusters (95 pounds)
10 ring push-ups



Army Sgt. Keith Adam Coe, 30, of Auburndale, Fla., assigned to the 1st Battalion, 37th Field Artillery Regiment, 3rd Stryker Brigade Combat Team, 2nd Infantry Division, Joint Base Lewis-McChord, Wash., died April 27, 2010, in Khalis, Iraq, of wounds sustained when enemy forces attacked his unit with an explosive device. He is survived by his wife Katrina Coe, two sons, Kilian and Keith Jr., and daughter, Klover.
Hero WOD: **Coffey**
WOD Type: For Time

Run 800 meters
50 back squats (135 pounds)
50 bench presses (135 pounds)
Run 800 meters
35 back squats (135 pounds)
35 bench presses (135 pounds)
Run 800 meters
20 back squats (135 pounds)
20 bench presses (135 pounds)
Run 800 meters
1 muscle-up



U.S. Marine Corporal Keaton G. Coffey, 22, of Boring, Oregon, assigned to the 1st Law Enforcement Battalion, 1st Marine Headquarters Group, 1st Marine Expeditionary Force, based in Camp Pendleton, California, was killed on May 24, 2012 while conducting combat operations in Helmand province, Afghanistan. He is survived by his fiancee Brittany Dygert and his parents Grant and Inger.
Hero WOD: **Collin**
WOD Type: For Time

6 rounds
Carry 50-pound sandbag 400 meters
12 push presses (115 pounds)
12 box jumps (24 inch box)
12 sumo deadlift high-pulls (95 pounds)



Navy Special Warfare Operator Chief Collin Trent Thomas, 33, of Morehead, Kentucky, assigned to a Navy SEAL team based out of Little Creek, Virginia, was fatally shot on August 18, 2010, during combat operations in Eastern Afghanistan. He is survived by his fiancee Sarah Saunders, his parents Clay and Jean Thomas, and his sister Meghan Edwards.
Hero WOD: **Crain**
WOD Type: For Time

2 rounds
34 push-ups
50-yard sprint

34 deadlifts (135 pounds)
50-yard sprint
34 box jumps (24-inch box)
50-yard sprint
34 clean and jerks (95 pounds)
50-yard sprint
34 burpees
50-yard sprint
34 wall-ball shots (20 pound ball)
50-yard sprint
34 pull-ups
50-yard sprint



Crain

Officer Michael "Freight" Crain, of Beaumont, California, died Feb. 7, 2013, when he was fatally injured by gunfire in an apparent ambush while on patrol. A former U.S. Marine Corps sergeant, the 34-year-old had been with the Riverside Police Department for 11 years, assigned to field operations and the SWAT Team. He is survived by his wife, Regina; son, Ian; and daughter, Kaitlyn.

Officer Michael "Freight" Crain, of Beaumont, California, died Feb. 7, 2013, when he was fatally injured by gunfire in an apparent ambush while on patrol. A former U.S. Marine Corps sergeant, the 34-year-old had been with the Riverside Police Department for 11 years, assigned to field operations and the SWAT Team. He is survived by his wife, Regina; son, Ian; and daughter, Kaitlyn.

D

Hero WOD: **Dae Han**
WOD Type: For Time

3 rounds
Run 800 meters with a 45-pound barbell
3 15-foot rope climb
12 thrusters (135 pounds)



Dae Han

U.S. Army Sergeant First Class Dae Han Park, 36, of Watertown, Connecticut, assigned to the 3rd Battalion, 1st Special Forces Group (Airborne), based out of Joint Base Lewis-McChord, Washington, died on March 12, 2011 in Wardak province, Afghanistan, from wounds suffered when enemy forces attacked his unit with an improvised explosive device. He is survived by his wife, Mi Kyong, daughters Niya and Sadie, parents Joseph and Bonnie, and siblings Katie and Saejin.

U.S. Army Sergeant First Class Dae Han Park, 36, of Watertown, Connecticut, assigned to the 3rd Battalion, 1st Special Forces Group (Airborne), based out of Joint Base Lewis-McChord, Washington, died on March 12, 2011 in Wardak province, Afghanistan, from wounds suffered when enemy forces attacked his unit with an improvised explosive device. He is survived by his wife, Mi Kyong, daughters Niya and Sadie, parents Joseph and Bonnie, and siblings Katie and Saejin.

Hero WOD: **Daniel**
WOD Type: For Time

50 pull-ups
400 meter run
21 thrusters (95 pounds)
800 meter run
21 thrusters (95 pounds)
400 meter run
50 pull-ups



Daniel

Dedicated to U.S. Army Sgt. 1st Class Daniel Crabtree, 31, of Canton, Ohio, who died on June 8, 2006 in Al Kut, Iraq, from injuries sustained when an improvised explosive device detonated during combat operations. He is survived by his wife, Kathy; and daughter, Mallory.

Dedicated to U.S. Army Sgt. 1st Class Daniel Crabtree, 31, of Canton, Ohio, who died on June 8, 2006 in Al Kut, Iraq, from injuries sustained when an improvised explosive device detonated during combat operations. He is survived by his wife, Kathy; and daughter, Mallory.

Hero WOD: **Danny**
WOD Type: AMRAP

20 minutes
30 box jump (24-inch box)
20 push presses (115 pounds)
30 pull-ups



Danny

Oakland SWAT Sergeant Daniel Sakai, age 35, was killed on March 21, 2009 in the line of duty along with fellow officers Sergeant Ervin Romans, Sergeant Mark Dunakin, and Officer John Hege. Daniel is survived by wife Jenni and daughter Jojiye.

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Hero WOD: **Del**
WOD Type: For Time

25 burpees
Run 400 meters with a 20-pound medicine ball
25 weighted pull-ups with a 20-pound dumbbell
Run 400 meters with a 20-pound medicine ball
25 handstand push-ups

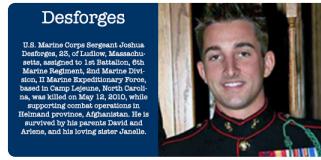
Run 400 meters with a 20-pound medicine ball
25 chest-to-bar pull-ups
Run 400 meters with a 20-pound medicine ball
25 burpees



U.S. Army First Lieutenant Dimitri Del Castillo, 24, of Tampa, Florida, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Brigade Combat Team, 25th Infantry Division, based in Schofield Barracks, Hawaii, died on June 25, 2011, in Kunar province, Afghanistan, from wounds suffered when enemy forces attacked his unit with small arms fire. He is survived by his wife Katie, his parents Mr. and Mrs. Carlos E. Del Castillo, his brother Carlos Andres and sister Anna.

Hero WOD: **Desforges**
WOD Type: For Time

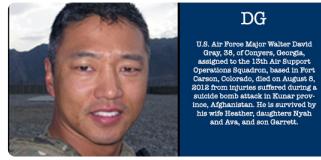
5 rounds
12 deadlifts (225 pounds)
20 pull-ups
12 clean and jerk (135 pounds)
20 knees to elbows



U.S. Marine Corps Sergeant Joshua Desforges, 23, of Ludlow, Massachusetts, assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, was killed on May 12, 2010, while supporting combat operations in Helmand province, Afghanistan. He is survived by his parents David and Arlene, and his loving sister Janelle.

Hero WOD: **DG**
WOD Type: AMRAP

10 minutes
8 toes to bar
8 thrusters (35 pound dumbbell)
12 dumbbell walking lunges (35 pounds)



Hero WOD: **Dobogai**
WOD Type: For Time

7 rounds
8 muscle-ups
22-yard farmer carry with 50-pound dumbbells



U.S. Army Captain Derek A. Dobogai, 26, of Fond Du Lac, Wisconsin, assigned to the 2nd Battalion, 35th Infantry Regiment, 3rd Infantry Brigade Combat Team, 25th Infantry Division, Schofield Barracks, Hawaii, died on August 22, 2007, in Multaka, Iraq, of injuries suffered when his unit's helicopter crashed. He is survived by his parents, David and Lisa, and brothers Daniel and David Jr.

Hero WOD: **Don**
WOD Type: For Time

66 deadlifts (110 pounds)
66 box jumps (24 inch box)
66 kettlebell swings (1.5 pood)
66 knees to elbows
66 sit-ups
66 pull-ups
66 thrusters (55 pounds)
66 wall ball shots (20 pound ball)
66 burpees
66 double-unders



U.S. Marine Corporal Donald M. Marler, 22, of St. Louis, Missouri, assigned to the 3rd Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on June 6, 2010 while supporting combat operations in Helmand province, Afghanistan. He is survived by his mother Susan, his father David Sr., his sister Jennifer Pupillo, and his brothers David Jr. and Jacob.

U.S. Marine Corporal Donald M. Marler, 22, of St. Louis, Missouri, assigned to the 3rd Battalion, 1st Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on June 6, 2010 while supporting combat operations in Helmand province, Afghanistan. He is survived by his mother Susan, his father David Sr., his sister Jennifer Pupillo, and his brothers David Jr. and Jacob.

Hero WOD: **Donny**

WOD Type: For Time

21-15-9-9-15-21
225 pound deadlifts
Burpees



Donny

U.S. Army Specialist Donald L. Nichols, 21, of Shell Rock, Iowa, assigned to the 1st Battalion, 133rd Infantry Regiment, Iowa Army National Guard, based in Waterloo, Iowa, died April 13, 2011, in Laghman province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device. He is survived by his mother and stepfather, Roger and Becky Poock; his father and stepmother, Jeff and Jeanie Nichols; and his brothers, Nick and Joe.

U.S. Army Specialist Donald L. Nichols, 21, of Shell Rock, Iowa, assigned to the 1st Battalion, 133rd Infantry Regiment, Iowa Army National Guard, based in Waterloo, Iowa, died April 13, 2011, in Laghman province, Afghanistan, of wounds suffered when insurgents attacked his unit using an improvised explosive device. He is survived by his mother and stepfather, Roger and Becky Poock; his father and stepmother, Jeff and Jeanie Nichols; and his brothers, Nick and Joe.

Hero WOD: **Dragon**

WOD Type: For Time

Run 5k
4 minutes to find 4-rep max deadlift
Run 5k
4 minutes to find 4-rep max push jerk



Dragon

U.S. Army Captain Nicholas Rozanski, 36, of Dublin, Ohio, assigned to the 1st Battalion, 148th Infantry Regiment, 37th Infantry Brigade Combat Team, of the Ohio National Guard, based in Walbridge, Ohio, died April 4, 2012, of wounds sustained during an enemy attack by a suicide vehicle borne improvised explosive device in Faryab province, Afghanistan. He is survived by his wife Jennifer, daughters Emma and Anna, his mother Pamela Mitchell, his father Jan, and his brothers Keith and Alex.

U.S. Army Captain Nicholas Rozanski, 36, of Dublin, Ohio, assigned to the 1st Battalion, 148th Infantry Regiment, 37th Infantry Brigade Combat Team, of the Ohio National Guard, based in Walbridge, Ohio, died April 4, 2012, of wounds sustained during an enemy attack by a suicide vehicle borne improvised explosive device in Faryab province, Afghanistan. He is survived by his wife Jennifer, daughters Emma and Anna, his mother Pamela Mitchell, his father Jan, and his brothers Keith and Alex.

Hero WOD: **DT**

WOD Type: For Time

5 rounds
12 deadlifts (155 pounds)
9 hang power cleans (155 pounds)
6 push jerks (155 pounds)



DT

In honor of USAF SSgt Timothy P. Davis, 28, who was killed on February 20, 2009 supporting operations in OEF when his vehicle was struck by an IED. Timothy is survived by his wife Megan and one-year old son T.J.

In honor of USAF SSgt Timothy P. Davis, 28, who was killed on February 20, 2009 supporting operations in OEF when his vehicle was struck by an IED. Timothy is survived by his wife Megan and one-year old son T.J.

E

Hero WOD: **Erin**

WOD Type: For Time

5 rounds
15 40-pound dumbbell split cleans
21 pull-ups



Erin

Canadian Army Master Corporal Erin Doyle, 32, was killed in a firefight August 11, 2008 in the Panjwaii District, Kandahar Province, Afghanistan. He is survived by his wife Nicole and his daughter Zarine.

F

Hero WOD: **Falke**

WOD Type: AMRAP

25 minutes
8 handstand push-ups
8 box jumps (30 inch box)



Falkel

U.S. Army Staff Sergeant Chris Falkel, 22, of Highlands Ranch, Colorado, assigned to the 1st Battalion, 3rd Special Forces Group, based in Fort Bragg, North Carolina, was killed on August 8, 2005 by enemy small-arms fire in Deh Afghan, Afghanistan. He is survived by his parents, Jeff and Dianne Falkel.

U.S. Army Staff Sergeant Chris Falkel, 22, of Highlands Ranch, Colorado, assigned to the 1st Battalion, 3rd Special Forces Group, based in Fort Bragg, North Carolina, was killed on August 8, 2005 by enemy small-arms fire in Deh Afghan, Afghanistan. He is survived by his parents, Jeff and Dianne Falkel.

Hero WOD: **Feeks**
WOD Type: For Time

2 100-meter shuttle sprints
2 squat clean thrusters (65 pound dumbbells)
4 100-meter shuttle sprints
4 squat clean thrusters (65 pound dumbbells)
6 100-meter shuttle sprints
6 squat clean thrusters (65 pound dumbbells)
8 100-meter shuttle sprints
8 squat clean thrusters (65 pound dumbbells)
10 100-meter shuttle sprints
10 squat clean thrusters (65 pound dumbbells)
12 100-meter shuttle sprints
12 squat clean thrusters (65 pound dumbbells)
14 100-meter shuttle sprints
14 squat clean thrusters (65 pound dumbbells)
16 100-meter shuttle sprints
16 squat clean thrusters (65 pound dumbbells)



Feeks

Special Warfare Operator Petty Officer 1st Class Patrick D. Feeks, 28, of Edgewater, Maryland, assigned to a Naval Special Warfare unit based on the West Coast, died Aug. 16, 2012, in a helicopter crash northeast of Kandahar, Afghanistan, while supporting Operation Enduring Freedom. Feeks is survived by his mother and father, Thomas and Ginny Feeks; sister, Regina Feeks; and wife, Emily Feeks.

Special Warfare Operator Petty Officer 1st Class Patrick D. Feeks, 28, of Edgewater, Maryland, assigned to a Naval Special Warfare unit based on the West Coast, died Aug. 16, 2012, in a helicopter crash northeast of Kandahar, Afghanistan, while supporting Operation Enduring Freedom. Feeks is survived by his mother and father, Thomas and Ginny Feeks; sister, Regina Feeks; and wife, Emily Feeks.

Hero WOD: **Feeks**
WOD Type: For Time

13 bench presses (170 pounds)
Then, complete as many rounds as possible in 20 minutes of:
7 chest-to-bar pull-ups
77 double-unders
2 squat clean thrusters (170 pounds)
28 sit-ups



Foo

Sgt. Gary "Foo" Morales, of the Port St. Lucie County Sheriff's Office, died Feb. 28, 2013. Morales, 35, was fatally shot during a traffic stop. The Air Force veteran had just been promoted by the St. Lucie County Sheriff's Office for 12 years and had just been promoted to sergeant. Morales is survived by his wife, Holly; daughters, Brooklyn and Jordan; parents, William and Candy; brothers, Brian, Ken and Brad; grandmother, Romanita Rodriguez; and eight nieces and nephews.

Sgt. Gary "Foo" Morales, of the Port St. Lucie County Sheriff's Office in Florida, died Feb. 28, 2013. Morales, 35, was fatally shot during a traffic stop. The Air Force veteran was employed by the St. Lucie County Sheriff's Office for 12 years and had just been promoted to Sergeant Deputy. He is survived by his wife, Holly; daughters, Brooklyn and Jordan; parents, William and Candy; brothers, Brian, Ken and Brad; grandmother, Romanita Rodriguez; and eight nieces and nephews.

Hero WOD: **Forrest**
WOD Type: For Time

3 rounds
20 L-pull-ups
30 toes to bar
40 burpees
Run 800 meters



Forrest

U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed October 26th, 2009, while on a counter-narcotics mission in Western Afghanistan when the helicopter he was flying in crashed. He is survived by his wife Ana, his son Luke, his parents, Sue and Richard Leamon, and his sister Heather.

U.S. Drug Enforcement Administration Special Agent Forrest Nelson Leamon, 37, assigned to the Foreign-deployed Advisory and Support Team (FAST) Echo was killed October 26th, 2009, while on a counter-narcotics mission in Western Afghanistan when the helicopter he was flying in crashed. He is survived by his wife Ana, his son Luke, his parents, Sue and Richard Leamon, and his sister Heather.

Hero WOD: **Gallant**
WOD Type: For Time

Run 1 mile with a 20-pound medicine ball
60 burpee pull-ups
Run 800 meters with a 20-pound medicine ball

30 burpee pull-ups
Run 400 meters with a 20-pound medicine ball
15 burpee pull-ups



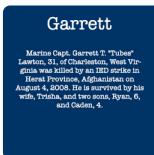
Gallant

U.S. Navy Petty Officer Second Class Taylor Gallant, 22, of Winchester, Kentucky, assigned to the Explosive Ordnance Disposal Mobile Unit 12, based in Joint Expeditionary Base Little Creek in Virginia Beach, Virginia, died on January 26, 2012, while conducting diving operations off the North Carolina coast in the Atlantic Ocean. He is survived by his son Ethan, brother Kyle, mother Elizabeth, and father Joseph.

U.S. Navy Petty Officer Second Class Taylor Gallant, 22, of Winchester, Kentucky, assigned to the Explosive Ordnance Disposal Mobile Unit 12, based in Joint Expeditionary Base Little Creek in Virginia Beach, Virginia, died on January 26, 2012, while conducting diving operations off the North Carolina coast in the Atlantic Ocean. He is survived by his son Ethan, brother Kyle, mother Elizabeth, and father Joseph.

Hero WOD: **Garrett**
WOD Type: For Time

3 rounds
75 squats
25 ring handstand push-ups
25 L-pull-ups



Garrett

Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia, was killed by an IED strike in Helmand Province, Afghanistan, on August 4, 2008. He is survived by his wife, Trisha, and two sons, Ryan, 6, and Caden, 4.

Marine Capt. Garrett T. "Tubes" Lawton, 31, of Charleston, West Virginia was killed by an IED strike in Helmand Province, Afghanistan on August 4, 2008. He is survived by his wife, Trisha, and two sons, Ryan, 6, and Caden, 4.

Hero WOD: **Gator**
WOD Type: For Time

8 rounds
5 front squats (185 pounds)
26 ring push-ups



Gator

U.S. Army Specialist Christopher "Gator" Gathercole, 21, of Santa Rosa, California, assigned to 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, was killed by enemy fire on May 26, 2008, in Ghazni, Afghanistan. He is survived by his brother Edward, sisters Jennifer Daly and Sarah Ferrell, father Edward Gathercole, and mother Catherine Haines.

U.S. Army Specialist Christopher "Gator" Gathercole, 21, of Santa Rosa, California, assigned to 2nd Battalion, 75th Ranger Regiment, based in Fort Lewis, Washington, was killed by enemy fire on May 26, 2008, in Ghazni, Afghanistan. He is survived by his brother Edward, sisters Jennifer Daly and Sarah Ferrell, father Edward Gathercole, and mother Catherine Haines.

Hero WOD: **Gaza**
WOD Type: For Time

5 rounds
35 kettlebell swings, 1.5 pood
30 push-ups
25 pull-ups
20 box jumps, 30-inch box
1-mile run



Gaza

U.S. Navy Special Warfare Operator Petty Officer 2nd Class (SEAL) Nicholas Spehar died Aug. 6, 2011 in Wardak Province, Afghanistan, of wounds suffered when his helicopter was shot down. The 24-year-old, of St. Paul, Minnesota, was assigned to a West Coast-based Naval Special Warfare unit and served during Operation Enduring Freedom. Spehar is survived by his parents, Patrick and Annette; and siblings, Luke, Jacob and Lisa, and Marie Mielke.

U.S. Navy Special Warfare Operator Petty Officer 2nd Class (SEAL) Nicholas Spehar died Aug. 6, 2011 in Wardak Province, Afghanistan, of wounds suffered when his helicopter was shot down. The 24-year-old, of St. Paul, Minnesota, was assigned to a West Coast-based Naval Special Warfare unit and served during Operation Enduring Freedom. Spehar is survived by his parents, Patrick and Annette; and siblings, Luke, Jacob, and Lisa and Marie Mielke.

Hero WOD: **Glen**
WOD Type: For Time

30 clean and jerks (135 pounds)
Run 1 mile
10 15-foot rope climbs
Run 1 mile
100 burpees



Glen

Former U.S. Navy SEAL Glen Doherty, 42, of Winchester, Massachusetts, assigned to a State Department security detail in Benghazi, Libya, died in an attack on a U.S. consulate on September 11, 2012. He is survived by his parents, Ben and Barbara; sister Katie; and brother Greg.

Former U.S. Navy SEAL Glen Doherty, 42, of Winchester, Massachusetts, assigned to a State Department security detail in Benghazi, Libya, died in an attack on a U.S. consulate on September 11, 2012. He is survived by his parents, Ben and Barbara; sister Katie; and brother Greg.

Hero WOD: Griff

WOD Type: For Time

Run 800 meters
Run 400 meters backwards
Run 800 meters
Run 400 meters backwards

Griff



In honor of USAF SSgt Travis L. Griffin, 28, who was killed April 3, 2008 in the Rasheed district of Baghdad by an IED strike to his vehicle. Travis is survived by his son Elijah.

H

Hero WOD: Hall

WOD Type: For Time

5 rounds
3 cleans (225 pounds)
200 meter sprint
20 kettlebell snatches, 1.5 pood, 10 each arm
Rest 2 minutes

Hall

U.S. Air Force Capt. Ryan P. Hall, of Colorado Springs, Colorado, died Feb. 18, 2012, near Camp Lemonnier, Djibouti, Africa, when his single-engine U-28 aircraft crashed. There were four total fatalities. The 30-year-old was assigned to the 319th Special Operations Squadron, Hurlburt Field, Florida. Hall is survived by his parents, Dennis and Kliffe; girlfriend, Marianne Vicente; brother and sister-in-law, Brandon and Karin; brother, Damon; grandmothers, Jean Hall and Nayda Nunn; and nieces and nephews, Erika, Natalie, Izabelleh, Evan and Noah.

U.S. Air Force Capt. Ryan P. Hall, of Colorado Springs, Colorado, died Feb. 18, 2012, near Camp Lemonnier, Djibouti, Africa, when his single-engine U-28 aircraft crashed. There were four total fatalities. The 30-year-old was assigned to the 319th Special Operations Squadron, Hurlburt Field, Florida. Hall is survived by his parents, Dennis and Kliffe; girlfriend, Marianne Vicente; brother and sister-in-law, Brandon and Karin; brother, Damon; grandmothers, Jean Hall and Nayda Nunn; and nieces and nephews, Erika, Natalie, Izabelleh, Evan and Noah.

Hero WOD: Hamilton

WOD Type: For Time

3 rounds
Row 1000 meters
50 push-ups
Run 1000 meters
50 pull-ups

Hamilton



U.S. Army Specialist Adam Hamilton, 22, of Kent, Ohio, assigned to the 4th Squadron, 4th Cavalry Regiment, 1st Brigade Combat Team, 1st Infantry Division, based in Fort Riley, Kansas, died May 28, 2011 in Haji Ruf, Afghanistan, of wounds suffered when enemy forces attacked his unit with an improvised explosive device. He is survived by his father Scott Hamilton, step-mother Connie Hamilton, mother Nancy Krestan, brothers Brandon Hamilton and Nick Krestan, and sisters Shawney and Taya Hamilton.

Hero WOD: Hammer

WOD Type: For Time

5 rounds
5 power cleans (135 pounds)
10 front squats (135 pounds)
5 jerks (135 pounds)
20 pull-ups
Rest 90 seconds

Hammer

U.S. Army First Sergeant Michael "Hammer" Bordelon, 37, of Morgan City, Louisiana, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, Washington, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq on April 23, 2005.

U.S. Army First Sergeant Michael "Hammer" Bordelon, 37, of Morgan City, Louisiana, assigned to the 1st Battalion, 24th Infantry Regiment, 1st Brigade, 25th Infantry Division (Stryker Brigade Combat Team), based out of Fort Lewis, Washington, died on May 10, 2005, from injuries sustained when a car bomb exploded near him in Mosul, Iraq on April 23, 2005. He is survived by his wife Mila; children Mike Jr., Jacob, and Johanna; mother Dolores; and sister, Doreen Scioneaux.

Hero WOD: **Hansen**
WOD Type: For Time

5 rounds
30 kettlebell swings (2 pood)
30 burpees
30 GHD sit ups



Marine Staff Sgt Daniel Hansen died February 14th in Farah Province, Afghanistan when an IED he was working on detonated. Daniel is survived by his mother Sheryll, his father Delbert, his younger sister Katie, and his twin brother Matthew (also a Marine).

Hero WOD: **Harper**
WOD Type: AMRAP

23 minutes
9 chest-to-bar pull-ups
15 power cleans (135 pounds)
21 squats
400-meter run with a 45-pound plate



Phoenix Firefighter Brad Harper, 23, of Peoria, Arizona, died while on the scene of a two-alarm fire on May 19, 2013. Harper loved being a firefighter and had worked with the Phoenix Fire Department, where he was assigned to Rescue 21, for two years. He is survived by his wife, Lena; three younger brothers, Ryan, Daniel and Jacob; and parents, Bob and Cyndy.

Hero WOD: **Helton**
WOD Type: For Time

3 rounds
Run 800 meters
30 dumbbell squat cleans (50 pounds)
30 burpees



U.S. Air Force Security Forces 1st Lt. Joseph D. Helton, 24, of Monroe, Ga., assigned to the 6th Security Squadron at MacDill Air Force Base in Tampa, Fla., was killed September 8, 2009, while on a mission near Baghdad, Iraq, when an improvised explosive device detonated near his vehicle. Helton is survived by his mother, Jiffy Helton.

Hero WOD: **Hidalgo**
WOD Type: For Time

Run 2 miles
Rest 2 minutes
20 squat cleans (135 pounds)
20 box jumps (24 inch box)
20 walking lunges with 45-pound plate held overhead
20 box jumps (24 inch box)
20 squat cleans (135 pounds)
Rest 2 minutes
Run 2 miles

If you've got a twenty pound vest or body armor, wear it.



U.S. Army First Lieutenant Darren M. Hidalgo, 24, of Waukesha, Wisconsin, assigned to 3rd Squadron, 2nd Stryker Cavalry Regiment, based in Vilseck, Germany, died on February 20, 2011, in Kandahar province, Afghanistan, from wounds suffered when insurgents attacked his unit with an improvised explosive device. Two weeks prior to his death, he was hit by an earlier improvised explosive device. Despite his injuries, he stayed in country and on patrols rather than return home. He is survived by his father Jorge, mother Andrea, brothers Miles and Jared, and sister Carmen.

Hero WOD: **Hildy**

WOD Type: For Time

100-calorie row

75 thrusters, 45-lb. barbell
50 pull-ups
75 wall-ball shots, 20-lb. ball
100-calorie row
If you've got a 20-lb. vest or body armor, wear it.

Army Spc. Hilda Clayton, 22, of Augusta, Georgia, died from injuries sustained when a mortar malfunctioned during an Afghan National Army training exercise in Qaraghahi, Afghanistan. Clayton, assigned to the 55th Signal Company and the 21st Signal Brigade in Fort Meade, Maryland, was providing Combat Camera support at the time of her death.

She is survived by her husband, Chase Clayton.

Hero WOD: Holbrook
WOD Type: For Time

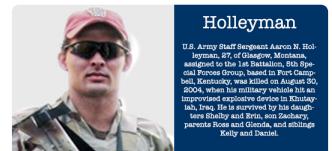
10 rounds
5 thrusters (115 pounds)
10 pull-ups
100 meter Sprint
Rest 1 minute



U.S. Army Captain Jason Holbrook, 28, of Burnet, Texas, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based out of Fort Bragg, North Carolina, was killed on July 29th, 2010 in Tsagay, Afghanistan when insurgents attacked his vehicle with an improvised explosive device. He is survived by his wife Heather Holbrook and his parents Joan and James Holbrook.

Hero WOD: Holleyman
WOD Type: For Time

30 rounds
5 wall ball shots (20 pound ball)
3 handstand push-ups
1 power clean (225 pounds)



U.S. Army Staff Sergeant Aaron N. Holleyman, 27, of Glasgow, Montana, assigned to the 1st Battalion, 5th Special Forces Group, based in Fort Campbell, Kentucky, was killed on August 30, 2004, when his military vehicle hit an improvised explosive device in Khutayah, Iraq. He is survived by his daughters Shelby and Erin, son Zachary, parents Ross and Glenda, and siblings Kelly and Daniel.

Hero WOD: Hortman
WOD Type: AMRAP

45 minutes
Run 800 meters
80 squats
8 muscle-ups



U.S. Army Captain John D. Hortman, 30, of Inman, South Carolina, assigned to the 1st Battalion, 160th Special Operations Aviation Regiment, based in Fort Campbell, Kentucky, was killed on August 8, 2011, in Fort Benning, Georgia, in a helicopter accident during a military training exercise. He is survived by his mother, Brenda Jones, sister Jill Hortman, and brother, Andy Pierce.

Hero WOD: Horton
WOD Type: For Time

9 rounds
9 bar muscle-ups
11 clean and jerks (155 pounds)
50-yard buddy carry



U.S. Army Spc. Christopher D. Horton, of Collinsville, Oklahoma, died Sept. 9, 2011, in Zurmat District, Afghanistan, of wounds sustained when enemy forces attacked his unit with small-arms fire. The 26-year-old was assigned to 1st Battalion, 279 Infantry Regiment, 45th Infantry Brigade Combat Team, Oklahoma National Guard. Horton is survived by his wife, Jane; parents David and Cherie; brother, Nicholas; sister, Tenley; and many other friends and family.

J

Hero WOD: **Jack**
WOD Type: AMRAP

20 minutes
10 push presses (115 pounds)
10 KB swings (1.5 pood)
10 Box jumps (24 inch box)



Army Staff Sgt. Jack M. Martin III, 26, of Bethany, Oklahoma, assigned to the 3rd Battalion, 1st Special Forces Group, Fort Lewis, Wash., died September 29th, 2009, in Jolo Island, Philippines, from the detonation of an improvised explosive device. Martin is survived by his wife Ashley Martin, his parents Jack and Cheryl Martin, and siblings Abe, Mandi, Amber and Abi.

Hero WOD: **Jag 28**
WOD Type: For Time

Run 800 meters
28 kettlebell swings, 2 pood
28 strict pull-ups
28 kettlebell clean and jerk, 2 pood each
28 strict pull-ups
Run 800 meters



U.S. Air Force Senior Airman Mark Forester, 29, of Tuscaloosa, Alabama, assigned to the 21st Special Tactics Squadron, based in Pope Air Force Base, North Carolina, died on September 29, 2010, while conducting combat operations in Uruzgan province, Afghanistan. He is survived by his parents Ray and Pat, and siblings Terri, David, Joseph and Thad.

Hero WOD: **Jared**
WOD Type: For Time

4 rounds
Run 800 meters
40 pull-ups
70 push-ups



U.S. Army Master Sergeant Jared N. Van Aalst, 34, of Laconia, New Hampshire, assigned to the U.S. Army Special Operations Command, based in Fort Bragg, North Carolina, died August 4, 2010, in Kunduz province, Afghanistan, from wounds suffered while his unit was conducting combat operations. He is survived by his wife, Katie Van Aalst, his daughters Kaylie and Ava, and a posthumous son, Hugh Jared.

Hero WOD: **Jason**
WOD Type: For Time

100 Squats
5 muscle-ups
75 squats
10 muscle-ups
50 squats
15 muscle-ups
25 squats
20 muscle-ups



U.S. Navy Special Warfare Operator (SEAL) Jason Dale Lewis, 30, of Brookfield, Virginia, was killed by an improvised explosive device while conducting combat operations in Southern Baghdad on July 6, 2007. He is survived by his wife, Donna; and three children.

Hero WOD: **JBo**
WOD Type: AMRAP

28 minutes
9 overhead squats (115 pounds)
1 legless rope climb, 15-foot rope, beginning from seated
115-lb. 12 bench presses (115 pounds)



U.S. Army Staff Sgt. Jeremie "Bubba" Border, 28, of Mesquite, Texas, assigned to the 1st Battalion, 1st Special Forces Group (Airborne), based in Torii Station, Okinawa, Japan, died Sept. 1, 2012, in Batur Village, Afghanistan, from wounds suffered when enemy forces attacked his unit with small-arms fire. He is survived by his parents, Mary Border and Robert Harris; sisters, DeLaynie Peek, Katie Border, Ashley Harris and Amanda Pereira; nephews, Robbie and Kayden Pereira; and brothers-in-law, Jason Peek and Roberto Pereira.

Hero WOD: **Jennifer**

WOD Type: AMRAP

26 minutes
10 pull-ups
15 kettlebell swings, 1.5 pood
20 box jumps (24 inch box)



Canadian 1st Class Constable Jennifer Kovach of Guelph, Canada, died March 14, 2013, when her squad car was involved in a motor-vehicle accident while she was responding to a call for service. The 26-year-old fulfilled her dream of becoming a police officer serving her community and the Guelph Police Service for four years before her death. Kovach is survived by her mother, Gloria; father, Bill; brother, Brian; grandparents, Chester and Elvira Janicki; boyfriend, Kyle Schlosser; and many other friends and family.

Hero WOD: **Jenny**

WOD Type: AMRAP

20 minutes
20 overhead squats (45 pounds)
20 back squats (45 pounds)
400-meter run



U.S. Army Capt. Jennifer M. Moreno, of San Diego, California, died Oct. 6, 2013, in Zhari District, Afghanistan, when enemy forces attacked her unit with an improvised explosive device. The 25-year-old was assigned to Madigan Army Medical Center on Joint Base Lewis-McChord in Washington state. Moreno is survived by her mother, Marie V. Cordero; sisters, Jearaldy Moreno and Yaritza Cordova; and brother, Ivan F. Moreno.

Hero WOD: **Jerry**

WOD Type: For Time

Run 1 mile
Row 2K
Run 1 mile



Sgt Major Jerry Dwayne Patton, 40, died on 18 October 2008 during High Altitude High Opening (HAHO) training while assigned to Army USSOCOM preparing for deployment to Afghanistan. Jerry is survived by his wife Molly and his sons Chad, Cody, Chase and Connor.

Hero WOD: **J.J.**

WOD Type: For Time

1 squat cleans (185 pounds)
10 parallel handstand push-ups
2 squat cleans (185 pounds)
9 parallel handstand push-ups
3 squat cleans (185 pounds)
8 parallel handstand push-ups
4 squat cleans (185 pounds)
7 parallel handstand push-ups
5 squat cleans (185 pounds)
6 parallel handstand push-ups
6 squat cleans (185 pounds)
5 parallel handstand push-ups
7 squat cleans (185 pounds)
4 parallel handstand push-ups
8 squat cleans (185 pounds)
3 parallel handstand push-ups
9 squat cleans (185 pounds)
2 parallel handstand push-ups

10 squat cleans (185 pounds)
1 parallette handstand push-up



U.S. Marine Lance Corporal Justin James "JJ" Wilson, 24, of Palm City, Florida, assigned to 3rd Battalion, 10th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, was killed on March 22, 2010, while supporting combat operations in Helmand province, Afghanistan. He is survived by his wife Hannah McVeigh, parents Lance and Frances, brother Christopher, and sister Jamie-Ella.

Hero WOD: **Johnson**
WOD Type: AMRAP

20 minutes
9 deadlifts (245 pounds)
8 muscle-ups
9 squat cleans (155 pounds)



1st Lt. Michael E. Johnson, 25, of the U.S. Marine Corps 7th Communications Battalion, 3rd Marine Headquarters Group, III Marine Expeditionary Force, headquartered in Okinawa, Japan, died September 8, 2009 while supporting combat operations in Kunar province, Afghanistan. He is survived by his wife Durinda Johnson.

Hero WOD: **Jorge**
WOD Type: For Time

30 GHD sit-ups
15 squat cleans (155 pounds)
24 GHD sit-ups
12 squat cleans (155 pounds)
18 GHD sit-ups
9 squat cleans (155 pounds)
12 GHD sit-ups
6 squat cleans (155 pounds)
6 GHD sit-ups
3 squat cleans (155 pounds)



U.S. Coast Guard Chief Petty Officer Fernando Jorge, 39, of Cypress, CA, an Aviation Survival Technician Chief, died on February 28, 2012, when his unit's helicopter crashed into Mobile Bay in the Gulf of Mexico during a training mission. He is survived by his sister Gina.

Hero WOD: **Josh**
WOD Type: For Time

21 overhead squats (95 pounds)
42 pull ups
15 overhead squats (95 pounds)
30 pull ups
9 overhead squats (95 pounds)
18 pull ups



U.S. Army Staff Sgt. Joshua Hager, 29, of Broomfield, Colorado, was killed Feb. 22, 2007 when an improvised explosive device detonated near his Humvee during combat operations in Ramadi, Iraq. He is survived by his wife, Heather; son, Bayley; mother, Lois Knight; father, Kris; and stepbrother, Ensign Aaron Jozsef.

Hero WOD: **Joshie**
WOD Type: For Time

3 rounds
21 dumbbell snatches, right arm (40 pounds)
21 L-pull ups
21 dumbbell snatches, left arm (40 pounds)
21 L-pull ups

Joshie

In honor of U.S. Army Staff Sgt. Joshua Whitaker, 23, of Long Beach, California, who died of wounds sustained in small-arms fire in Afghanistan on May 15, 2007.

He is survived by his mother, Catherine; uncle, Robb; father, Frank Dougherty; aunt, Debra; and cousins, Rachel and Laura.



In honor of U.S. Army Staff Sgt. Joshua Whitaker, 23, of Long Beach, California, who died of wounds sustained in small-arms fire in Afghanistan on May 15, 2007. He is survived by his mother, Catherine; uncle, Robb; father, Frank Dougherty; aunt, Debra; and cousins, Rachel and Laura.

Hero WOD: JT
WOD Type: For Time

21-15-9

Handstand push ups
Ring dips
Push ups

**JT**

In honor of Petty Officer 1st Class Jeff Taylor, 30, of Midway, West Virginia, who was killed on June 28, 2005, while conducting combat operations in the vicinity of Asadabad, Afghanistan.

He is survived by his father, John; mother, Carrie; and wife, Erin.

In honor of Petty Officer 1st Class Jeff Taylor, 30, of Midway, West Virginia, who was killed on June 28, 2005, while conducting combat operations in the vicinity of Asadabad, Afghanistan, in Kumar Province. He is survived by his father, John; mother, Carrie; and wife, Erin.

Hero WOD: Justin
WOD Type: For Time

30-20-10

Body-weight back squats
Body-weight bench presses
Strict pull-ups

Justin

U.S. Marine Corps Sgt. Justin M. Hansen, 26, of Traverse City, Michigan—assigned to the 2nd Marine Special Operations Battalion, based in Camp Lejeune, North Carolina—died July 24, 2012, in Badghis Province, Afghanistan, while conducting combat operations. He is survived by his parents, Vickie Hayes and Richard Hansen; stepmother, Shawna Hansen; stepfather, Steven C. Cornell; sisters, Adrienne Russell, Morgan Compton and Veronica Compton; stepbrothers, Jeremy Borey and Adam Cornell; and stepsister, Jessica Borey.

U.S. Marine Corps Sgt. Justin M. Hansen, 26, of Traverse City, Michigan—assigned to the 2nd Marine Special Operations Battalion, based in Camp Lejeune, North Carolina—died July 24, 2012, in Badghis Province, Afghanistan, while conducting combat operations. He is survived by his parents, Vickie Hayes and Richard Hansen; stepmother, Shawna Hansen; stepfather, Steven C. Cornell; sisters, Adrienne Russell, Morgan Compton and Veronica Compton; stepbrothers, Jeremy Borey and Adam Cornell; and stepsister, Jessica Borey.

K

Hero WOD: Kevin
WOD Type: For Time

3 rounds

32 deadlifts (185 pounds)
32 hanging hip touches, alternating arms
800 meter running farmer carry (15 pound dumbbells)

**Kevin**

Navy Special Warfare Operator 1st Class Kevin Ebbert, 32, of Arcata, California, assigned to an East Coast-based Naval Special Warfare unit in Virginia Beach, Virginia, died Nov. 24, 2012 in Uruzgan Province, Afghanistan, while supporting combat stability operations. Ebbert is survived by his wife, Ursula Ebbert; mother, Charlie Jordan; sister, Samantha Ebbert Martinez; step-sisters, Amy Funk and Kate Renner; step-father, Mark Ritz; and grandfathers, Richard Ebbert and James Jordan. He was preceded in death by his father, Jeffrey Ebbert, a retired Navy SEAL.

Navy Special Warfare Operator 1st Class Kevin Ebbert, 32, of Arcata, California, assigned to an East Coast-based Naval Special Warfare unit in Virginia Beach, Virginia, died Nov. 24, 2012 in Uruzgan Province, Afghanistan, while supporting combat stability operations. Ebbert is survived by his wife, Ursula Ebbert; mother, Charlie Jordan; sister, Samantha Ebbert Martinez; step-sisters, Amy Funk and Kate Renner; step-father, Mark Ritz; and grandfathers, Richard Ebbert and James Jordan. He was preceded in death by his father, Jeffrey Ebbert, a retired Navy SEAL.

Hero WOD: Klepto
WOD Type: For Time

4 rounds

27 box jumps (24 inch box)
20 burpees
11 squat cleans (145 pounds)

Klepto

U.S. Air Force Major David "Klepto" L. Brodeur, 34, of Auburn, Massachusetts, assigned to the 11th Air Rescue Squadron, based at Joint Base Elmendorf-Richardson, Alaska, died on April 19, 2012, in Afghanistan, after being wounded during a gunfight from an Afghan military vehicle. He is survived by his wife, Susto, daughter Elizabeth, and son, David.



.U.S. Air Force Major David "Klepto" L. Brodeur, 34, of Auburn, Massachusetts, assigned to the 11th Air Force, based at Joint Base Elmendorf-Richardson, Alaska, died on April 27, 2011 in Kabul, Afghanistan, of wounds sustained from gunfire from an Afghan military trainee. He is survived by his wife Susie, daughter Elizabeth, and son David.

Hero WOD: **Kutschbach**

WOD Type: For Time

7 rounds

11 back squats (185 pounds)

10 jerks (135 pounds)



U.S. Army Staff Sgt. Patrick Kutschbach, of McKees Rocks, Pennsylvania, died Nov. 10, 2007, in Bagram, Afghanistan, from injuries sustained when his vehicle was hit by a rocket-propelled grenade and small-arms fire in Tagab Valley, Afghanistan. The 25-year-old was assigned to the 1st Battalion, 10th Special Forces Group in Germany. Kutschbach is survived by his wife, Ginger; son, Bastian; father, David; mother, Debbie Huffner; and brothers, David and Andrew.

L

Hero WOD: **Leedesma**

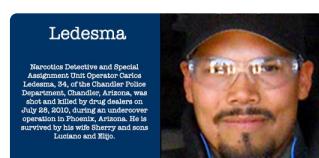
WOD Type: AMRAP

20 minutes

5 parallel handstand push-ups

10 toes through rings

15 medicine ball cleans (20 pounds)



Narcotics Detective and Special Assignment Unit Operator Carlos Ledesma, 34, of the Chandler Police Department, Chandler, Arizona, was shot and killed by drug dealers on July 28, 2010, during an undercover operation in Phoenix, Arizona. He is survived by his wife Sherry and sons Luciano and Elijio.

Hero WOD: **Lee**

WOD Type: For Time

5 rounds

Run 400 meters

1 deadlift (345 pounds)

3 squat cleans (185 pounds)

5 push jerks (185 pounds)

3 muscle-ups

115-foot rope climb



U.S. Army Staff Sergeant Dick Alison Lee Jr., 31, of Orange Park, Florida, assigned to the 95th Military Police Battalion, 18th Military Police Brigade, 21st Theater Sustainment Command, based in Sembach, Germany, died on April 26, 2012 from injuries sustained when his vehicle encountered an improvised explosive device in Ghazni province, Afghanistan. He is survived by his wife Katherine, sons Joshua and David, mother Brenda and her husband Larry Carroll, father Dick Sr., sister Specialist Vanessa Compton, and brother Michael Carroll.

Hero WOD: **Loredo**

WOD Type: For Time

6 rounds

24 squats

24 push-ups

24 walking lunges

Run 400 meters



U.S. Army Staff Sergeant Edwardo Loredo, 34, of Houston, Texas, assigned to the 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, was killed on June 24, 2010 in Jelewar, Afghanistan, when insurgents attacked his unit with an improvised explosive device. He is survived by his wife, First Sergeant Jennifer Loredo; his daughter, Laura Isabelle; his stepdaughter, Alexis; and his son, Eduardo Enrique.

Hero WOD: **Luce**

WOD Type: For Time

Wearing a 20 pound vest, 3 rounds

1K run

10 muscle-ups

100 squats



Luce

Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 40th Special Forces Group, died August 2, 2009 at Jackson, Miss., died August 2, 2009 in Qoq Gerdsar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device. He is survived by his wife Kendahl Shoemaker and 5 year old daughter Carrie, and parents Ronald and Katherine Luce.

Captain Ronald G. Luce, 27, of the U.S. Army Company C, 2nd Battalion, 20th Special Forces Group, headquartered at Jackson, Miss., died August 2, 2009 in Qoq Gerdsar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device. He is survived by his wife Kendahl Shoemaker and 5 year old daughter Carrie.

Hero WOD: Luke

WOD Type: For Time

Run 400 meters
15 clean and jerks (155 pounds)
Run 400 meters
30 toes-to-bars
Run 400 meters
45 wall-ball shots (20 pound ball)
Run 400 meters
45 kettlebell swings (1.5 pood)
Run 400 meters
30 ring dips
Run 400 meters
15 weighted lunges (155 pounds)
Run 400 meters

Luke

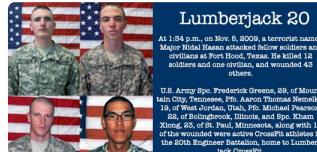
Marine Staff Sgt. Leon H. Lucas Jr. died Aug. 1, 2011, in Helmand Province, Afghanistan, of injuries sustained from an enemy grenade attack in the upper Gereshk Valley. The 32-year-old, of Wilson, North Carolina, was assigned to the 3rd Battalion, 4th Marine Regiment, Twentynine Palms, California, and served during Operation Enduring Freedom. Lucas is survived by his wife, Mary; and children, Tyson, Zachary and Quentin.

Marine Staff Sgt. Leon H. Lucas Jr. died Aug. 1, 2011, in Helmand Province, Afghanistan, of injuries sustained from an enemy grenade attack in the upper Gereshk Valley. The 32-year-old, of Wilson, North Carolina, was assigned to the 3rd Battalion, 4th Marine Regiment, Twentynine Palms, California, and served during Operation Enduring Freedom. Lucas is survived by his wife, Mary; and children, Tyson, Zachary and Quentin.

Hero WOD: Lumberjack 20

WOD Type: For Time

20 deadlifts (275 pounds)
Run 400 meters
20 kettlebell swings (2 pood)
Run 400 meters
20 overhead squats (115 pounds)
Run 400 meters
20 burpees
Run 400 meters
20 chest-to-bar pull-ups
Run 400 meters
20 box jumps (24 inch box)
Run 400 meters
20 dumbbell squat cleans (45 pounds)
Run 400 meters



Lumberjack 20

At 1:34 p.m., on Nov. 5, 2009, a terrorist named Major Nidal Hasan opened fire on fellow soldiers and civilians at Fort Hood, Texas. He killed 13 soldiers and one civilian, and wounded 43 others.

On Nov. 5 at 1:34 p.m., a terrorist named Major Nidal Hasan attacked fellow soldiers and civilians at Fort Hood, Texas. When the shooting ended, he had killed 12 soldiers and one civilian and wounded 43 others. Spc. Frederick Greene, 29, of Mountain City, Tennessee, Pfc. Aaron Thomas Nemelka, 19, of West Jordan, Utah, Pfc. Michael Pearson, 22, of Bolingbrook, Illinois, and Spc. Kham Xiong, 23, of St. Paul, Minnesota, along with eleven of the wounded were active CrossFitters in the 20th Engineer Battalion, home to Lumberjack CrossFit.

M

Hero WOD: Manion

WOD Type: For Time

7 rounds
Run 400 meters
29 back squats (135 pounds)

Manion

First Lieutenant Travis Manion, 26, of Doylestown, Pennsylvania, assigned to 1st Reconnaissance Battalion, 1st Marine Division, 1 Marine Expeditionary Force, based in Camp Pendleton, California, was killed April 29, 2007 while fighting against an enemy ambush in Anbar Province, Iraq. He is survived by his father, Colonel Tom Manion, mother Janet Manion, and sister Ryan Borek.

First Lieutenant Travis Manion, 26, of Doylestown, Pennsylvania, assigned to 1st Reconnaissance Battalion, 1st Marine Division, 1 Marine Expeditionary Force, based in Camp Pendleton, California, was killed April 29, 2007 while fighting against an enemy ambush in Anbar Province, Iraq. He is survived by his father, Colonel Tom Manion, mother Janet Manion, and sister Ryan Borek.

Hero WOD: Marco

WOD Type: For Time

3 rounds
21 pull-ups
15 handstand push-ups
9 thrusters (135 pounds)



Marco

U.S. Marine Cpl. Marc R. Ryan, of Gloucester City, New Jersey, died Nov. 15, 2004, from a roadside bomb in Ramadi, Iraq. The 25-year-old was a weapons specialist assigned to the 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force at the Marine Corps Base Camp in Pendleton, California. Ryan is survived by his parents, Thomas and Linda; brother, Chris; and sister, Lauren.

Hero WOD: Matt
WOD Type: For Time

16 deadlifts (275 pounds)
16 hang power cleans (185 pounds)
16 push presses (135 pounds)
Run 800 meters
16 deadlifts (275 pounds)
16 hang power cleans (185 pounds)
16 push presses (135 pounds)
Run 800 meters
16 deadlifts (275 pounds)
16 hang power cleans (185 pounds)
16 push presses (135 pounds)



Matt

U.S. Army Chief Warrant Officer Matt Ruffner, of Tafford, Pennsylvania, died April 9, 2013, in Pachir Wa Agam district, Afghanistan, from injuries sustained when his AH-64 Apache helicopter crashed. The 34-year-old was assigned to 1st Attack Reconnaissance Battalion, 28th Combat Aviation Brigade, 28th Infantry Division, Pennsylvania National Guard, Fort Indiantown Gap, Pennsylvania. Ruffner is survived by his parents, Chuck and Diane; brother, Jeff; and girlfriend, Jackie Bignard.

U.S. Army Chief Warrant Officer Matt Ruffner, of Tafford, Pennsylvania, died April 9, 2013, in Pachir Wa Agam district, Afghanistan, from injuries sustained when his AH-64 Apache helicopter crashed. The 34-year-old was assigned to 1st Attack Reconnaissance Battalion, 104th Aviation Regiment, 28th Combat Aviation Brigade, 28th Infantry Division, Pennsylvania National Guard, Fort Indiantown Gap, Pennsylvania. Ruffner is survived by his parents, Chuck and Diane; brother, Jeff; and girlfriend, Jackie Bignard.

Hero WOD: Maupin

WOD Type: For Time

Run 800 meters
49 push-ups
49 sit-ups
49 squats

U.S. Army Staff Sgt. Keith "Matt" Maupin, 24, of Batavia, Ohio, disappeared on April 9, 2004, when insurgents south of Baghdad attacked his convoy with small-arms fire and rocket-propelled grenades. His remains were found on March 20, 2008. Prior to his disappearance, Maupin served as part of the 724th Transportation Company in Bartonsville, Illinois.

He is survived by his mother, Carolyn; father, Keith; a brother and sister; and many other friends and family members.

Hero WOD: McCluskey
WOD Type: For Time

3 rounds
9 muscle-ups
15 burpee pull-ups
21 pull-ups
Run 800 meters



McCluskey

U.S. Army Sergeant Jason "Mick" McCluskey, 26, of McAlester, Oklahoma, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, North Carolina, was killed on November 4, 2010, when insurgents attacked his unit with small arms fire in Zaghun Shahr, Mohammad Agha district, Afghanistan. He is survived by his son Landen, and his mother Delores Olivares.

U.S. Army Sergeant Jason "Mick" McCluskey, 26, of McAlester, Oklahoma, assigned to the 27th Engineer Battalion, 20th Engineer Brigade, XVIII Airborne Corps, based out of Fort Bragg, North Carolina, was killed on November 4, 2010, when insurgents attacked his unit with small arms fire in Zaghun Shahr, Mohammad Agha district, Afghanistan. He is survived by his son Landen, and his mother Delores Olivares.

Hero WOD: McGhee
WOD Type: AMRAP

30 minutes
5 deadlifts (275 pounds)
13 push-ups
9 box jumps (24 inch box)



McGhee

Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Georgia. This was his fourth deployment, his first to Iraq. Ryan was survived by his father Steven McGhee of Fredericksburg, VA. He is survived by his mother Sherrie Battle McGhee, and his brother Zachary.

Corporal Ryan C. McGhee, 21, was killed in action on May 13, 2009 by small arms fire during combat in central Iraq. He served with 3rd Battalion, 75th Ranger Regiment of Fort Benning, Georgia. This was his fourth deployment, his first to Iraq. Ryan was engaged to Ashleigh Mitchell of Fredericksburg, VA. He is survived by his father Steven McGhee of Myrtle Beach, SC, his mother Sherrie Battle McGhee, and his brother Zachary.

Hero WOD: **Meadows**
WOD Type: For Time

20 muscle-ups
25 lowers from an inverted hang on the rings, slowly, with straight body and arms
30 ring handstand push-ups
35 ring rows
40 ring push-ups



Meadows

U.S. Marine Corps Captain Joshua S. Meadows, 30, of Bastrop, Texas, assigned to 1st Marine Special Operations Battalion, Marine Corps Forces Special Operations Command, based in Camp Pendleton, California, was killed by enemy fire on September 5, 2009 in Farah Province, Afghanistan. He is survived by his wife Angela, daughter Olivia, mother Jan, and sister Erin.

Hero WOD: **Michael**
WOD Type: For Time

3 rounds
Run 800 meters
50 back extensions
50 sit-ups



Michael

In honor of U.S. Navy Lt. Michael McGreevy, 30, of Portville, New York, who was killed on June 28, 2005, when his MH-47 Chinook helicopter was shot down in the mountains of eastern Afghanistan. He is survived by his wife, Laura; daughter, Molly; mother, Patricia; and father, Michael.

Hero WOD: **Moon**
WOD Type: For Time

7 rounds
10 dumbbell hang split snatches, right arm (40 pounds)
1 15-foot rope climb
10 dumbbell hang split snatches, left arm (40 pounds)
1 15-foot rope climb



Moon

U.S. Army Specialist Christopher Moon, 20, of Tucson, Arizona, assigned to 2nd Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, North Carolina, died on July 13, 2010, from injuries sustained on July 6, 2010 in Arghandab, Afghanistan when insurgents attacked his vehicle with an improvised explosive device. He is survived by his parents Marsha and Brian and sister Sunday.

Hero WOD: **Moore**
WOD Type: AMRAP

20 minutes
1 15-foot rope climb
Run 400 meters
Max reps handstand push-up



Moore

Officer David S. Moore, 29, of the Indianapolis Metropolitan Police Department, died on January 26, 2011 from gunshot wounds suffered on January 23, 2011 when he stopped a stolen vehicle and the driver opened fire at him. He is survived by his mother Jo Ann, father Spencer, and sister Carol Bongfeldt.

Hero WOD: **Morrison**
WOD Type: For Time

Wall balls (20 pound ball)
Box jumps (24 inch box)
Kettlebell swings (1.5 pood)



U.S. Army Specialist Scott Morrison, 23, of Blue Ash, Ohio, assigned to 584th Mobility Augmentation Company, 20th Engineer Battalion, 36th Engineer Brigade, based out of Fort Hood, Texas, died on September 26, 2010, from injuries suffered on September 25 when insurgents in Kandahar, Afghanistan attacked his vehicle with an improvised explosive device. He is survived by his father Donald, mother Susan, brother Gary, and sister Katie.

Hero WOD: **Mr. Joshua**
WOD Type: For Time

5 rounds
Run 400 meters
30 GHDs
15 deadlifts (250 pounds)



U.S. Navy Special Warfare Operator 1st Class (SEAL) Joshua Thomas Harris, 36, drowned during combat operations on Aug. 30, 2008, in Afghanistan. He is survived by his parents, Dr. Sam and Evelyn; brother, Ranchor; and twin sister, Kiki.

Hero WOD: **Murph** WOD Type: For Time

Run 1 mile
100 pull ups
200 push ups
300 squats
Run 1 mile



In memory of Navy Lt. Michael Murphy, 29, of Patchogue, New York, who was killed in Afghanistan on June 28, 2005. This workout was one of Mike's favorites and he'd named it Body Armor. From here on it will be referred to as Murph in honor of the focused warrior and great American who wanted nothing more in life than to serve this great country and the beautiful people who make it what it is.

N
Hero WOD: **Nate**
WOD Type: AMRAP

20 minutes
2 muscle-ups
4 handstand push-ups
8 kettlebell swings (2-pood)



In honor of U.S. Navy Chief Special Warfare Operator (SEAL) Nate Hardy, who was killed Sunday, Feb. 4, 2008, during combat operations in Iraq. Nate is survived by his wife, Mindi; and his infant son, Parker.

Hero WOD: **Ned**
WOD Type: For Time

7 rounds
11 body-weight back squats
1,000-meter row



Ned

Special Agent Nathan "Ned" Schuldheiss, 27, of Newport, Rhode Island, a civilian assigned to the Air Force Office of Special Investigations, Detachment 204 Offutt Air Force Base, Nebraska, died Nov. 1, 2007 near Balad Air Base, Iraq, of wounds sustained from an improvised-explosive device that struck his vehicle. Schuldheiss is survived by his father, retired Lt. Col. Jeff Schuldheiss; mother, Sarah Conlan; stepfather, Kris Mills; and sister, Erin Dreeszen.

Hero WOD: **Nick**

WOD Type: For Time

12 rounds
10 dumbbell hang squat cleans (45 pounds)
6 handstand push-ups on dumbbells



Nick

U.S. Army Specialist Nicholas P. Steinbacher, 22, of La Crescenta, California, assigned to the 2nd Battalion, 5th Cavalry Regiment, 1st Brigade, 1st Cavalry Division, based in Fort Hood, Texas, died on December 10, 2006 of injuries suffered when insurgents attacked his Humvee with an improvised explosive device in Baghdad, Iraq. He is survived by his parents Paul and Carolyn, and brothers Dan and Kirk.

Hero WOD: **Nukes**

WOD Type: Time Cap

8 minutes to complete:
1-mile run
315-pound deadlifts, max reps
Then, 10 minutes to complete:
1-mile run
225-pound power cleans, max reps
Then, 12 minutes to complete:
1-mile run
135-pound overhead squats, max reps



Nukes

U.S. Marine Corps Capt. Matthew "Nukes" Manoukian, 29, of Los Altos Hills, Calif., assigned to the 1st Marine Special Operations Battalion, based in Camp Pendleton, Calif., died Aug. 10, 2012, in Sangin District, Afghanistan, after being shot by an Afghan policeman. He is survived by his parents, Socrates Peter and Patricia Manoukian, and his brothers, Mike and Marty Manoukian.

Hero WOD: **Nutts**

WOD Type: For Time

10 handstand push-ups
15 deadlifts (250 pounds)
25 box jumps (30 inch box)
50 pull-ups
100 wallballs (20 pounds, 10 inch target)
200 doubleunders
Run 400 meters with a 45 pound plate



Nutts

Lieutenant Andrew Richard Nuttall, 30, from the 1st Battalion Princess Patricia's Canadian Light Infantry (1 PPCLI), based in Edmonton, Alberta, serving as a member of the 1 PPCLI Battle Group was killed by an improvised explosive device that detonated during a joint foot patrol near the village of Nakhonay in Panjwai District, about 25 km southwest of Kandahar City on December 23, 2009. He is survived by his parents, Richard and Ethel Jane Nuttall.

O

Hero WOD: **Omar**

WOD Type: For Time

10 thrusters (95 pounds)
15 bar-facing burpees
20 thrusters (95 pounds)
25 bar-facing burpees
30 thrusters (95 pounds)
35 bar-facing burpees



Omar

U.S. Army First Lieutenant Omar Vazquez, 25, of Hamilton, New Jersey, assigned to the 2nd Squadron, 3rd Armored Cavalry Regiment, based in Fort Hood, Texas, died of wounds suffered April 22, 2011, when insurgents in Numaniyah, Iraq, attacked his unit with an improvised explosive device. He is survived by his parents Maria and Pablo, sister Marisel, and brothers Pablo and Javier.

Hero WOD: Ozzy

WOD Type: For Time

7 rounds
11 deficit handstand push-ups
1,000-meter run



Ozzy

U.S. Air Force Master Sgt. Thomas "Ozzy" Crowell, 36, of Neosho, Missouri, died Nov. 1, 2007, near Balad Air Base in Iraq. The special agent for the Air Force Office of Special Investigations, Detachment 301 at Scott Air Force Base in Illinois sustained wounds from an improvised explosive device that struck his vehicle. Crowell is survived by his wife, Carol; two sons, Eric and Ian; and his mother, Peggy Whipp.

P

Hero WOD: Paul

WOD Type: For Time

5 rounds
50 double unders
35 knees to elbows
20 yards of overhead walking (185 pounds)



Paul

Pittsburgh Police Officer Paul John Rizzo Domenic Sciuolo II, 36, was shot and killed in the line of duty while responding to a domestic disturbance call on April 4, 2009. He was engaged to be married with Lisa Esposito.

Hero WOD: Pheezy

WOD Type: For Time

3 rounds
5 front squats (165 pounds)
18 pull-ups
5 deadlifts (225 pounds)
18 toes-to-bar
5 push jerks (165 pounds)
18 hand-release push-ups



Pheezy

U.S. Marine Corps Lance Corporal Philip P. Clark, 19, of Gainesville, Florida, assigned to 1st Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, died on May 18, 2010, while supporting combat operations in Helmand province, Afghanistan. He is survived by his wife, Ashton, father Mike and stepmother Tammy, mother Rosmari Kruger, and brothers Tyler, Kyle and Ryan Nordyke.

Hero WOD: Pike

WOD Type: For Time

5 rounds
20 thrusters (75 pounds)
10 strict ring dips
20 push-ups
10 strict handstand push-ups
50-meter bear crawl



Pike

U.S. Navy Chief Petty Officer Christian Michael Pike, of Peoria, Arizona, died March 12, 2013, in Landstuhl, Germany. Pike, 31, sustained combat-related injuries days earlier while conducting stability operations in the Maiwand District of Kandahar, Afghanistan. He was assigned to the West Coast-based Naval Special Warfare unit in California. The Chief Cryptologic Technician was posthumously awarded the Bronze Star with Valor. Pike is survived by his mother, Diana; his sister, Denise; and his fiancée, Morgan Lakner.

Hero WOD: PK
WOD Type: For Time

5 rounds
10 back squats (225 pounds)
10 deadlifts (275 pounds)
400-meter sprint
Rest 2 minutes



P.K.

U.S. Army Capt. Andrew Pedersen-Keele, of South Miami, Florida, died March 11, 2013. The 28-year-old was assigned to 1st Battalion, 3rd Special Forces Group (Airborne), in Fort Bragg, North Carolina. Pedersen-Keele was fatally injured in Jalrez District, Afghanistan, from small-arms fire from an Afghan security-forces member. He is survived by his mother and stepfather, Helen Pedersen Keiser and Bob Keiser; father, Henry Keel; sister, Mary Elizabeth Keel; and fiancée, Celeste Pizza.

R

Hero WOD: Rahoi
WOD Type: 12 minutes
12 box jumps (24 inch box)
6 thrusters (95 pounds)
6 bar-facing burpees



Rahoi

U.S. FBI Supervisory Special Agent Gregory J. Rahoi, 38, of Brookfield, Wisconsin, assigned to the Hostage Rescue Team, based in Quantico, Virginia, was killed on December 6, 2006, during a live-fire tactical training exercise at Fort A.P. Hill, near Bowling Green, Virginia. He is survived by his parents, Natalie and Richard, sister Teri, and fiancee Paula Paulk.

Hero WOD: Ralph
WOD Type: For Time

4 rounds
8 deadlifts (250 pounds)
16 burpees
3 15-foot rope climbs
Run 600 meters

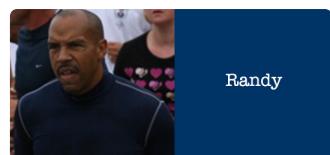


Ralph

British Army Second Lieutenant Ralph Johnson, 24, of South Africa, assigned to the Household Cavalry Regiment, based in Windsor, England, was killed on August 1, 2006, in Helmand province, Afghanistan, when insurgents attacked his vehicle with an improvised explosive device.

Hero WOD: Randy
WOD Type: For Time

75 power snatches (75 pounds)



Randy

In honor of Randy Simmons, 51, a 27-year LAPD veteran and SWAT team member who was killed Feb. 7, 2008, in the line of duty.
He is survived by his wife, Lisa; son, Matthew; and daughter, Gabrielle.

Hero WOD: Rankel
WOD Type: AMRAP

20 minutes
6 deadlifts (225 pounds)
7 burpee pull-ups
10 kettlebell swings (2 pood)
Run 200 meters



Rankel

U.S. Marine Corps Sergeant John Rankel, 23, of Speedway, Indiana, assigned to 3rd Battalion, 1st Marine Regiment, 1st Marine Division, 1 Marine Expeditionary Force, based out of Camp Pendleton, California, was killed on June 7, 2010, while supporting combat operations in Helmand Province, Afghanistan. He is survived by mother and stepfather Don and Trisha Stockhoff; father and stepmother, Kevin and Kim Rankel; and brothers Nathan Stockhoff and Tyler Rankel.
Hero WOD: **René**
WOD Type: For Time

7 rounds
Run 400 meters
21 walking lunges
15 pull-ups
9 burpees



René

Danish Army Sgt. René Brink Jakobsen of Vang, Denmark, died Jan. 3, 2013, after being hit by an improvised explosive device while on foot patrol with his unit in Upper Gereshk Valley in Helmand Province, Afghanistan. The 39-year-old was a member of the elite Danish Special Forces Ranger unit called Jaegerkorpet. Jakobsen is survived by his wife, Camilla; three children, Mie, Sara and Thor; and many loving relatives and friends.

Hero WOD: **Ricky**
WOD Type: AMRAP

20 minutes
10 pull-ups
5 dumbbell deadlift (75 pounds)
8 push-presses (135 pounds)



Ricky

U.S. Army Sergeant William "Ricky" Rudd, 27, of Madisonville, Kentucky, assigned to the 3rd Battalion, 75th Ranger Regiment, based in Fort Benning, Georgia, died on October 5, 2008, from wounds suffered from enemy small arms fire while on a combat patrol in Mosul, Iraq. He is survived by his father William, stepmother Barbara Rudd, step brother Josh, mother Pamela Lam, and sister Elizabeth.

Hero WOD: **Riley**
WOD Type: For Time

Run 1.5 miles
150 burpees
Run 1.5 miles



Riley

Army Sgt. 1st Class Riley G. Stephens, 39, of Tolar, Texas, assigned to the 1st Battalion, 3rd Special Forces Group (Airborne), died Sept. 28, 2012, in Wardak, Afghanistan, of wounds caused by enemy small-arms fire. Stephens is survived by his wife, Tiffany; three children, Austin, Morgan and Rylee Ann; parents, Michael and Joann; brother Ken; and a number of family members.

Hero WOD: **RJ**
WOD Type: For Time

5 rounds
Run 800 meters
5 15-ft rope climbs
50 push-ups



RJ

Veteran LAPD officer and United States Marine Corps Reservist Sergeant Major Robert J. Cottle, 45, was killed by an improvised explosive device while on patrol in Southern Afghanistan on Wednesday, March 24, 2010. RJ joined the Marines at age 18, and the LAPD in 1990. His various LAPD assignments included Hollywood Vice, Southeast Area, LAPD Dive Team and, most recently, SWAT. He is survived by his wife Emily and 9 month old daughter Kaila. The LAPD established a trust fund for them.

Hero WOD: **Robbie**
WOD Type: AMRAP

25 minutes
8 freestanding handstand push-ups
115-foot L-sit rope climb



Robbie

U.S. Army Staff Sergeant Robert J. Miller died Jan. 25, 2008, in Bari Kowt, Afghanistan, of wounds sustained when he encountered small-arms fire while conducting combat operations. The 24-year-old, of Oviedo, Florida, was assigned to the 3rd Battalion, 3rd Special Forces Group (Airborne) in Fort Bragg, North Carolina, and served during Operation Enduring Freedom. In October of 2010, Miller was awarded the Medal of Honor posthumously for his heroic actions in combat. Miller is survived by his parents, Philip and Maureen; brothers, Thomas, Martin and Edward; and sisters, Joanna, Mary, Therese and Patricia.

Hero WOD: **Rocket**
WOD Type: AMRAP

30 minutes
50-yard swim
10 push-ups
15 squats



Rocket

Army Sgt. 1st Class Aaron "Rocket" Henderson, 33, of Houlton, Maine, assigned to the 2nd Battalion, 5th Special Forces Group (Airborne), died Oct. 2, 2012, at Bagram Air Base, Afghanistan, of wounds suffered from an improvised explosive device in Zombalay Village, Afghanistan. Henderson is survived by his mother, Christine; brothers, Bob, Corey and Sam; sisters-in-law, Leisa, Holly and Kiley; and nephews and nieces Kurtis, Kaitlyn, Davis, Dallas, Mia and Daniel. He is preceded in death by his father, Dallas.

Hero WOD: **Roney**
WOD Type: For Time

4 rounds
Run 200 meters
11 thrusters (135 pounds)
Run 200 meters
11 push presses (135 pounds)
Run 200 meters
11 bench presses (135 pounds)



Roney

Police Service of Northern Ireland Constable Ronan Kerr, 25, of Omagh, Northern Ireland, was killed on April 2, 2011 by a car bomb outside his home in Omagh. He is survived by his mother Nuala, brothers Cathair and Aaron, and sister Dairine.

Hero WOD: **Roy**
WOD Type: For Time

5 rounds
15 deadlifts (225 pounds)
20 box jumps (24 inch box)
25 pull-ups



Roy

Marine Corps Sgt. Michael C. Roy, 25, of North Fort Myers, Fla., assigned to the 3rd Marine Special Operations Battalion, Marine Special Operations Advisor Group, Marine Corps Forces Special Operations Command at Camp Lejeune, was killed in action on July 8th, 2009 in Nimroz Province, Afghanistan, while supporting combat operations. He is survived by his wife Amy and three children, Michael, Landon and Olivia.

Hero WOD: **Ryan**
WOD Type: For Time

5 rounds
7 muscle-ups
21 burpees



Ryan

Maplewood, Missouri Firefighter, Ryan Hummert, 22, was killed by sniper fire July 21st 2008 when he stepped off his fire truck responding to a call. He is survived by his parents Andrew and Jackie Hummert.

S
Hero WOD: **Santiago**
WOD Type: For Time

7 rounds
18 dumbbell hang squat cleans (35 pounds)
18 pull-ups
10 power cleans (135 pounds)
10 handstand push-ups



U.S. Army Sergeant Anibal Santiago, 37, of Belvidere, Illinois, assigned to the 3rd Battalion, 75th Ranger Regiment, stationed in Fort Benning, Georgia, died on July, 18, 2010, in Bagram, Afghanistan. He is survived by his wife, Mandy, sons Hannibal, Desmond, and Darian, and parents Anibal and Maria.

Hero WOD: **Santora**
WOD Type: For Time

3 rounds
155 pound squat cleans, 1 minute
20-foot shuttle sprints (20 feet forward + 20 feet backwards = 1 rep), 1 minute
245 pound deadlifts, 1 minute
Burpees, 1 minute
155 pound jerks, 1 minute
Rest 1 minute



U.S. Army Sergeant Jason A. Santora, of Farmingville, New York, assigned to the 3rd Battalion, 75th Ranger Regiment, based out of Fort Benning, Georgia, died in Logar province, Afghanistan on April 23, 2010, from wounds sustained during a firefight with insurgents. He is survived by his parents Gary and Theresa, and sister Gina.

Hero WOD: **Scooter**
WOD Type: Time Cap

On a 35-minute clock with a partner:
Complete as many rounds as possible in 30 minutes of:
30 double-unders
15 pull-ups
15 push-ups
100-meter sprint

Then, 5 minutes to find a 1-rep-max partner deadlift



Sgt. Scott Lunger, of Brentwood, California, died July 22, 2010, after being gunned down during a traffic stop. A second officer returned fire, hitting the suspect who was later caught and taken into police custody. Lunger, 48, had served the Hayward Police Department since 2001 as a beat cop, on the special duty unit, gang task force, SWAT, was a Field Training Officer and acting lieutenant at the time of his death. Lunger is survived by his daughters, Ashton and Saralyn; brother and sister-in-law, Mike and Shey; brother Todd; sister and brother-in-law, Michelle and Lance Schroeder; father and stepmother, Paul and Donna; half sister, Clara; and many other family and friends. He is preceded in death by his mother, Alice.

Hero WOD: **Sean**
WOD Type: For Time

10 rounds
11 chest to bar pull-ups
22 front squats (75 pounds)



U.S. Army Staff Sergeant Sean M. Flannery, 29, of Wyomissing, Pennsylvania, assigned to the 2nd Battalion, 502nd Infantry Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based in Fort Campbell, Kentucky, was killed on November 22, 2010, in Kandahar province, Afghanistan, when insurgents attacked his unit with an improvised explosive device. He is survived by his fiancee Christina Martin, mother Charlene Flannery, and brothers Sergeant Brian Flannery and Devin Flannery.

Hero WOD: **Service**
WOD Type: For Time

Run 1.5 miles
Then, 8 rounds of:
19 pull-ups
19 push-ups
19 burpees

Then,
400-meter sandbag carry (heavy)
1-mile farmers carry with 45-pound dumbbells



Servais

U.S. Air Force Senior Airman Adam Servais, of Onalaska, Wisconsin, died Aug. 19, 2006, in Uruzgan Province, Afghanistan, when his vehicle came under hostile fire. The 23-year-old was assigned to the 23rd Special Tactics Squadron, Hurlburt Field, Florida. Servais is survived by his parents, Peter and Susan; and sister, Laura.

Hero WOD: **Severin**
WOD Type: For Time

50 strict pull-ups
100 push-ups, release hands from floor at the bottom
Run 5K

If you've got a 20-pound vest or body armor, wear it.



U.S. Army Sergeant First Class Severin W. Summers III, 43, of Bentonia, Mississippi, assigned to the 2nd Battalion, 20th Special Forces Group (Airborne), headquartered at Jackson, Mississippi, died August 2, 2009 in Qoie Gerdar, Afghanistan, after his vehicle was struck by a command wire improvised explosive device. Summers is survived by his wife Tammy Fraser and his daughters Jessica, Shelby & Sarah.

Hero WOD: **Sham**
WOD Type: For Time

7 rounds
11 body-weight deadlifts
100-meter sprint



Sham

Air Force Staff Sgt. David "Sham" Wieger, 28, of North Huntingdon, Pennsylvania, a special agent for the Air Force of Special Investigations, Detachment 303, Travis Air Force Base, California, died Nov. 1, 2007, near Balad Air Base, Iraq, of wounds sustained from an improvised explosive device that struck his vehicle. Wieger is survived by his parents, Michael and Loreene; brother, Michael; sister-in-law, Brenda; and many aunts, uncles and cousins.

Hero WOD: **Shawn**
WOD Type: For Time

Run 5 miles

Run in 5-minute intervals, stopping after each to perform 50 squats and 50 push-ups before beginning the next 5-minute run interval.



U.S. Army Captain Shawn G. Hogan, of Salem, New Hampshire, died Oct. 17, 2012. The 28-year-old was fatally injured in a training exercise at Land Between the Lakes National Recreation Area in Golden Pond, Kentucky. He was assigned to Company B, 4th Battalion, 5th Special Forces Group (Airborne) in Fort Campbell. Hogan is survived by his parents, Richard and Jean; and sister, Nicole.

Hero WOD: **Ship**
WOD Type: For Time

9 rounds
7 squat cleans (185 pounds)
8 burpee box jumps (36 inch box)



Ship

Canadian Forces Sergeant Prescott Shipway, 36, of Esterhazy, Saskatchewan, Canada, assigned to the 2nd Battalion, Princess Patricia's Canadian Light Infantry, based in Shilo, Manitoba, Canada, was killed on September 7, 2008 by a roadside bomb in Kandahar province, Afghanistan.

Hero WOD: **Sisson**
WOD Type: 20 minutes
11 foot rope climb
5 burpees
200-meter run



U.S. Army 2nd Lt. Justin Sisson, 23, assigned to 1st Battalion, 506th Infantry Regiment, 4th Brigade Combat Team, 101st Airborne Division in Fort Campbell, Kentucky, died June 3, 2013, from wounds caused by a suicide bomber in Chamkani, Afghanistan. Sisson is survived by his parents, Kevin and Phyllis; brother, Ryan; grandmothers, Judith Liming and Janis Beschner; and numerous other friends and family members. If you've got a 20-pound vest or body armor, wear it.

Hero WOD: **Small**
WOD Type: For Time

3 rounds
Row 1000 meters
50 burpees
50 box jumps (24 inch box)
Run 800 meters



U.S. Army Staff Sergeant Marc Small, 29, of Collegeville, Pennsylvania, assigned to 1st Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, North Carolina, died on February 12, 2009, from wounds sustained when insurgents attacked his unit with a rocket-propelled grenade launcher and small arms fire in Faramuz, Afghanistan. He is survived by his father and stepmother, Murray and Karen, mother and stepfather, Mary and Peter MacFarland, and fiancee Amanda Charney.

Hero WOD: **Smykowski**
WOD Type: For Time

Run 6k
60 burpee pull-ups

If you've got body armor or a 30-pound vest, wear it.



U.S. Marine Corps Sergeant Mark T. Smykowski, 23, of Mentor, Ohio, assigned to 2nd Reconnaissance Battalion, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, was killed on June 6, 2006, while conducting combat operations in Al Anbar province, Iraq. He is survived by his mother Diana Ross, father Bert, and brothers Darren and Kenny, both Marines.

Hero WOD: **Spehar**
WOD Type: For Time

100 thrusters (135 pounds)
100 chest-to-bar pull-ups
Run 6 miles

Partition the thrusters, pull-ups and run as needed.



U.S. Navy Special Warfare Operator Petty Officer 2nd Class (SEAL) Nicholas Spehar died Aug. 6, 2011, in Wardak Province, Afghanistan, of wounds suffered when his helicopter was shot down. The 24-year-old, of St. Paul, Minnesota, was assigned to a West Coast-based Naval Special Warfare unit and served during Operation Enduring Freedom. Spehar is survived by his parents, Patrick and Annette; and siblings, Luke, Jacob and Lisa, and Marie Mielke.

Hero WOD: **Stephen**
WOD Type: 30-25-20-15-10-5

GHD sit-ups
Back extensions
Knees to elbow
Stiff legged deadlifts (95 pounds)



Stephen

Third Battalion, Princess Patricia's Canadian Light Infantry member Corporal Stephen Bouzane, 26, was killed by an IED strike June 20th, 2007 in the Panjwaii district in Afghanistan. He is survived by his parents Fred and Moureen Bouzane and his sister Kelly.
Hero WOD: **Strange**
WOD Type: For Time

8 rounds
600 meter Run
11 weighted pull-ups (1.5 pood)
11 walking lunges, carrying 1.5 pood kettlebells
11 kettlebell thrusters (1.5 pood)



U.S. Navy Cryptologist Technician (Collection) Petty Officer 1st Class (Expeditionary Warfare Specialist) Michael J. Strange, 25, of Philadelphia, Pennsylvania, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, of wounds suffered when his unit's helicopter crashed in Wardak province, Afghanistan. He is survived by his fiancee Breanna Hostetter, parents Elizabeth and Charles, and siblings Katelyn, Carly, and Charles.

T

Hero WOD: **Terry**
WOD Type: For Time

1-mile run
100 push-ups
100-meter bear crawl
1-mile run
100-meter bear crawl
100 push-ups
1-mile run



Terry

Drug Enforcement Administration Special Agent James "Terry" Watson, 43, of Holly Ridge, Louisiana, was killed during a robbery attempt in Bogotá, Colombia, on June 20, 2013. Prior to his 13 years of service with the D.E.A., Special Agent Watson worked for the U.S. Marshal's Service and served in the U.S. Army.
He is survived by his wife, Fadia Margarita De La Rosa; father, Paul, and his wife, Linda; mother, Henrietta; brother, Scott; and numerous other family members and friends.
Hero WOD: **The Seven**
WOD Type: For Time

7 rounds
7 handstand push-ups
7 thrusters (135 pounds)
7 knees to elbows
7 deadlifts (245 pounds)
7 burpees
7 kettlebell swings (2 pood)
7 pull-ups



A suicide bomber killed seven CIA officers and one Jordanian officer at a remote base in southeastern Afghanistan on December 30, 2009 after posing as a potential informant reporting on Al Qaeda. Seven new stars will be etched onto the memorial wall at the CIA where every star represents grieving friends, family and colleagues dedicated to fight against the enemy, forever in their name.
Killed in the attack were CIA officers Jennifer Lynne Matthews, 45; Scott Michael Roberson, 39; Harold E. Brown Jr., 37; Darren LaBonte, 35; Elizabeth Hanson, 30; and security contractors Jeremy Jason Wise, 35, and Dane Clark Paresi, 46.

Hero WOD: **Thompson**
WOD Type: For Time

10 rounds
115-foot rope climb
29 back squats (95 pounds)
Farmer carry, 10 meters (135 pound barbells)

Begin the rope climbs seated on the floor



Thompson

U.S. Army Captain David J. Thompson, 39, of Hooker, Oklahoma, commander of Operational Detachment Alpha 3334, Company C, 3rd Battalion, 3rd Special Forces Group (Airborne), based in Fort Bragg, North Carolina, was killed on January 29, 2010, while supporting combat operations in the Wardak Province of Afghanistan. Thompson is survived by his wife, Emily, their two daughters, Isabelle and Abigail, his parents, Charles and Freida, and his sister Alisha Mueller.

Hero WOD: **TK**

WOD Type: 20 minutes

8 strict pull-ups

8 box jumps (36 inch box)

12 kettlebell swings (2 pood)



U.S. Army Major Thomas E. Kennedy, 35, of West Point, New York, assigned to Headquarters and Headquarters Company, 4th Brigade Combat Team, 4th Infantry Division, based in Fort Carson, Colorado, died on August 8, 2012, of wounds suffered when an insurgent detonated a suicide vest in Kunar province, Afghanistan. He is survived by his wife Kami, son Brody, daughter Margaret, parents George and Patricia, and brothers John and George.

Hero WOD: **Tom**

WOD Type: AMRAP

25 minutes

7 muscle-ups

11 thrusters (115 pounds)

14 toes-to-bar



Tom

U.S. Army First Lieutenant Thomas M. Martin, 27, of Ward, Arkansas, assigned to the 1st Squadron, 40th Cavalry Regiment, 4th Brigade Combat Team (Airborne), 25th Infantry Division, based in Fort Richardson, Alaska, died on October 14, 2007 in Al Busayifi, Iraq, of wounds suffered when insurgents attacked his unit with small arms fire. He is survived by his parents, Edmund and Candis Martin; sisters Sarah Hood, Becky Martin, and Laura Martin; fiancee, Erika Noyes; and grandmother, E. Jean Martin.

Hero WOD: **Tommy V**

WOD Type: For Time

21 thrusters (115 pounds)

12 15-foot rope climbs

15 thrusters (115 pounds)

9 15-foot rope climbs

9 thrusters (115 pounds)

6 15-foot rope climbs



In honor of Senior Chief Petty Officer Thomas J. Valentine, 37, of Ham Lake, Minnesota, who died in a training accident in Arizona, on Feb. 13, 2008.

He is survived by his wife, Christina; son, John; and daughter, Meghan.

Hero wOD: **Tully**

WOD Type: For Time

4 rounds

Swim 200 meters

23 dumbbell squat cleans (40 pounds)



Tully

U.S. Army Sergeant First Class Michael J. Tully, 33, of Falls Creek, Pennsylvania, assigned to the 2nd Battalion, 1st Special Forces Group (Airborne), based in Fort Lewis, Washington, died on August 23, 2007, in Baghdad, Iraq, of wounds sustained from an improvised explosive device. He is survived by his son Slade.

Hero WOD: **Tumison**

WOD Type: For Time

8 rounds:
Run 200 meters
11 dumbbell burpee deadlifts (60 pounds)



U.S. Navy Special Warfare Operator Petty Officer 1 Class (SEAL/Enlisted Surface Warfare Specialist) Jon "JT" Thomas Tumilson, 35, of Rockford, Iowa, assigned to an East Coast-based Naval Special Warfare unit, died on August 6, 2011, in Wardak province, Afghanistan, of wounds suffered when his helicopter crashed. He is survived by his parents George and Kathy Tumilson, Joy and Scott McMeekan, sisters Kristie and Joy, and his dog Hawkeye.

Hero WOD: **TUP**
WOD Type: For Time

15-12-9-6-3
135-pound power cleans
Pull-ups
135-pound front squats
Pull-ups



U.S. Army Staff Sgt. Michael H. Simpson, 30, of San Antonio, Texas, died May 1, 2013, from injuries caused by an improvised explosive device on April 27, 2013, in Arian, Afghanistan. Simpson, nicknamed "The Unquiet Professional," was assigned to the 4th Battalion, 1st Special Forces Group (Airborne), Joint Base Lewis-McChord, Washington. He is survived by his wife, Krista; sons, Michael and Gabe; sister, Abigail; brothers, David and Isaac; parents, Michael W. and Barbara; and many other friends and family.

Hero WOD: **Tyler**
WOD Type: For Time

5 rounds
7 muscle-ups
21 sumo-deadlift high-pulls (95 pounds)



U.S. Army 1st Lt. Tyler E. Parten, 24, of Arkansas, died Sept. 10, 2009, in Konar Province, Afghanistan, of wounds sustained when insurgents attacked his unit using rocket-propelled grenades and small-arms fire. He was assigned to the 3rd Squadron, 61st Cavalry Regiment, 4th Brigade Combat Team, 4th Infantry Division, Fort Carson, Colorado. Parten is survived by his mother, Lona; and brother, Daniel.

W
Hero WOD: **Walsh**
WOD Type: For Time

4 rounds
22 burpee pull-ups
22 back squats (185 pounds)
Run 200 meters with a 45 pound plate overhead



U.S. Army First Lieutenant Jonathan P. Walsh, 28, of Cobb, Georgia, assigned to the 2nd Battalion, 504th Infantry, 1st Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died on April 22, 2012, in Paktia, Afghanistan, when enemy forces attacked his unit with an improvised explosive device. He is survived by his wife Debra, son Austin, parents Carolyn and Paul, and brother Christopher.

Hero WOD: **War Frank**
WOD Type: For Time

3 rounds
25 muscle-ups
100 squats
35 GHD situps



Marine Captain Warren A. Frank, 26, of Cincinnati, Ohio, died November 25, 2008 while supporting combat operations in Ninewa province, Iraq. He was assigned to the 5th Air Naval Gunfire Liaison Company, III Marine Expeditionary Force, Okinawa, Japan. He is survived by his wife, Allison, and daughters Sophia Lynn and Isabella Grace.

Hero WOD: **Weaver**
WOD Type: For Time

4 rounds
10 L-pull-ups
15 push-ups
15 chest to bar pull-ups
15 push-ups
20 pull-ups
15 push-ups



U.S. Army First Lieutenant Todd W. Weaver, 26, of Hampton, Virginia, assigned to the 1st Battalion, 320th Field Artillery Regiment, 2nd Brigade Combat Team, 101st Airborne Division (Air Assault), based out of Fort Campbell, Kentucky, died on September 9, 2010, of wounds suffered when insurgents attacked his unit with a roadside bomb in Kandahar, Afghanistan. He is survived by his wife Emma, daughter Kiley, parents Don and Jeanne, and siblings Glenn, Adrianna, and Christina.

Hero WOD: **Weston**
WOD Type: For Time

5 rounds
Row 1000 meters
200 meter Farmer carry (45 pound dumbbells)
Waiter walk, 50 meters, right arm (45 pound dumbbells)
Waiter walk, 50 meters, left arm (45 pound dumbbells)



U.S. Drug Enforcement Administration Special Agent Michael E. Weston, 37, assigned to the Kabul Country Office in Kabul, Afghanistan, was killed on October 29, 2009, when the helicopter he was in crashed in western Afghanistan. He is survived by his wife Cynthia Tidler, parents Judy Zait and Steve Weston, and brother Thomas.

Hero WOD: **White**
WOD Type: For Time

5 rounds
3 15-foot rope climb
10 toes to bar
21 walking lunges with 45 pound plate held overhead
Run 400 meters



U.S. Army First Lieutenant Ashley White, 24, of Alliance, Ohio, assigned to the 230th Brigade Support Battalion, 30th Heavy Brigade Combat Team, North Carolina National Guard, based in Goldsboro, North Carolina, died on October 22, 2011 in Kandahar province, Afghanistan, from wounds suffered when insurgents attacked her unit with an improvised explosive device. She is survived by her husband Captain Jason Stumpf, her parents Robert and Deborah, brother Josh, and sister Brittney.

Hero WOD: **Whitten**
WOD Type: For Time

5 rounds
22 kettlebell swings (2 pood)
22 box jumps (24 inch box)
Run 400 meters
22 burpees
22 wall balls (20 pound ball)

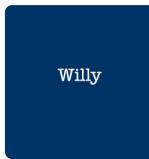


Army Captain Dan Whitten, 28, of Grimes, Iowa, assigned to the 1st Battalion, 508th Parachute Infantry Regiment, 4th Brigade Combat Team, 82nd Airborne Division, based out of Fort Bragg, North Carolina, died February 2, 2010, when enemy forces in Zabul, Afghanistan, attacked his vehicle with an improvised explosive device. Whitten is survived by his wife, Starr Whitten, his mother, Jill Whitten, his father, Dan Whitten, and his sister, U.S. Army Captain Sarah Whitten.

Hero WOD: **Willy**
WOD Type: For Time

3 rounds
Run 800 meters
5 front squats (225 pounds)
Run 200 meters
11 chest to bar pull-ups

Run 400 meters
12 kettlebell swings (2 pood)



Willy

U.S. Marine Corps Sergeant Wade D. Wilson, 22, of Normangee, Texas, assigned to the 2nd Battalion, 5th Marine Regiment, 1st Marine Division, I Marine Expeditionary Force, based in Camp Pendleton, California, died on May 11, 2012, while conducting combat operations in Helmand province, Afghanistan. He is survived by his mother and step-father Cindy Lee and Ward Easterling, father and step-mother Mitchell Boyd and Tammy Wilson, brothers Chad, Alex and Curtis, and sister Layne.

Hero WOD: **Wilmet**
WOD Type: For Time

6 rounds
50 squats
25 ring dips



Wilmot

Canadian Forces Private Colin Wilmot, 24, of Fredericton, New Brunswick, assigned to the Second Battalion, Princess Patricia's Canadian Light Infantry (2 PPCLI) Battle Group, based out of Edmonton, Alberta, died on July 6, 2008 from wounds suffered when an explosive device detonated near him in the Panjwai District of Afghanistan.

He is survived by his fiancee Laura, father Eric Craig, and sister Kathleen.
Hero WOD: **Wittman**
WOD Type: For Time

7 rounds
15 kettlebell swings (1.5 pood)
15 power cleans (95 pounds)
15 box jumps (24 inch box)



Wittman

U.S. Army Sergeant Jeremiah Wittman, 26, of Darby, Montana, assigned to the 1st Battalion, 12th Infantry Regiment, 4th Brigade Combat Team, 4th Infantry Division, based out of Fort Carson, Colorado, was killed on February 13, 2010, when insurgents attacked his unit with a roadside bomb in Zhami province, Afghanistan. He is survived by his daughters Miah and Arianna, wife Karyn, siblings Robert H., Charity, Jenell, and Natasha, father Robert, and mother Cynthia Church.

Hero WOD: **Woehlke**
WOD Type: For Time

3 rounds
4 jerks (185 pounds)
5 front squats (185 pounds)
6 power cleans (185 pounds)
40 pull-ups
50 push-ups
60 sit-ups



Woehlke

Brian Woehlke, 29, of Detroit, Michigan, died at the scene of a fire in Westland, Michigan, on May 8, 2013. Woehlke graduated from the Schoolcraft Fire Program in 2008 and joined the Western Wayne Fire Authority in 2012. He is survived by his wife, Jennifer; daughter, Ava; parents, William and Elizabeth; brothers, William, Robert and Bradley; and numerous other friends and family members.

Hero WOD: **Wood**
WOD Type: For Time

5 rounds
Run 400 meters
10 burpee box jumps (24 inch box)
10 sumo-deadlift high-pulls (95 pounds)
10 thrusters (95 pounds)
Rest 1 minute

Wood

Australian Army Sergeant Brett Wood, 32, of Ferntree Gully, Victoria, assigned to the 2nd Commando Regiment, based in Sydney, New South Wales, died on May 23, 2011, in Helmand province, Afghanistan, after insurgents attacked him with an improvised explosive device. He is survived by his wife Elvi, his mother Allison, and his father David.

Z

Hero WOD: **Zembiec**
WOD Type: For Time

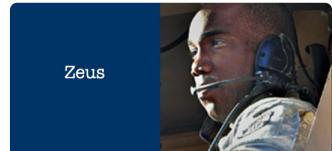
5 rounds
11 back squats (185 pounds)
7 strict burpee pull-ups
400-meter run

**Zembiec**

U.S. Marine Corps Major Douglas A. Zembiec, 34, of Albuquerque, New Mexico, assigned to Headquarters Battalion, Marine Corps National Capital Region, Henderson Hall, based in Arlington, Virginia, was killed during a firefight on May 11, 2007 in Baghdad, Iraq. He is survived by his wife Pamela, daughter Fallon, parents Donald and Jo Ann, and brother John.

Hero WOD: **Zeus**
WOD Type: For Time

3 rounds
30 wall balls (20 pounds)
30 sumo deadlift high-pulls (75 pounds)
30 box jumps (20 inch box)
30 push presses (75 pounds)
Row 30 calories
30 push-ups
10 body weight back squats

**Zeus**

U.S. Army Specialist David E. Hickman, 23, of Greensboro, North Carolina, assigned to the 2nd Battalion, 325th Airborne Infantry Regiment, 2nd Brigade Combat Team, 82nd Airborne Division, based in Fort Bragg, North Carolina, died on November 14, 2011, in Baghdad, Iraq, from wounds suffered when insurgents detonated an improvised explosive device near his vehicle. He is survived by his wife Calli, parents David and Veronica, and brother Devon.

Hero WOD: **Zimmerman**
WOD Type: AMRAP

25 minutes
11 chest-to-bar pull-ups
2 deadlifts (315 pounds)
10 handstand push-ups

**Zimmerman**

U.S. Marine Corps First Lieutenant James R. Zimmerman, 25, of Aroostook, Maine, assigned to 2nd Battalion, 6th Marine Regiment, 2nd Marine Division, II Marine Expeditionary Force, based in Camp Lejeune, North Carolina, died on November 2, 2010, while conducting combat operations in Helmand province, Afghanistan. He is survived by his wife Lynel Winters, parents Tom and Jane, sister Megan, and brother Christian.

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