

24 Heroes Schedule

When: May 30th-May 31st, 2021

Opening Ceremonies: Sunday May 30th @ 9:00 AM-10:00 AM

Time	Workout	Limited Equipment	Bodyweight
10:00-11:00 AM Keynote Speaker: Eric Kapitulik 'Murica Workout: wear your red, white, and blue!	"Zembiec" 5 Rounds: 11 Back Squats (185#/135#) 7 Strict Burpee Pull-ups 400 Meter Run	"Zembiec" Limited Equipment 5 Rounds: 11 Goblet Squats 7 <u>Strict Dumbbell Burpee</u> 400 Meter Run	"Zebiec" Bodyweight 5 Rounds: 11 Jump Squats 7 Strict Burpee Tuck Jumps 400 Meter Run
11:00am-12:00 PM Keynote Speaker: GFMF Scholarship Recipient	"Glen" For Time: 30 Clean and Jerks (135/95#) 1 Mile Run 10 Rope Climbs 1 Mile Run 100 Burpees	"Glen" Limited Equipment For Time: 30 DB/Odd Object Clean and Jerks 1 Mile Run 30 DB/Odd Object Rows 1 Mile Run 100 Burpees	"Glen" Bodyweight For Time: 30 Toe Touch Jumps 1 Mile Run 75 Sit-ups 1 Mile Run 100 Burpees
12:00-1:00 PM	"Zimmerman" AMRAP 25 11 Chest to Bar Pull-ups 2 Deadlifts (315/225#) 10 Handstand Push-ups	"Zimmerman" Limited Equipment AMRAP 25 11 DB/Odd Object Rows 6 DB/Odd Object Deadlifts 10 Pike Push-ups/Push-ups	"Zimmerman" Bodyweight AMRAP 25 11 Shoulder Taps (per side) 6 SL Glute Bridges (per side) 10 Pike Push-ups/Push-ups
1:00-2:00 PM	"Whip" AMRAP 21 11 Push-ups 5 Squat Cleans (155/105#) 10 Box Jumps (24/20")	"Whip" Limited Equipment AMRAP 21 11 Push-ups 10 DB/Odd Object Squat Cleans 10 Box Jumps (24/20")	"Whip" Bodyweight AMRAP 21 11 Push-ups 10 Jumping Air Squats 10 Jump Over Object
2:00-3:00 PM Superhero Workout: Tees, tanks, costumes, capas- embrace your inner hero!	"Nate" AMRAP 20 2 Muscle Ups 4 Handstand Push-ups 8 KB Swings (70/53#)	"Nate" Limited Equipment AMRAP 20 4 DB Rows 4 Push-ups/Pike Push-ups 8 DB/Odd Object Swings	"Nate" Bodyweight AMRAP 20 8 Sit-ups 4 Push-ups/Pike Push-ups 8 Jump Squats

<p>3:00-4:00 PM</p> <p>Hard Rock WOD: Rock out while you work out to some Guns N Roses, one of Jared Monti's favorite bands to listen to during his workouts.</p>	<p>"Monti"</p> <p>5 Rounds: 50 Box Step-ups (24/20") 15 Cleans (135#/95#) 50 Box Step-ups 10 Snatches (135#/95#)</p>	<p>"Monti" Limited Equipment</p> <p>5 Rounds: 50 Box Step-ups (24/20") 15 DB/Odd Object Cleans 50 Box Step-ups 10 DB Snatches/Odd Object Ground to Overhead</p>	<p>"Monti" Bodyweight</p> <p>5 Rounds 50 Reverse Lunges 15 Leg Raises 50 Reverse Lunges 10 Up Downs</p>
<p>4:00-5:00 PM</p>	<p>"Luke"</p> <p>For Time: 400 Meter Run 15 Clean and Jerks (155/105#) 400 Meter Run 30 Toes to Bar 400 Meter Run 45 Wall Balls 400 Meter Run 45 Kettlebell Swings (53/35#) 400 Meter Run 30 Ring Dips 400 Meter Run 15 Barbell Lunges (155/105#) 400 Meter Run</p>	<p>"Luke" Limited Equipment</p> <p>For Time: 400 Meter Run 15 DB/Odd Object Clean and Jerks 400 Meter Run 30 V-Ups 400 Meter Run 45 DB/Odd Object Thrusters 400 Meter Run 45 DB/Odd Object Kettlebell Swings 400 Meter Run 30 Bench Dips 400 Meter Run 15 DB/Odd Object Lunges 400 Meter Run</p>	<p>"Luke" Bodyweight</p> <p>For Time: 400 Meter Run 15 Walkout to Tuck Jump 400 Meter Run 30 V-Ups 400 Meter Run 45 Jump Squats 400 Meter Run 45 Glute Bridges 400 Meter Run 30 Bench Dips or Push-ups 400 Meter Run 15 Lunges 400 Meter Run</p>
<p>5:00-6:00 PM</p>	<p>"Scooter"</p> <p>For Time: 400 Meter Farmers Carry (53/35#) 20 Box Jumps (30/24") 400m Plate Carry (45/25#) 20 Box Jumps (30/24") 400m Plate Carry (45/25#) 20 Box Jumps (30/25#) 400m Farmers Carry (53/35#)</p>	<p>"Scooter" Limited Equipment</p> <p>For Time: 400 Meter Farmers Carry 20 Jumps over DB/Object 400 Meter DB/Odd Object Run 20 Jumps over DB/Object 400 Meter DB/Odd Object Run 20 Jumps over DB/Object 400 Meter Farmer Carry</p>	<p>"Scooter" Bodyweight</p> <p>For Time: 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run</p>
<p>6:00-7:00 PM</p> <p>Sports WOD: Dress to represent your favorite sports team!</p>	<p>"Tarentino" (45 Min Cap)</p> <p>Teams of 2 2,000 Meter Row 50 Clean and Jerks (155/105#) 2,000 Meter Row 100 Burpees 2,000 Meter Row 150 Wall Balls (20/14#)</p>	<p>"Tarentino" Limited Equipment</p> <p>Teams of 2 2,000 Meter Run 50 DB/Odd Object Clean and Jerks 2,000 Meter Run 100 Burpees 2,000 Meter Run 150 DB/Odd Object Thrusters</p>	<p>"Tarentino" Bodyweight</p> <p>Teams of 2 2,000 Meter Run 50 Toe Touch Jumps 2,000 Meter Run 100 Burpees 2,000 Meter Run 150 Air Thrusters</p>

7:00-8:00 PM	"DT" 5 Rounds: 12 Deadlifts (155/105#) 9 Hang Power Cleans 6 Push Jerks	"DT" Limited Equipment 5 Rounds: 12 DB/Odd Object Deadlifts 9 DB/Odd Object Hang Power Cleans 6 DB/Odd Object Push Jerks	"DT" Bodyweight 5 Rounds: 12 Air Deadlifts 9 Tuck Jumps :30 Handstand/Plank Hold
8:00-9:00 PM Happy Hour WOD: Grab a drink (beer, wine, water, protein shake and hang out post workout!	"Heidi" AMRAP 23 23 Air Squats 23 Push-Ups 23 Kettlebell Swings (53/35#) 23 Jumping Lunges 23 Sit-Ups 23 Box Jumps (24/20")	"Heidi" Limited Equipment AMRAP 23 23 Air Squats 23 Push-Ups 23 DB/Odd Object Swings 23 Jumping Lunges 23 Sit-Ups 23 Tuck Jumps	"Heidi" Bodyweight AMRAP 23 23 Air Squats 23 Push-Ups 23 Good Mornings 23 Jumping Lunges 23 Sit-Ups 23 Tuck Jumps
9:00-10:00 PM	"Hildy" For Time: 100 Calorie Row 75 Thrusters (75/55#) 75 Wall Balls (20/14#) 100 Calorie Row	"Hildy" Limited Equipment For Time: 1,000 Meter Run 75 DB/Odd Object Thrusters 75 DB/Odd Object Squats 1,000 Meter Run	"Hildy" Bodyweight For Time: 1,000 Meter Run 75 Air Thrusters 75 Jump Squats 1,000 Meter Run
10:00-11:00 PM Beach WOD: Wear sunglasses for the whole workout!	"Dork" 6 Rounds: 60 Double Unders 30 Kettlebell Swings (53/35#) 15 Burpees	"Dork" Limited Equipment 6 Rounds: 60 Double Unders 30 DB/Odd Object Swings 15 Burpees	"Dork" Bodyweight 6 Rounds: 60 Jumping Jacks 30 Glute Bridges 15 Burpees
11:00 PM-12:00 AM	"White" 5 Rounds: 3 Rope Climbs 10 Toes to bar 21 Overhead Walking Lunges (45/25# Plate) 400 Meter Run	"White" Limited Equipment 5 Rounds: 15 DB/Odd Object Rows 10 V-Ups 21 DB/Odd Object Overhead Walking Lunges 400 Meter Run	"White" Bodyweight 5 Rounds: 15 Superman Pulses 10 V-Ups 21 Walking Lunges 400 Meter Run
12:00-1:00 AM Pajama Party: Get comfy cozy and get ready to throw down!	"RJ" 5 Rounds: 800 Meter Run 5 Rope Climbs 50 Push-ups	"RJ" Limited Equipment 5 Rounds: 800 Meter Run 20 DB/Odd Object Rows 50 Push-ups	"RJ" Bodyweight 5 Rounds: 800 Meter Run 25 Tuck Crunches 50 Push-ups
1:00-2:00 AM	"René" 7 rounds for time of: 400m Run 21 Walking Lunges 15 Pull-ups	"René" Limited Equipment 7 rounds for time of: Run 400 meters 21 Walking Lunges 15 Bent Over Rows	"René" Bodyweight 7 rounds for time of: 400m Run 21 Walking Lunges 15 Hollow Rocks

	9 Burpees	9 Burpees	9 Burpees
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2:00-3:00 AM Donut WOD: Stick around for some donuts from PV Donuts post workout!	“McGhee” AMRAP 30 5 Deadlifts (275/185#) 13 Push-ups 9 Box Jumps (24/20”)	“McGhee” Limited Equipment AMRAP 30 10 DB Deadlifts 13 Push-ups 9 DB Lateral Hops (Over and Back)	“McGhee” Bodyweight AMRAP 30 10 Glute Bridges 13 Push-ups 9 Tuck Jumps
3:00-4:00 AM	“Hotshots 19” 6 Rounds: 30 Air Squats 19 Power Cleans (135#/95#) 7 Strict Pull-ups 400 Meter Run	“Hotshots 19” Limited Equipment 6 Rounds: 30 Air Squats 19 DB/Odd Object Power Cleans 7 DB/Odd Object Row 400 Meter Run	“Hotshots 19” Bodyweight 6 Rounds: 30 Air Squats 19 V-Ups/Tuck Crunch 7 Up Downs 400 Meter Run
4:00-5:00 AM	“Weston” 5 rounds: 1,000 Meter Row 200 Meter Farmer Carry (45/25#) 50 Meter DB Waiters Carry, Right arm 50 Meter DB Waiters Carry, Left arm	“Weston” Limited Equipment 5 rounds: 1,000 Meter Run 200 Meter Farmer Carry (45/25#) 50 Meter DB Waiters Carry, Right Arm 50 Meter DB Waiters Carry, Left Arm	“Weston” Bodyweight 5 rounds: 1,000 Meter Run 30 Sit-ups :30 Side Plank Right :30 Side Plank Left
5:00-6:00 AM Moment of Silence: Complete this workout in complete silence. Let’s dig deep to honor our heroes as the sun comes up on Memorial Day.	“The Seven” 7 Rounds: 7 Handstand Push-ups 7 Thrusters (135/95#) 7 Knees to Elbows 7 Deadlifts (245/165#) 7 Burpees 7 Kettlebell Swings (70/53#) 7 Pull-ups	“The Seven” Limited Equipment 7 Rounds: 7 Pike Push-ups/Push-ups 7 DB/Odd Object Thrusters 7 Tuck Crunches 7 DB/Odd Object Deadlifts 7 Burpees 7 DB/Odd Object Swings 7 DB/Odd Object Rows	“The Seven” Bodyweight 7 Rounds: 7 Pike Push-ups/Push-ups 7 Air Thrusters 7 Tuck Crunches 7 Air Deadlifts 7 Burpees 7 Glute Bridges 7 Shoulder Taps (per side)
6:00-7:00 AM	“Jerry” 1 Mile Run 2,000 Meter Row 1 Mile Run	“Jerry” Limited Equipment 1 Mile Run 3 Rounds: 30 Good Mornings 30 DB/Odd Object Rows 30 Air Squats Then... 1 Mile Run	“Jerry” Bodyweight 1 Mile Run 3 Rounds: 30 Good Mornings 30 Sit-ups 30 Air Squats Then... 1 Mile Run
7:00-8:00 AM	“Dae Han” 3 Rounds: 800 Meter Run (45#/25# Plate)	“Dae Han” Limited Equipment 3 Rounds: 800 Meter Run (45#/25# Plate)	“Dae Han” Bodyweight 3 Rounds: 800 Meter Run

	3 Rope Climbs 12 Thrusters (135/95#)	15 DB/Odd Object Rows 12 Thrusters (135/95#)	9 Walkout to Push-ups 24 Air Thrusters
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8:00-9:00 AM	"Laura" Teams of 2 AMRAP 21 30 Calorie Row 20 Burpees Over Rower 10 Power Cleans (155/105#)	"Laura" Limited Equipment Teams of 2 AMRAP 21 500 Meter Run 20 Burpees Over DB/Odd Object 10 DB/Odd Object Power Cleans	"Laura" Bodyweight Teams of 2 AMRAP 21 500 Meter Run 20 Burpees 20 Glute Bridges
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9:00-10:00 AM Post Murph Cookout: Stick around for some burgers and hot dogs post workout!	"Murph" 1 Mile Run 100 Pull-ups 200 Push-ups 300 Air Squats 1 Mile Run *Wear a vest if you have one.	"Murph" Limited Equipment 1 Mile Run 100 DB/Odd Object Rows 200 Push-ups 300 Air Squats 1 Mile Run	"Murph" Bodyweight 1 Mile Run 100 Sit-ups 200 Push-ups 300 Air Squats 1 Mile Run
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