

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
3:00-4:00 PM Hard Rock WOD: Rock out while you work out to some	"Monti" 5 Rounds: 50 Box Step-ups (24/20") 15 Cleans (135#/95#) 50 Box Step-ups	"Monti" Limited Equipment 5 Rounds: 50 Box Step-ups (24/20") 15 DB/Odd Object Cleans 50 Box Step-ups	"Monti" Bodyweight 5 Rounds 50 Reverse Lunges 15 Leg Raises

Guns N Roses, one of Jared Monti's favorite bands to listen to during his workouts.	10 Snatches (135#/95#)	10 DB Snatches/Odd Object Ground to Overhead	50 Reverse Lunges 10 Up Downs
4:00-5:00 PM	"Luke" 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	"Luke" Limited Equipment 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	"Luke" Bodyweight 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
5:00-6:00 PM	"Scooter" 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#)	"Scooter" Limited Equipment 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	"Scooter" Bodyweight For Time: 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run 20 Tuck Jumps 400 Meter Run
6:00-7:00 PM Sports WOD: Dress to represent your favorite sports team!	"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
7:00-8:00 PM	"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
8:00-9:00 PM Happy Hour WOD: Grab a drink (beer,	"Heidi" AMRAP 23 23 Air Squats	"Heidi" Limited Equipment AMRAP 23 23 Air Squats	"Heidi" Bodyweight AMRAP 23 23 Air Squats

wine, water, protein shake and hang out post workout!	23 Push-Ups 23 Kettlebell Swings (53/35#) 23 Jumping Lunges 23 Sit-Ups 23 Box Jumps (24/20")	23 Push-Ups 23 DB/Odd Object Swings 23 Jumping Lunges 23 Sit-Ups 23 Tuck Jumps	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!	"Tarentino" (45 Min Cap) 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#)	"Tarentino" Limited Equipment 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	"Tarentino" Bodyweight Teams of 2 2,000 Meter Run 50 Toe Touch Jumps 2,000 Meter Run 100 Burpees 2,000 Meter Run 150 Air Thrusters
1:00-2:00 AM	"René" 7 rounds for time of: 400m Run 21 Walking Lunges 15 Pull-ups 9 Burpees	"René" Limited Equipment 7 rounds for time of: Run 400 meters 21 Walking Lunges 15 Bent Over Rows 9 Burpees	"René" Bodyweight 7 rounds for time of: 400m Run 21 Walking Lunges 15 Hollow Rocks 9 Burpees
2:00-3:00 AM Donut WOD: Stick around for some donuts from	"McGhee" AMRAP 30 5 Deadlifts (275/185#) 13 Push-ups	"McGhee" Limited Equipment AMRAP 30 10 DB Deadlifts 13 Push-ups	"McGhee" Bodyweight AMRAP 30 10 Glute Bridges 13 Push-ups

PV Donuts post workout!	9 Box Jumps (24/20")	9 DB Lateral Hops (Over and Back)	9 Tuck Jumps
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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) 3 Rope Climbs 12 Thrusters (135/95#)	"Dae Han" Limited Equipment 3 Rounds: 800 Meter Run (45#/25# Plate) 15 DB/Odd Object Rows 12 Thrusters (135/95#)	"Dae Han" Bodyweight 3 Rounds: 800 Meter Run 9 Walkout to Push-ups 24 Air Thrusters
8:00-9:00 AM	"Laura"	"Laura" Limited Equipment	"Laura" Bodyweight

	Teams of 2 AMRAP 21 30 Calorie Row 20 Burpees Over Rower 10 Power Cleans (155/105#)	Teams of 2 AMRAP 21 500 Meter Run 20 Burpees Over DB/Odd Object 10 DB/Odd Object Power Cleans	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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