

Wodvember 2019

1st November – ADAM

5 Rounds for Time
7 Chest-to-Bar Pull-Ups
14 Kettlebell Swings (32/24kg)
21 Wall Ball Shots (9/6 kg)

2nd November – CHARLIE

For Time
100 Burpee Pull-Ups
100 Double-Unders

3rd November – DRAGON

For Time
5k Run
4 minutes to find 4 rep max Deadlift
5k Run
4 minutes to find 4 rep max Push Jerk

4th November – EVANS

For Time
100 Push-Ups
100 Kettlebell Swings (24/16kg)
100 Toes-to-Bars
100 ft Rope Climbs (accumulate over multiple ascents)

5th November - GERALD ATTWOOD

AMRAP in 10 minutes
1 Clean
2 Front Squats
1 Shoulder-to-Overhead

Workout weight is 70% of your 1 Rep Max Front Squat

6th November – HOLLYWOOD

For Time
2 km Run
22 Wall Ball Shots (30/20 lb)
22 Muscle-Ups
22 Wall Ball Shots (30/20 lb)
22 Power Cleans (185/135 lb)
22 Wall Ball Shots (30/20 lb)
2 km Run

7th November – RANDY

75 Power Snatches 35/20kg

8th November – MARCONI

For Time (with a Partner)
2,382 meter Row

Then, 20 Rounds of:
11 Toes-to-Bars
20 Air Squats
16 Kettlebell Swings 24/16kg

9th November – MICHAEL

3 Rounds For Time
800 meter Run
50 Back Extensions
50 Sit-Ups

10th November – DICKO

3 Rounds for Time
29 Push-Ups
6 Hang Power Cleans (50/35 kg)
29 AbMat Sit-Ups
6 Push Presses (50/35 kg)
29 Pull-Ups
6 Overhead Squats (50/35 kg)
29 Kettlebell Swings (24/16 kg)

11th November – JOSEVA

15-12-9 Reps for Time
Bench Presses (bodyweight)
Deadlifts (bodyweight)
Power Cleans (bodyweight)

12th November - 21 GUNS

AMRAP in 21 minutes
400 meter Run
21 Push-Ups
21 Box Jumps (24/20 in)
15 Burpees
9 Pull-Ups

13th November - OZ/OLAF

For Time
100 Squat Clean Thrusters (40/20 kg)

14th November – BAZ

AMRAP in 30 minutes
30 Double-Unders
8 Squat Cleans 75/50kg
11 Hand Release Push-Ups

15th November - SGT BARROS

AMRAP in 12 minutes
12 Wall Ball Shots (10/6 kg)
12 Kettlebell Swings (20/16 kg)
12 Kettlebell Snatches (20/16 kg)
100 meter Sprint

16th November – SEVERIN

For Time
50 Strict Pull-Ups
100 Hand-Release Push-Ups
5k Run
Wear a weight vest (20/14 lb)

17th November – JERRY

For Time
1 mile Run
2,000 meter Row
1 mile Run

18th November – TIMOTHY WELTY

AMRAP in 20 minutes
1 Power Clean (90% BW)
3 Front Squats (90% BW)
3 Push Press (90% BW)
1 Clean-and-Jerk (90% BW)
1 minute Rest

19th November - ZACHARY TELLIER

For Time
10 Burpees

10 Burpees
25 Push-Ups

10 Burpees
25 Push-Ups
50 Lunges

10 Burpees
25 Push-Ups
50 Lunges
100 Sit-Ups

10 Burpees
25 Push-Ups
50 Lunges
100 Sit-Ups
150 Air Squats

20th November – NED

7 Rounds for Time
11 Back Squats(BW)
1,000 meter row

21st November – ABBATE

For Time
1 mile Run
21 Clean-and-Jerks (70/50 kg)
800 Meter Run
21 Clean-and-Jerks (70/50 kg)
1 mile Run

22nd November – NATE

AMRAP in 20 minutes
2 Muscle-Ups
4 Handstand Push-Ups
8 Kettlebell Swings (24/16 kg)

23rd November – GUNNY

For Time
1 mile Weighted Run
50 Push-Ups
50 Sit-Ups
1 mile Weighted Run
50 Push-Ups
50 Sit-Ups
1 mile Weighted Run

Wear a weight vest, body armor, loaded pack or whatever is needed to load yourself with 50 lb. for the runs

24th November - B-1

3 Rounds for Time
400 meter Run
21 Kettlebell Swings (24/16 kg)
15 Knees-to-Elbows
9 Ring Dips

25th November – JOSIE

For Time
1 mile Run

Then, 3 rounds of:
30 Burpees
4 Power Cleans (70/50 kg)
6 Front Squats (70/50kg)

Then, 1 mile Run

Wear a Weight Vest (20/14lb)

26th November – TYLER

5 Rounds For Time
7 Muscle-Ups
21 Sumo-Deadlift High-Pulls (42.5/30kg)

27th November - DENNIS CAREY

20 Rounds
1 Strict Press
1 Push Press
1 Push Jerk

Use 80% of 1-Rep Max Strict Press

Rest 30 seconds between rounds.

28th November – JAMIE

For Time
1000 meter Row
30 Pull-Ups
30 Thrusters (40/30 kg)
1000 meter Run

29th November – DORK

6 Rounds for Time
60 Double-Unders
30 Kettlebell Swings (24/16kg)
15 Burpees

30th November – MURPH

For Time
1 mile Run
100 Pull-ups
200 Push-ups
300 Air Squats
1 mile Run

All with a Weight Vest (20/14 lb)

