**October 10th Morning practice**

8x

1 minute stations

(station 1) Run 100 m & 10 push ups

(station 2) 10 sit ups & 10 lunges

(station 3) 10 squats

**October 11th 4th period**

30 pull ups/toes to bar, 10 burpees, 3 deadlifts

20 pull ups/toes to bar, 10 burpees, 2 dead lifts

10 pull ups/toes to bar, 10 burpees, 1 dead lift

**October 12th Morning practice**

50-40-30-20-10

Jump ropes & sit ups

**October 13th 4th period**

400 m lunge

**October 14th Morning practice**

1 deadlift every minute for 17 minutes

5 @ 60% max

--1 minute rest--

5 @ 70% max

-- 1 minute rest--

5 @ 80% max

2x

6 muscle ups

9 over head squats

9 toes to bar

6 thrusters