**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