

★ 24 HEROES. 24 WORKOUTS. 24 HOURS. ★

***KILL CLIFF***<sup>®</sup>

# TEAMWORK



28 June – 4 July 2018

***BENEFITING THE***  
**NAVY SEAL FOUNDATION**

# GUIDELINES

- Gym owners register for your gym to participate at <https://www.crowdrise.com/teamwork2018> and choose any 24-hour period between 28 June and 4 July 2018 to host the event. Then tell your members to register as participants at the same site listed above and choose your gym as their team.
- All participants will receive a free Kill Cliff TEAMWORK tee/tank simply for registering and committing to raise some amount of funds for the Navy SEAL Foundation. Any amount is greatly appreciated.
- Execution details for each workout are provided on the following pages as suggestions. Modify and scale as needed based on ability of participants and equipment available. All workouts are to be performed in groups of 2 or 3. No individual efforts.
- Remember this is not a competition and there is no leaderboard. The goal of this event is to work together as teams and as a community inside your gym, while raising money for the Navy SEAL Foundation. Stress teamwork and having fun while honoring the sacrifices of our nation's warriors.
- Please perform the workouts in the designated order. Participants are encouraged to perform 1-3 workouts over the course of the 24 hours, but under no circumstances should anyone attempt to do them all.
- At the top of every hour a designated coach, or MC should brief the workout in its entirety. This includes the workout name, the format of the workout, the movements, and how the runs, rows, carries, and repetitions are designated to be completed between the teammates. We recommend a standard 5-minute warm up for all workouts followed by 5-10 minutes for movement specific prep. Athletes should be warming up beforehand during previous workout if space allows.
- All workouts should be able to be completed in the team fashion within 35 and 40 minutes allowing a few minutes before the top of the hour to cool down, socialize, and clean up equipment for the next workout.
- Please ensure adequate staffing throughout the event. We also highly recommend that you place chem lights or glow sticks along any running paths that will be used at night and ensure proper hydration and food is available for all athletes attending.
- Please wear your TEAMWORK shirt for the event, take pictures, and post on social media using #teamwork2018.



# WORKOUT ORDER

#	NAME	DATE	TIME	#	NAME	DATE	TIME
1	GLEN			13	BLAKE		
2	TUMILSON			14	BADGER		
3	MR. JOSHUA			15	ADAM BROWN		
4	FAAS FIT			16	GALLANT		
5	CHUCK HEAVY			17	BRIAN		
6	JT			18	SPEHAR		
7	TOMMY V			19	MICHAEL		
8	FEEKS			20	KEVIN		
9	THE JUICY			21	COLLIN		
10	STRANGE			22	DIETZ		
11	JOB'S CHALLENGE			23	NATE		
12	JASON			24	MARSTON		

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# WORKOUT 1 - GLEN

## Details

- 30 Clean & Jerks (135/95)
- 1 Mile Run
- 10 Rope Climbs
- 1 Mile Run
- 100 Burpees

## Execution

- One person working at a time
- Partition reps as needed
- Partition runs into 200m intervals

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# WORKOUT 2 - TUMILSON

## Details

- 8 Rounds
  - 200m Run
  - 11 DB Burpee Deadlifts (2 x 60/40)

## Execution

- One person working at a time
- Switch after every round

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# WORKOUT 3 - MR. JOSHUA

## Details

- 5 Rounds
  - 400m Run
  - 30 GHD Sit Ups
  - 15 Deadlifts (250/165)

## Execution

- One person working at a time
- Partition reps as needed
- Partition runs into 200m intervals

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# WORKOUT 4 - FAAS FIT

## Details

- 3 Rounds
  - 10 Deadlifts (315/205)
  - 20 Pull Ups
  - 30 KB Snatches (53/35)

## Execution

- One person working at a time
- Partition reps as needed



# WORKOUT 5 - CHUCK HEAVY

## Details

- 1600m Row
- 100 Push Ups
- 1 Mile Run
- 100 Thrusters (45/35)
- 1600m Row

## Execution

- One person working at a time
- Partition reps as needed
- Partition run into 200m intervals

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# WORKOUT 6 - JT

## Details

- 21-15-9
  - Handstand Push Ups
  - Ring Dips
  - Push Ups

## Execution

- One person working at a time
- Partition reps as needed

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# WORKOUT 7 - TOMMY V

## Details

- 21 Thrusters (115/75)
- 12 Rope Climbs
- 15 Thrusters (115/75)
- 9 Rope Climbs
- 9 Thrusters (115/75)
- 6 Rope Climbs

## Execution

- One person working at a time
- Partition reps as needed

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# WORKOUT 8 - FEEKS

## Details

- 2 x 100m Shuttle, 2 Clusters (2 x 65/45)
- 4 x 100m Shuttle, 4 Clusters (2 x 65/45)
- 6 x 100m Shuttle, 6 Clusters (2 x 65/45)
- 8 x 100m Shuttle, 8 Clusters (2 x 65/45)
- 10 x 100m Shuttle, 10 Clusters (2 x 65/45)
- 12 x 100m Shuttle, 12 Clusters (2 x 65/45)
- 14 x 100m Shuttle, 14 Clusters (2 x 65/45)
- 16 x 100m Shuttle, 16 Clusters (2 x 65/45)

## Execution

- One person working at a time
- Partition reps as needed, clusters are DB squat clean thrusters
- Partition runs into 100m shuttles (50m out, 50m back)

# WORKOUT 9 - THE JUICY

## Details

- 10 Clean & Jerks
- 400m Barbell Carry
- 10 Clean & Jerks
- 400m Sled Pull
- 10 Clean & Jerks
- 400m Sled Push

## Execution

- One person working at a time for reps
- Partition reps as needed
- Barbell and sleds are prescribed loaded with the average body weight of the team
- Full team carries the barbell and moves with the sled

# WORKOUT 10 - STRANGE

## Details

- 8 Rounds
  - 600m Run
  - 11 KB Pull Ups (53/35)
  - 11 KB Walking Lunges (2 x 53/35)
  - 11 KB Thrusters (53/35)

## Execution

- One person working at a time
- Partition reps as needed
- Partition runs into 200m intervals

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# WORKOUT 11 - JOB'S CHALLENGE

## Details

- 3 Rounds
  - 20 Burpees
  - 15 Pull Ups
  - 60 Jumping Lunges
  - 25 Push Ups
  - 1000m Row

## Execution

- One person working at a time
- Partition reps and row as needed

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# WORKOUT 12 - JASON

## Details

- 100 Squats
- 5 Ring Muscle Ups
- 75 Squats
- 10 Ring Muscle Ups
- 50 Squats
- 15 Ring Muscle Ups
- 25 Squats
- 20 Ring Muscle Ups

## Execution

- One person working at a time
- Partition reps as needed

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# WORKOUT 13 - BLAKE

## Details

- 4 Rounds
  - 100ft Overhead Walking Lunge w/ Plate (45/25)
  - 30 Box Jumps (24/20)
  - 20 Wall Balls (20/14)
  - 10 Handstand Push Ups

## Execution

- One person working at a time
- Partition reps as needed





# WORKOUT 14 - BADGER

## Details

- 3 Rounds
  - 30 Squat Cleans (95/65)
  - 30 Pull Ups
  - 800m Run

## Execution

- One person working at a time
- Partition reps as needed
- Partition runs into 200m intervals



# WORKOUT 15 - ADAM BROWN

## Details

- 2 Rounds
  - 24 Deadlifts (295/195)
  - 24 Box Jumps (24/20)
  - 24 Wall Balls (20/14)
  - 24 Bench Press (195/125)
  - 24 Box Jumps (24/20)
  - 24 Wall Balls (20/14)
  - 24 Power Cleans (145/100)

## Execution

- One person working at a time
- Partition reps as needed
- Each team needs 3 different barbells

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# WORKOUT 16 - GALLANT

## Details

- 1 Mile Run w/ Med Ball (20/14)
- 60 Burpee Pull Ups
- 800m Run w/ Med Ball (20/14)
- 30 Burpee Pull Ups
- 400m Run w/ Med Ball (20/14)
- 15 Burpee Pull Ups

## Execution

- One person working at a time for reps
- Partition reps as needed
- Full team moves with med ball, passing it off as needed

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# WORKOUT 17 - BRIAN

## Details

- 3 Rounds
  - 5 Rope Climbs
  - 25 Back Squats (185/135)

## Execution

- One person working at a time
- Partition reps as needed

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# WORKOUT 18 - SPEHAR

## Details

- 100 Thrusters (135/95)
- 100 Chest to Bar Pull Ups
- 6 Mile Run

## Execution

- One person working at a time for reps
- Partition reps as needed
- Full team runs 2 or 3 miles together for a total of 6 miles (2 miles x 3 people = 6 miles)

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# WORKOUT 19 - MICHAEL

## Details

- 3 Rounds
  - 800m Run
  - 50 Hip Extensions
  - 50 Abmat Sit Ups

## Execution

- One person working at a time
- Partition reps as needed
- Partition runs into 200m intervals

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# WORKOUT 20 - KEVIN

## Details

- 3 Rounds
  - 32 Deadlifts (185/135)
  - 32 Hanging Hip Touches
  - 800m DB Farmers Carry (2 x 15/10)

## Execution

- One person working at a time
- “Hanging hip touches” means hanging from a pull up bar by one arm and alternating arms while touching your hip with the other
- Team moves together on the farmers carry, passing off DBs as needed

# WORKOUT 21 - COLLIN

## Details

- 6 Rounds
  - 400m Sandbag/Plate Run (25-50)
  - 12 Push Presses (115/75)
  - 12 Box Jumps (24/20)
  - 12 Sumo Deadlift High Pulls (95/65)

## Execution

- One person working at a time for reps
- Partition reps as needed
- Team moves together w/ sandbag or plate, passing it off as needed



# WORKOUT 22 - DIETZ

## Details

- 10 Rounds
  - 200m Run
  - 5 Pull Ups
  - 10 KBS (53/35)
  - 15 Push Ups

## Execution

- One person working at a time
- Switch after every round

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# WORKOUT 23 - NATE

## Details

- AMRAP 20
  - 2 Ring Muscle Ups
  - 4 Handstand Push Ups
  - 8 KBS (70/53)

## Execution

- One person working at a time
- Switch after every round

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# WORKOUT 24 - MARSTON

## Details

- AMRAP 20
  - 1 Deadlift (405/285)
  - 10 Toes To Bar
  - 15 Barbell Facing Burpees

## Execution

- One person working at a time for toes to bar and barbell facing burpees
- Partition reps as needed
- Complete deadlifts as partner lifts.

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