

**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 chemlights 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 TIMELINE**

<b>#</b>	<b>Workout</b>	<b>Date</b>	<b>Time</b>
1	Glen		
2	Tumilson		
3	Mr. Joshua		
4	Faas Fit		
5	Chuck Heavy		
6	JT		
7	Tommy V		
8	Feeks		
9	The Juicy		
10	Strange		
11	Job's Challenge		
12	Jason		
13	Blake		
14	Badger		
15	Adam Brown		
16	Gallant		
17	Brian		
18	Spehar		
19	Michael		
20	Kevin		
21	Collin		
22	Dietz		
23	Nate		
24	Marston		

## **WORKOUT DETAILS**

### **Workout 1 - Glen**

30 Clean & Jerks (135/95)

1 Mile Run

10 Rope Climbs

1 Mile Run

100 Burpees

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

### **Workout 2 - Tumilson**

8 Rounds

200m Run

11 DB Burpee Deadlifts (2 x 60/40)

*One person working at a time. Switch after every round.*

### **Workout 3 - Mr. Joshua**

5 Rounds

400m Run

30 GHD Sit Ups

15 Deadlifts (250/165)

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

### **Workout 4 - Faas Fit**

3 Rounds

10 Deadlifts (315/205)

20 Pull Ups

30 KB Snatches (53/35)

*One person working at a time. Partition reps as needed.*

### **Workout 5 - Chuck Heavy**

1600m Row

100 Push Ups

1 Mile Run

100 Thrusters (45/35)

1600m Row

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

### **Workout 6 - JT**

21-15-9

Handstand Push Ups

Ring Dips

Push Ups

*One person working at a time. Partition reps as needed.*

### **Workout 7 - Tommy V**

21 Thrusters (115/75)

12 Rope Climbs

15 Thrusters (115/75)

9 Rope Climbs

9 Thrusters (115/75)

6 Rope Climbs

*One person working at a time. Partition reps as needed.*

### **Workout 8 - Feeks**

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)

*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**

10 Clean & Jerks

400m Barbell Carry

10 Clean & Jerks

400m Sled Pull

10 Clean & Jerks

400m Sled Push

*One person working at a time. Partition reps as needed. Barbells 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**

8 Rounds

600m Run

11 KB Pull Ups (53/35)

11 KB Walking Lunges (2 x 53/35)

11 KB Thrusters (53/35)

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

### **Workout #11 - Job's Challenge**

3 Rounds

20 Burpees

15 Pull Ups

60 Jumping Lunges

25 Push Ups

1000m Row

*One person working at a time. Partition reps as needed.*

### **Workout 12 - Jason**

100 Squats, 5 Ring Muscle Ups

75 Squats, 10 Ring Muscle Ups

50 Squats, 15 Ring Muscle Ups

25 Squats, 20 Ring Muscle Ups

*One person working at a time. Partition reps as needed.*

### **Workout 13 - Blake**

#### 4 Rounds

100ft Overhead Walking Lunge w/ Plate (45/35)

30 Box Jumps (24/20)

20 Wall Balls (20/14)

10 Handstand Push Ups

*One person working at a time. Partition reps as needed.*

### **Workout 14 - Badger**

#### 3 Rounds

30 Squat Cleans (95/65)

30 Pull Ups

800m Run

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

### **Workout 15 - Adam Brown**

#### 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)

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

**Workout 16 - Gallant**

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

*One person working at a time for reps. Partition reps as needed. Full team moves w/ med ball, passing it off as needed.*

**Workout 17 - Brian**

3 Rounds

5 Rope Climbs  
25 Back Squats (185/135)

*One person working at a time. Partition reps as needed.*

**Workout 18 - Spehar**

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

*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).*

**Workout 19 - Michael**

3 Rounds

800m Run  
50 Hip Extensions  
50 Abmat Sit Ups



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

### **Workout 20 - Kevin**

3 Rounds

32 Deadlifts (185/135)

32 Hanging Hip Touches

800m DBI Farmers Carry (2 x 15/10)

*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**

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)

*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**

10 Rounds

200m Run

5 Pull Ups

10 KBS (53/35)

15 Push Ups

*One person working at a time. Switch after every round.*

### **Workout 23 - Nate**

AMRAP 20

2 Ring Muscle Ups

4 Handstand Push Ups

8 KBS (70/53)

*One person working at a time. Switch after every round.*

**Workout 24 - Marston**

AMRAP 20

1 Deadlift (405/285)

10 Toes to Bar

15 Barbell Facing Burpees

*One person working at a time for toes to bar and barbell facing burpees.*

*Partition reps as needed. Complete deadlifts as partner lifts.*