This Saturday, join CrossFit Unknown in celebrating and honoring those who have given their lives in the line of duty. From 1:00pm on Friday to 1:00pm on Saturday, every hour on the hour, we will be completing a Hero workout. All of these fallen heroes were part of something bigger than just themselves. For that reason, each Hero workout we conduct over the course of this 24-challenge will be in teams of 3.

We have taken each workout and built appropriate team variations of each so that **\*all\*** can participate, regardless of ability level. Just like in class, we will have modifications for all athletes. Our biggest goal here is participation, and to create an environment so that all levels can do so. Whether you’d be able to join us for a single workout, or for a handful (or more), we would absolutely love to see you here.

This is also an effort to raise funds for the Utah 1033 foundation, with all proceeds going to so.

For each $10 workout you complete, you’ll receive (2) raffle tickets. If you’d like to donate, but aren’t able to participate, we would still love that and each $10 donation receives (1) raffle ticket. We will have a raffle on Saturday at the conclusion of the event.

Our goals are truly as follows:

1. Create a fun, exciting, but safe overnight challenge supervised by the CrossFit Unknown coaching staff.

2. Create team variations (and modifications) to allow every ability to participate. All levels are encouraged, and CrossFit Unknown coaches will be here throughout the night to help tailor the workout to you.

3. Honor the fallen Heroes. All proceeds will be donated to the Utah 1033 Foundation, and we are excited to raise anything we can.

For each workout below, we will brief at the top of the hour the specific details of the event. Following, on their own, teams will have (10) minutes to warm their movements and set up their equipment. At 10 past on each hour, we will start the workout with the intention on each workout being completed by the 45 minute mark of the hour.

**\*\*\* Important \*\*\***

If you would like to participate in any of the overnight portion (6pm-6am), we are requiring a headlamp (or flashlight) for the running routes for safety reasons.

Do plan on bringing plenty of clothes to change into, and sustainment for the night. We can’t wait!

Also please plan on bringing food that is easy digestible (baby food, fruit, etc) and plenty of beverages as well.

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| **Friday 1:00pm – Workout #1**  “Bert”  Teams of 3  For time:  50 Burpees  400m Run (100m run, alternating)  100 Pushups  400m Run (100m run, alternating)  150 Walking Lunge Step  400m Run (100m run, alternating)  200 Air Squats  400m Run (100m run, alternating)  150 Walking Lunge Step  400m Run (100m run, alternating)  100 Pushups  400m Run (100m run, alternating)  50 Burpees  \*All reps are team totals  SCALING OPTIONS  Pushup: Hands on box/rings | **Friday 2:00pm – Workout #2**  “D.T”  Teams of 3  15 Min AMRAP:  12 Deadlift 155/105  9 Hang Power Clean  6 Push Jerk  \*Alternate rounds with partners  SCALING OPTIONS  Barbell: (135/95), (115/75), (95/65) | **Friday 3:00pm – Workout #3**  “Wilmot”  Teams of 3  6 rounds for time:  50 Air Squat  25 Ring Dip  \*All reps are team totals  SCALING OPTIONS  Ring Dip: Feet on box, Parallete |
| **Friday 4:00pm – Workout #4**  “Abbate”  Teams of 3  For time:  1 Mile Run (200m run alternating)  21 Clean and Jerk 155/105 (team total)  800m Run (200m run alternating)  21 Clean and Jerk (team total)  1 Mile Run (200m run alternating)  SCALING OPTIONS  Barbell: (135/95), (115/75), (95/65) | **Friday 5:00pm – Workout #5**  “Murph”  Teams of 3  For time:  1 Mile Run (together)  20 Rounds:  -5 Pull-ups  -10 Pushups  -15 Air Squats  1 Mile Run (together)  \*Alternate rounds with partners on pullup, pushup, squat  SCALING OPTIONS  Pullup- Banded, Ring Row  Pushup- Hands on Box/Rings | **Friday 6:00pm – Workout #6**  “Michael”  Teams of 3  3 rounds for time:  800m Run (200m run, alternating)  50 Deadlift 155/105 (team total)  50 Abmat Sit-ups (team total)  SCALING OPTIONS  Barbell: (135/95), (115/75) |
| **Friday 7:00pm – Workout #7**   “Nate”   Teams of 3   20 Min AMRAP:  2 Bar Muscle up  4 Handstand Pushups  8 Kettlebell Swings (70/53)  \*Teammates alternate full rounds  SCALING OPTIONS  BMU- 2 Burpee CTB Pull-Ups (2 burpee + 2 pullup for bands or jumping c2b)  HSPU- Box HSPU | **Friday 8:00pm – Workout #8**    “Jerry”  Teams of 3  For time:  1 Mile run (100m run, alternating)  2000m Row (200m row, alternating)  1 Mile run (100m run, alternating) | **Friday 9:00pm – Workout #9**  “Viola”  Teams of 3  20 Min AMRAP:  400m Run (100m run, alternating  20 Power Snatch 95/65 (team total)  30 Pull-up (team total)  40 Power Clean (team total)  SCALING OPTIONS  Barbell: (75/55), (65/45)  Pullup: Banded, Ring Row |
| **Friday 10:00pm – Workout #10**  “Jack”  Teams of 3  20 Min AMRAP:  10 Push press 115/75  10 Kettlebell Swings 53/35  10 Box jump 24/20  \*Alternate rounds with partners  SCALING OPTIONS  Barbell- (95/65), (75/55), (65/45)  KBS- (35/26) | **Friday 11:00pm – Workout #11**  “Luce”  Teams of 3  3 rounds for time:  1000m run (100m run, alternating)  10 Bar muscle ups (team total)  100 air squats (team total)  SCALING OPTIONS  BMU- banded, 2 burpee pullups per MU (20). Can also do 2 burpee + 2 pullup (for those using bands or ring rows, still 20 total) | **Saturday 12:00am – Workout #12**  “Hansen”  Teams of 3  5 rounds for time:  30 Kettlebell Swings 70/53  30 Burpees  30 Toes to Bar  \*All reps are team totals  SCALING OPTIONS  KBS (53/35), (35/26)  T2b: Kick AHAP, knees above hips |
| **Saturday 1:00am – Workout #13**   “Badger”  Teams of 3  3 rounds for time:  30 Squat Cleans 95/65 (team total)  30 Pull-ups (team total)  800 Meter Run (100m run, alternating)  SCALING OPTIONS  Barbell- (75/55), (65/45)  Pullup- Banded, Jumping | **Saturday 2:00am – Workout #14**  “Bradshaw”  Teams of 3  15 Min AMRAP:  3 Handstand Pushup  6 Deadlift 225/155  12 Pull-up  24 Double Unders  \*Alternate rounds with partners  SCALING OPTIONS  HSPU: Box HSPU  Barbell: (185/125), (155/105), (135/95)  Pullup: Banded, Ring Row  Dubs: 50 singles | **Saturday 3:00am – Workout #15**  “Rahoi”  Teams of 3  12 Min AMRAP:  12 Box jump 24/20  6 Thruster 95/65  6 Burpee over bar  \*Alternate rounds with partners  SCALING OPTIONS  Barbell- (75/55), (65/45) |
| **Saturday 4:00am – Workout #16**  “Maupin”  Teams of 3  4 rounds for time:  800m Run (100m run, alternating)  49 Pushups (team total)  49 Abmat Sit-ups (team total)  49 Air Squats (team total)  SCALING OPTIONS  Pushup: Hands on rings/box | **Saturday 5:00am – Workout #17**  “Danny”  Teams of 3  20 Min AMRAP:  30 Box Jump 24/20  20 Push Press 115/75  30 Pull-ups  \*All reps are team totals  SCALING OPTIONS  Pullup: Banded, Ring Row  Barbell: (95/65), (75/55) | **Saturday 6:00am – Workout #18**  “Riley”  Teams of 3  For time:  1.5 Mile Run (200m run, alternating)  150 Burpees (team total)  1.5 Mile Run (200m run, alternating) |
| **Saturday 7:00am – Workout #19**  “Wes”  Teams of 3  For total time:  800m Run with 25/15 Plate (run together)  14 rounds:  5 Strict Pull-ups  4 Burpee Box Jump 24/20  3 Power Clean 185/120  800m Run with 25/15 Plate (run together)  \*\*Alternate rounds on triplet (pullup, bbj, pwr clean). Teams run together with plate, handing off as they see fit  SCALING OPTIONS  Pullup: Banded, Ring Row  Barbell: (155/105), (135/95), (115/75) | **Saturday 8:00am – Workout #20**  “Loredo”  Teams of 3  6 rounds for time:  24 Air Squats  24 Pushups  24 Walking Lunge Steps  400m Run  \*Alternate rounds with partners  SCALING OPTIONS  Pushups- Hands on box/rings | **Saturday 9:00am – Workout #21**  “Jennifer”  Teams of 3  26 Min AMRAP:  10 Pull-ups  15 Kettlebell Swings 53/35  20 Box Jump 24/20  \*Alternate rounds with partners  SCALING OPTIONS  Pullup: Banded, Ring Row  KBS: (35/26) |
| **Saturday 10:00am – Workout #22**  “Havana”  Teams of 3  25 Min AMRAP:  150 Double Unders  50 Pushups  15 Power Clean 185/125  \*All reps are team totals  SCALING OPTIONS  Dubs: 300 Singles  Pushups; Hands on box/rings  Barbell: (155/105), (135/95), (115/75) | **Saturday 11:00am – Workout #23**  “Dork”  Teams of 3  6 rounds for time:  60 Double Unders  30 Kettlebell Swings 53/35  15 Burpees  \*Alternate rounds with partner  SCALING OPTIONS  KBS: (35/26)  Dubs: 120 Singles | **Saturday 12:00pm – Workout #24**  “Bradley”  Teams of 3  15 Min AMRAP:  100m Run  10 Pull-ups  100m Run  10 Burpees  \*Alternate rounds with partners  SCALING OPTIONS  Pullup: band, ring row |