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 3For time:50 Burpees400m Run (100m run, alternating)100 Pushups400m Run (100m run, alternating)150 Walking Lunge Step400m Run (100m run, alternating)200 Air Squats400m Run (100m run, alternating)150 Walking Lunge Step400m Run (100m run, alternating)100 Pushups400m Run (100m run, alternating)50 Burpees\*All reps are team totalsSCALING OPTIONSPushup: Hands on box/rings | **Friday 2:00pm – Workout #2**“D.T”Teams of 315 Min AMRAP:12 Deadlift 155/1059 Hang Power Clean6 Push Jerk\*Alternate rounds with partnersSCALING OPTIONSBarbell: (135/95), (115/75), (95/65) | **Friday 3:00pm – Workout #3**“Wilmot”Teams of 36 rounds for time:50 Air Squat25 Ring Dip\*All reps are team totalsSCALING OPTIONSRing Dip: Feet on box, Parallete |
| **Friday 4:00pm – Workout #4**“Abbate”Teams of 3For 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 OPTIONSBarbell: (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 Squats1 Mile Run (together)\*Alternate rounds with partners on pullup, pushup, squatSCALING OPTIONSPullup- Banded, Ring RowPushup- Hands on Box/Rings | **Friday 6:00pm – Workout #6**“Michael”Teams of 33 rounds for time:800m Run (200m run, alternating)50 Deadlift 155/105 (team total)50 Abmat Sit-ups (team total)SCALING OPTIONSBarbell: (135/95), (115/75) |
| **Friday 7:00pm – Workout #7** “Nate” Teams of 3 20 Min AMRAP:2 Bar Muscle up4 Handstand Pushups8 Kettlebell Swings (70/53)\*Teammates alternate full roundsSCALING OPTIONSBMU- 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 3For 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 320 Min AMRAP:400m Run (100m run, alternating20 Power Snatch 95/65 (team total)30 Pull-up (team total)40 Power Clean (team total)SCALING OPTIONSBarbell: (75/55), (65/45)Pullup: Banded, Ring Row |
| **Friday 10:00pm – Workout #10**“Jack”Teams of 320 Min AMRAP:10 Push press 115/7510 Kettlebell Swings 53/3510 Box jump 24/20\*Alternate rounds with partnersSCALING OPTIONSBarbell- (95/65), (75/55), (65/45)KBS- (35/26) | **Friday 11:00pm – Workout #11**“Luce”Teams of 33 rounds for time:1000m run (100m run, alternating)10 Bar muscle ups (team total)100 air squats (team total)SCALING OPTIONSBMU- 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 35 rounds for time:30 Kettlebell Swings 70/5330 Burpees30 Toes to Bar\*All reps are team totalsSCALING OPTIONSKBS (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 OPTIONSBarbell- (75/55), (65/45)Pullup- Banded, Jumping | **Saturday 2:00am – Workout #14**“Bradshaw”Teams of 315 Min AMRAP:3 Handstand Pushup6 Deadlift 225/15512 Pull-up24 Double Unders\*Alternate rounds with partnersSCALING OPTIONSHSPU: Box HSPUBarbell: (185/125), (155/105), (135/95)Pullup: Banded, Ring RowDubs: 50 singles | **Saturday 3:00am – Workout #15**“Rahoi”Teams of 312 Min AMRAP:12 Box jump 24/206 Thruster 95/656 Burpee over bar\*Alternate rounds with partnersSCALING OPTIONSBarbell- (75/55), (65/45) |
| **Saturday 4:00am – Workout #16**“Maupin”Teams of 34 rounds for time:800m Run (100m run, alternating)49 Pushups (team total)49 Abmat Sit-ups (team total)49 Air Squats (team total)SCALING OPTIONSPushup: Hands on rings/box | **Saturday 5:00am – Workout #17**“Danny”Teams of 320 Min AMRAP:30 Box Jump 24/2020 Push Press 115/7530 Pull-ups\*All reps are team totalsSCALING OPTIONSPullup: Banded, Ring RowBarbell: (95/65), (75/55) | **Saturday 6:00am – Workout #18**“Riley”Teams of 3For 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 3For total time:800m Run with 25/15 Plate (run together)14 rounds:5 Strict Pull-ups4 Burpee Box Jump 24/203 Power Clean 185/120800m 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 fitSCALING OPTIONSPullup: Banded, Ring RowBarbell: (155/105), (135/95), (115/75) | **Saturday 8:00am – Workout #20**“Loredo”Teams of 36 rounds for time:24 Air Squats24 Pushups24 Walking Lunge Steps400m Run\*Alternate rounds with partnersSCALING OPTIONSPushups- Hands on box/rings | **Saturday 9:00am – Workout #21**“Jennifer”Teams of 326 Min AMRAP:10 Pull-ups15 Kettlebell Swings 53/3520 Box Jump 24/20\*Alternate rounds with partnersSCALING OPTIONSPullup: Banded, Ring RowKBS: (35/26) |
| **Saturday 10:00am – Workout #22**“Havana”Teams of 325 Min AMRAP:150 Double Unders50 Pushups15 Power Clean 185/125\*All reps are team totalsSCALING OPTIONSDubs: 300 SinglesPushups; Hands on box/ringsBarbell: (155/105), (135/95), (115/75) | **Saturday 11:00am – Workout #23**“Dork”Teams of 36 rounds for time:60 Double Unders30 Kettlebell Swings 53/3515 Burpees\*Alternate rounds with partnerSCALING OPTIONSKBS: (35/26)Dubs: 120 Singles | **Saturday 12:00pm – Workout #24**“Bradley”Teams of 315 Min AMRAP:100m Run10 Pull-ups100m Run10 Burpees\*Alternate rounds with partnersSCALING OPTIONSPullup: band, ring row |