

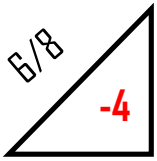
THE RETURN: PAVEMENT WORKOUTS

WELCOME BACK JUNKIES!

THE FIRST 4 WORKOUTS ARE BODYWEIGHT ONLY. WE WILL SLOWLY START INTEGRATING PLATES THROUGH CARRYING TASKS LATER IN THE WEEK.

SCORES ARE TIED WITH THESE WORKOUTS BUT DO NOT BE CONCERNED BY THEM; JUST HAVE FUN AND ENJOY BEING BACK WITH YOUR COMMUNITY!

WITHOUT THE ABILITY TO DO THE WORKOUTS ON THE TURF, WITH ALL THE TASKS IN OUR LIBRARY, THE SLOPE/SCORING WILL BE SIGNIFICANTLY LOWER. IF YOU DON'T WANT A SCORE, NO PROBLEM.



SLOPE

MTN2

- 1.2 1. SUICIDE 2-1-3-1-4-1
- 1-4 2. QUICK FT. (20) + RUN
- 1-6
- 1-8 3. HIGH Xs
- 1-10 4. V-STEP (10) + RUN
- 5. SUE-STEP (20) + RUN
- 6. CROOK
- 7. RIBBITS (10) + RUN
- 8. PUSH UP (10) + RUN
- 9. ROTATING SQUAT
- 10. MONKEY

DOUBLE EXPLOSION

GAUNTLET

EXPLOSIONS 2X

1. F. LUNGE

EXPLOSIONS 2X

2. BEAR

EXPLOSIONS 2X

3. B. LUNGE

EXPLOSIONS 2X

4. YETI

EXPLOSIONS 2X

5. 45°

EXPLOSIONS 2X

6. MONTAUK

EXPLOSIONS 2X

7. WARRIOR LUNGE

EXPLOSIONS 2X

8. SL PUSH UP (10) + RUN

EXPLOSIONS 2X

9. JUNKIE JUMP (8) + RUN

EXPLOSIONS 2X

10. REV GREMLIN

1-12

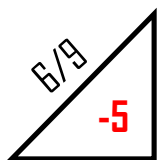
1-12

1-12

1-12

CHECKLIST (4)

- 1. HOT COALS (10) + RUN
- 2. BANDIT (20) + RUN
- 3. TURKEYS
- 4. JIGGY (20) + RUN
- 5. RAMPANT (10) + RUN
- 6. TYSON
- 7. TROG
- 8. MOGUL MADNESS 10
- 9. RAMP UP (8) + RUN
- 10. TOES (20) + RUN
- 11. SQ. JUMP (10) + RUN
- 12. RESURRECTION



SLOPE

1-3
1-6
1-9
1-12

MTN3

1. BUTT KICKS
2. SHUTTLE RUN 3-2-4-2-3-1
3. MOGULS (20) + RUN

4. SUE-STEP (20) + RUN
5. TYSON
6. SQ. JUMP (10) + RUN

7. BANDIT (20) + RUN
8. VIP (10) + RUN
9. BEAR

10. 45°
11. TAUNTAUN
12. FROZEN CROOK8

11,22,33,44,55,66,77,88,99,10,10
1-10

C2 TO CHECKLIST

1. SQUONQ
2. QUICK FT. (20) + RUN
3. PUSH UP (10) + RUN
4. STAMPEDE
5. VEXED (10) + RUN
6. B. LUNGE
7. KOBOLD
8. FLYING MONKEY
9. BONSAI 3-1-4-2-4-1
10. GBD (15) + RUN

6,7
5-8
4-9
3-10
2-11
1-12

EXPANDING

1. PEG LEG (8) + RUN
2. REV BEAR
3. ROTATING SQUAT
4. FROZEN GREMLIN 8
5. CHIMP (8) + RUN
6. MT. CLIMB (20) + RUN
7. TURKEY
8. RAMPANT (10) + RUN
9. HOT COALS (10) + RUN
10. GORGON + PUSH UP (8) + RUN
11. MOWGLI (12) + RUN
12. TARASQ



SLOPE

- 1-3
- 2-4
- 3-5
- 4-6
- 5-7
- 6-8
- 7-9
- 9-10

MESA

1. BONSAI 3-1-4-2-4-1
2. HOT COALS (10) + RUN
3. TYSONS
4. STAMPEDE
5. MT. CLIMB (20) + RUN
6. LYCAN (10) + RUN
7. HANG (10) + RUN
8. F. LUNGE
9. GORGON (8) + RUN
10. ABD PUSH UP (8) + RUN

- 1-4, 5A5A
- 1-4, 5B5B
- 1-4, 5C5C
- 1-4, 5D5D

REPTILIAN2

1. KAMIKAZE 4-3-4-2-4-1-4-1
 2. V-STEP (10) + RUN
 3. SQUANTOES (20) + RUN
 4. SQ. THRUST (10) + RUN
-
- 5A. MONKEY
 - 5B. JUNKIE JUMP (8) + RUN
 - 5C. WARRIOR
 - 5D. JIGGY (20) + RUN

- 1
- 12
- 123
- 1234
- 12345
- 123456

MTN

1. BANDIT (20) + RUN
2. RIBBITS (10) + RUN
3. SCALAWAG
4. PETRA
5. TWO-STEP (20) + RUN
6. REV BULLDOG

- 1-12
- 12-1

U

1. TURKEYS
2. QUICK FT. MADNESS 10
3. RAMPANT (10) + RUN
4. SUICIDE 2-1-3-1-4-1
5. MOGUL (20) + RUN
6. GBD (15) + RUN
7. BUZZARD
8. CROOK
9. BEAR
10. HANG MADNESS 6
11. VEXED (10) + RUN
12. YETI



SLOPE

CHAOS

PERFORM AS A CHECKLIST. DO EACH TASK THE NUMBER OF TIMES INDICATED.

- 2 GALLOW 2-1-4-3-4-1
- 1 STAMPEDE
- 4 HOT COALS (10) + RUN
- 3 ALT SQUONQ
- 3 TURKEYS
- 2 MT. CLIMB (20) + RUN
- 1 SQ. JUMP (10) + RUN
- 4 QUICK FT. (20) + RUN
- 3 SUICIDE 2-1-3-1-4-4
- 2 SPEED SKATES (20) + RUN
- 1 CROOK
- 1 WARRIOR LUNGE
- 2 PUSH UP (10) + RUN
- 3 BONSAI 3-1-4-2-4-1
- 1 PRIMATES 4-1-3-1-2-1



Only use versions of Bears, Bulldogs, Monkey/Yeti

- 1 PRIMATES 4-1-3-1-2-1
- 1 SQ. THRUST (10) + RUN
- 2 TIP-TOES (20) + RUN
- 3 JIGGY (20) + RUN
- 4 KOBOLD
- 1 RAMP UP (8) + RUN
- 2 HIGH Xs
- 4 V-STEP (10) + RUN
- 3 EXPLOSIONS
- 1 BANDIT (20) + RUN
- 2 GBD (15) + RUN
- 2 RIBBITS (10) + RUN
- 2 PETRA
- 4 EN GARDE
- 1 ABD PUSH UP (8) + RUN
- 2 STAT TYSON (20) + RUN
- 1 TROG
- 2 STAT TYSON (20) + RUN
- 1 TROG
- 3 TAUNTAUN
- 1 KAMIKAZE 4-3-4-2-4-1-4-1
- 1 YETI
- 3 MOGUL (20) + RUN
- 1 B. LUNGE
- 4 SUE-STEP (20) + RUN
- 1 GATOR TO 3
- 3 GREMLIN
- 3 SQUONQ
- 2 LYCAN UP (10) + RUN
- 2 45°
- 1 CHIMP (8) + RUN
- 4 SCALAWAG
- 2 ALI 22+
- 3 SL GORGON (8) + RUN
- 2 TUCKS (10) + RUN
- 3 MONKEY