

GARAGE

GYM

W8D

CHALLENGE

BY END OF THREE FITNESS

10 WORKOUTS

10 DAYS

300 MINUTES

100 ROUNDS

4650 REPS

100K+ LBS

**Before you embark on any physical
fitness program or challenge,
please consult a doctor.**

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THE RULES

1. The workouts must be performed on 10 consecutive days in the order they are provided.
2. Each workout is 10 rounds.
3. You have 30 minutes to complete each workout. If you reach the time limit, your workout is over.
4. You can repeat a workout for that day, and that day only, if you fail twice you have failed the challenge and must start over.
5. If you complete 10 rounds, on or before, the 30 minute time limit you have successfully completed the workout.
6. All workouts must be completed adhering to the above rules to have successfully completed “The Garage Gym WOD Challenge”
7. Scaling is allowed, but only by the standards stated in the “notes” section of each workout.
8. Be safe. Have fun.

BREATHLESS

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

5 PRESS, **135** LBS

,

30 DOUBLE UNDERS

10 PULL UPS

30 DOUBLE UNDERS

Notes: No scaling, females can use appropriate weight substitution of 95 lbs.

MEAGER

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

3 DEADLIFTS, 405 LBS,

1 400M RUN

2 TURKISH GET UPS, 2 POOD,

2 MUSCLE UPS

Notes: Scaling allowed , deadlift must be 200% of bodyweight, or 405 lbs. For females Turkish get up can be 1.5 pood. Turkish get up is 1 left arm, 1 right arm, 2 total.

ASSAULT

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

4 THRUSTERS, **135 LBS**

1 100M FARMERS WALK, **2 POOD**

20 MOUNTAIN CLIMBERS

6 STRICT PULL UPS

Notes: Scaling not allowed. Females can use appropriate substitution of 95 lbs. and 1.5 pood.

Mountain Climber: Get in the push-up position with your hips raised into the air. Now begin what looks like running in place (right knee towards chest, left leg back. Switch. Left knee towards chest, right leg back. Every 4 leg movements equals 1 rep.

BALLAD

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

5 BENCHPRESS, 185 LBS

16 BAG GRABS, 50 LBS

12 SIT UPS, 1.5 POOD

6 1 PULL UPS

Notes: Scaling allowed , but bench press must be 100% of bodyweight or 185lbs. For females, sit ups can be 1 pood and 35 lbs for bag grabs.

Bag Grabs: With proper form, sand bag picked up from ground and brought to shoulder. Motion is complete when you are standing upright and bag is on shoulder. Then drop bag to ground. Alternate shoulders. Substitutes: Sledge hammer strikes or plate slams with 45 lb. plate.

HERCULEAN

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

6 SNATCH, 95 LBS
,

12 BURPEES

12 WALL BALL SHOTS, 20 LBS
,

6 HAND STAND PUSH UPS

Notes: Scaling not allowed. Females can use appropriate substitution of 65 lbs.

GODSPEED

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

4 POWER CLEANS, **185** LBS

12 BOX JUMPS, **24** INCHES

8 WINDMILLS, **1** POOD

20 HAND RELEASE PUSH UPS

Notes: Scaling not allowed . For females use appropriate weight substitution of 135 lbs.

Windmills: This refers to a kettlebell windmill. 4 each side.

MALICE

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

6 PUSH PRESS, 115 LBS,

12 KETTLEBELL SWINGS, 2 POOD,

8 SIDE TO SIDE CHINS

6 TOES TO BAR

Notes: Scaling not allowed . For females use appropriate weight substitution of 80 lbs and 1.5 pood.

Side to side chin: This refers to a strict pull up pulling your body towards your right arm, then down, then to your left arm. You should complete 4 each side.

TYRANT

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

6 SQUATS, 225 LBS

12 BURPEE PULL UPS

12 KETTLEBELL ROWS, 2 POOD

25' HAND STAND WALK

Notes: Scaling not allowed . For females use appropriate weight substitution of 155 lbs and 1.5 poood.

Kettlebell Row: Kettlebell one arm row. Standing in a bent yet stable position and perform 6 reps each side of the row movement.

COMBAT

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

5 FRONT SQUATS, 135 LBS

10 KETTLEBELL THROWS, 15 POOD

10 RING DIPS

20 BACK EXTENSIONS

Notes: Scaling not allowed . For females use appropriate weight substitution of 95 lbs and 1 Pood.

***Kettlebell throws: With proper form, take a kettlebell and do a kettlebell swing but throw and release the weight behind you. Perfectly acceptable substitutes are sledge hammer strikes or plate slams.

***This movement can be dangerous. If you do not feel safe please pick a substitute. Movement should be performed in an open field .

THOUSAND

10 ROUNDS OR 30 MINUTES, WHICH EVER COMES FIRST

25 PULL UPS

25 PUSH UPS

25 SIT UPS

25 SQUATS

Notes: Scaling not allowed.