



November 2023

LISTEN



CHAD1000X

The Workout:

1,000 box step-ups completed as a team, partner, or individual for time.

3 OPTIONS:

1. Slick // No rucksack.

You pick the height of the step-ups.

2. Standard // 30#/20# rucksack.

You pick the height of the step-ups.

3. Expert // 45# rucksack.

Use 20" box for step-ups.



Sara Wilkinson, GORUCK, and CrossFit present the hero workout "CHAD" - in honor of Navy SEAL Chad Wilkinson who took his life on October 29, 2018 due to the effects of numerous deployments, several TBIs, blast wave injuries and PTSD. Our goal is to honor Chad's life and legacy and to raise awareness for suicide prevention.
<https://chad1000x.com/>