



September 2023

HURT



EVERYONE COUNTS

BUY IN: 2 Mile Ruck

10 Rounds:

18 Ruck Ground to Overhead

18 Ruck OH Reverse Lunges (total)

18 Ruck Swings

18 Ruck Squats

CASHOUT: 77 Burpees with Lateral Hop over Ruck

Rx+ : Solo 30#/20#

Rx: Complete with a Partner- 2 mile ruck together and then split reps for the rest of the workout. Both people work at the same time. 30#/20#



The four coordinated suicide terrorist attacks carried out on 9/11/2001 resulted in 2977 lives lost. In our Tribe workout this month we are going to honor each one of them with a rep. The 2 mile ruck is for 2000 people and then 977 reps for the remaining lives lost