

CrossFit Cleveland's 100 Days of SUCK

Name: _____

Day #	Date	Exercise	Completed
			√
1	01/14/22	Pullup / DB Row	
2	01/15/22	OH Squat	
3	01/16/22	Burpee	
4	01/17/22	Double under	
5	01/18/22	Pullup / DB Row	
6	01/19/22	OH Squat	
7	01/20/22	Burpee	
8	01/21/22	Double under	
9	01/22/22	Pullup / DB Row	
10	01/23/22	OH Squat	
11	01/24/22	Burpee	
12	01/25/22	Double under	
13	01/26/22	Pullup / DB Row	
14	01/27/22	OH Squat	
15	01/28/22	Burpee	
16	01/29/22	Double under	
17	01/30/22	Pullup / DB Row	
18	01/31/22	OH Squat	
19	02/01/22	Burpee	
20	02/02/22	Double under	
v	02/03/22	Pullup / DB Row	
22	02/04/22	OH Squat	
23	02/05/22	Burpee	
24	02/06/22	Double under	
25	02/07/22	Pullup / DB Row	
26	02/08/22	OH Squat	
27	02/09/22	Burpee	
28	02/10/22	Double under	
29	02/11/22	Pullup / DB Row	
30	02/12/22	OH Squat	
31	02/13/22	Burpee	
32	02/14/22	Double under	
33	02/15/22	Pullup / DB Row	
34	02/16/22	OH Squat	
35	02/17/22	Burpee	
36	02/18/22	Double under	
37	02/19/22	Pullup / DB Row	
38	02/20/22	OH Squat	
39	02/21/22	Burpee	
40	02/22/22	Double under	
41	02/23/22	Pullup / DB Row	
42	02/24/22	OH Squat	
43	02/25/22	Burpee	
44	02/26/22	Double under	
45	02/27/22	Pullup / DB Row	
46	02/28/22	OH Squat	
47	03/01/22	Burpee	
48	03/02/22	Double under	
49	03/03/22	Pullup / DB Row	
50	03/04/22	OH Squat	

Day #	Date	Exercise	Completed
			√
51	03/05/22	Burpee	
52	03/06/22	Double under	
53	03/07/22	Pullup / DB Row	
54	03/08/22	OH Squat	
55	03/09/22	Burpee	
56	03/10/22	Double under	
57	03/11/22	Pullup / DB Row	
58	03/12/22	OH Squat	
59	03/13/22	Burpee	
60	03/14/22	Double under	
61	03/15/22	Pullup / DB Row	
62	03/16/22	OH Squat	
63	03/17/22	Burpee	
64	03/18/22	Double under	
65	03/19/22	Pullup / DB Row	
66	03/20/22	OH Squat	
67	03/21/22	Burpee	
68	03/22/22	Double under	
69	03/23/22	Pullup / DB Row	
70	03/24/22	OH Squat	
71	03/25/22	Burpee	
72	03/26/22	Double under	
73	03/27/22	Pullup / DB Row	
74	03/28/22	OH Squat	
75	03/29/22	Burpee	
76	03/30/22	Double under	
77	03/31/22	Pullup / DB Row	
78	04/01/22	OH Squat	
79	04/02/22	Burpee	
80	04/03/22	Double under	
81	04/04/22	Pullup / DB Row	
82	04/05/22	OH Squat	
83	04/06/22	Burpee	
84	04/07/22	Double under	
85	04/08/22	Pullup / DB Row	
86	04/09/22	OH Squat	
87	04/10/22	Burpee	
88	04/11/22	Double under	
89	04/12/22	Pullup / DB Row	
90	04/13/22	OH Squat	
91	04/14/22	Burpee	
92	04/15/22	Double under	
93	04/16/22	Pullup / DB Row	
94	04/17/22	OH Squat	
95	04/18/22	Burpee	
96	04/19/22	Double under	
97	04/20/22	Pullup / DB Row	
98	04/21/22	OH Squat	
99	04/22/22	Burpee	
100	04/23/22	Double under	

1225 Pullup / DB Rows, 1250 OH squats, 1275 burpee, 1300 double unders

PULLUP STRENGTH OPTION: See a Coach for instructions and additional details
 Perform up to 15 pullup negatives(controlled eccentric/lowering) plus remaining reps as DB b/o Rows