

CrossFit Cleveland's 100 Days of SUCK

Name: _____

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

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