

### Murph

For Time  
1 mile run  
100 pull-ups  
200 push-ups  
300 air squats  
2 mile run  
All with weight vest(20/14 lbs)

### Loredo

6 rounds for time  
24 air squats  
24 push-ups  
24 walking lunges  
400 meter run

### Kalsu

For Time  
100 thrusters(135/95 lb)  
5 burpees to start and at the top of every minute

### The Seven

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