

JOSEPH AGNELLO
LADDER 118
12-9-6-3
SQUAT CLEANS (155/105)
WEIGHTED PULL-UPS (45/25)

BRIAN AHEARN
ENGINE 230
30-POWER CLEANS (135/95)
20-S2O (155/105)
10-PENDLAY ROWS (185/135)

ERIC ALLEN
SQUAD 18
5RFT
5-FRONT SQUATS (FROM THE
GROUND) (135/95)
10-BURPEES
20-DOUBLE UNDERS

RICHARD ALLEN
LADDER 15
30-BACK SQUAT @ 65% FOR TIME

JAMES AMATO
SQUAD 1
EMOM12
ODD MINUTES 6-BACK SQUATS
(275/205)
EVEN MINUTES 12-4CT MOUNTAIN
CLIMBERS

CALIXTO ANAYA JR.
ENGINE 4
5RDS
5-DEADLIFTS (315/225)
10-BURPEES

JOSEPH ANGELINI JR.
LADDER 4
10-S2O (185/135)
20-HAND RELEASE PUSH-UPS
15-HANDSTAND PUSH-UPS
20-S2O (135/95)
15-HRPU'S
10-HSPU'S
30-S2O (75/55)
10-HRPU'S
5-HSPU'S

JOSEPH ANGELINI SR.
RESCUE 1
20-POWER SNATCHES (135/95)
15-CLEAN & JERK (225/155)
10-BACK SQUATS (315/225)
5-DEADLIFTS (405/275).
(ALTERNATE WEIGHTS:
95,135,185,225 OR 95,185,275,365)

FAUSTINO APOSTOL JR.
BATTALION 2
2RDS
5-SQUAT CLEANS (155/115)
25-DOUBLE UNDERS
5-S2O (155/115)
25-DOUBLE UNDERS
5-THRUSTERS (EACH FROM THE

GROUND) (155/115)
25-DOUBLE UNDERS

DAVID ARCE
ENGINE 33
12-9-6
THRUSTERS (135/95) AND HRPU'S
THEN EITHER 1 MILE RUN OR 2K
ROW
THEN
6-9-12
THRUSTERS (95/65) AND HRPU'S

LOUIS ARENA
LADDER 5
4RDS
10-BACK SQUATS (275/205)
400M RUN

CARL ASARO
BATTALION 9
50 DOUBLE UNDERS
THEN WITH 135/95 25-S2O
20-FRONT SQUATS
15-CLEANS
10-SNATCHES
5-THRUSTERS
50-DOUBLE UNDERS

GREGG ATLAS
ENGINE 10
10,000LBS
BACK SQUAT. CHOOSE ANY WEIGHT
TO SQUAT. FIGURE OUT HOW
MANY REPS IT TAKES TO REACH
10,000LBS. FEEL FREE TO RE-RACK
THE WEIGHT TO REST OR TO
CHANGE THE WEIGHT
BUT FOR EVERY RE-RACK YOU OWE
A 20-BURPEE PENALTY.

GERALD ATWOOD
LADDER 21
AMRAP10
1-CLEAN (POWER OR SQUAT)
2-FRONT SQUATS
1-S2O
USE 70%
YOUR 1RM
FRONT SQUAT

GERARD BAPTISTE
LADDER 9
6RDS
9-OHS (95/65)
9-THRUSTERS (95/65)
500M ROW

GERARD BARBARA
ASSISTANT CHIEF
21-15-9-6-3
CLEAN AND JERK (135/95)
K2E

MATTHEW BARNES
LADDER 25
2RDS

25-PULL-UPS
10-SQUAT CLEANS (135/95)
25-K2E
10-THRUSTERS (135/95)
25-HRPU

ARTHUR BARRY
LADDER 15
21-THRUSTERS (95/65)
21-PULL-UPS
100M SPRINT
15-OHS (95/65)
15-BAR OVER BURPEES
100M SPRINT
9-SQUAT SNATCHES (95/65)
9-BAR MUSCLE UPS
100M SPRINT

STEVEN BATES
ENGINE 235
2RDS
35-K2E
35-THRUSTERS (45/35)
35-AIR SQUATS
35-OHS (45/35)
35-HAND RELEASE PUSH-UPS

CARL BEDIGIAN
ENGINE 214
500M ROW
30-SNATCHES (95/65)
500M ROW
30-CLEAN AND JERKS (95/65)
500M ROW

STEPHEN BELSON
LADDER 24
20-BOX JUMPS (30/24)
5-SQUAT CLEANS (155/105)
30-BOX JUMPS (24/20)
5-SQUAT CLEANS (155/105)
40-BOX JUMPS (20)
5-SQUAT CLEANS (155/105)

JOHN BERGIN
RESCUE 5
5RDS
15-KBS (32/24KG)
10-C2B (CHEST TO BAR PULLUPS)
5-SQUAT SNATCH (115/85)

PAUL BEYER
ENGINE 6
6RDS
5-POWER CLEANS (135/95)
10-PUSH PRESS (135/95)
15-HAND RELEASE PUSH-UPS
20-DOUBLE UNDERS

PETER BIELFIELD
LADDER 42
4RDS
15-OHS (95/65)
400M RUN
15-HSPU
400M RUN

BRIAN BILCHER
SQUAD 1
9-CLEANS (185/135)
21-HSPU
7-CLEANS (185/135)
15-HSPU
5-CLEANS (185/135)
9-HSPU

CARL BINI
RESCUE 5
5RDS
500M ROW
50-DOUBLE UNDERS
5-SQUAT CLEAN THRUSTERS
(155/105)

CHRISTOPHER BLACKWELL
RESCUE 3
3RDS
5-PUSH JERK (185/135)
ONE MINUTE HANDSTAND HOLD

MICHAEL BOCCHINO
BATTALION 48
EMOM8
3-SQUAT CLEAN THRUSTERS
(155/105)
3-BAR OVER BURPEES

FRANK BONOMO
ENGINE 230
30-HANG SQUAT CLEANS (155/105)
30-PULL-UPS

GARY BOX
SQUAD 1
10-BACK SQUATS (275/185)
10-BURPEE BOX JUMPS (24/20)
10-FRONT SQUATS (225/155)
10-BURPEE BOX JUMPS (24/20)
10-CLEANS (185/135)
10-BURPEE BOX JUMPS (24/20)
10-SNATCHES (135/95)
10-BURPEE BOX JUMPS (24/20)

MICHAEL BOYLE
E33
7RDS
5-PUSH PRESS (155/105)
10-KBS (32/24KG)
20-DOUBLE UNDERS

KEVIN BRACKEN ENGINE 40
PARTNER WOD: ONE PERSON DOES
A DEADLIFT HOLD W/135#
PARTNER PERFORMS 40-AIR
SQUATS
THEN SWITCH PLACES AND REPEAT
THEN ONE PERSON DOES A BACK
SQUAT HOLD W/135#
PARTNER PERFORMS 40-SIT-UPS
THEN SWITCH PLACES AND REPEAT
ONE PERSON DOES A PLANK HOLD
PARTNER PERFORMS 40-PUSH-UPS
THEN SWITCH PLACES AND REPEAT
ONE PERSON DOES A DEEP SQUAT

HOLD
PARTNER PERFORMS 40 BURPEES
THEN SWITCH PLACES AND
REPEAT.
IF PERSON HOLDING DEADLIFT
BACK SQUAT
PLANK OR DEEP SQUAT HOLD
DROPS THE BAR OR COMES OUT
THEIR PLANK OR DEEP SQUAT
HOLD
THE PARTNER CANNOT CONTINUE
UNTIL THE BAR IS BACK IN THE
HOLD POSITION OR BACK INTO THE
PLANK OR DEEP SQUAT POSITION.
FEEL FREE TO HELP PARTNER GET
BARBELL IN THE BACK SQUAT HOLD
POSITION.

MICHAEL BRENNAN
LADDER 4
5-BURPEE PULL-UPS
5-WALL BALL (20/14)
5-POWER SNATCH (135/95)
10-BURPEE PULL-UPS
10-WALL BALL (20/14)
10-POWER SNATCH (135/95)
15-BURPEE PULL-UPS
15-WALL BALL (20/14)
15-POWER SNATCH (135/95)
20-BURPEE PULL-UPS
20-WALL BALL (20/14)
20-POWER SNATCH (135/95)

PETER BRENNAN
RESCUE 4
4RDS
400M RUN
10-OHS (95/65)
10-BURPEES

DANIEL BRETHEL
LADDER 24
24-18-12-6
BURPEE BOX JUMPS (24/20)
ABMAT SIT-UPS W/MEDICINE BALL
(20/14)

PATRICK BROWN
LADDER 3
3RDS
5-BACK SQUATS (315/225)
30-BOX JUMPS (24/20) THEN
3RDS
5-DEADLIFTS (315/225)
30-OVER THE BAR BURPEES

ANDREW BRUNN
LADDER 5
5RDS
3-OHS (135/95)
6-HSPU
9-BENCH PRESS (135/95)
12-RING DIPS

VINCENT BRUNTON
LADDER 105
5RDS

5-HSPU
10-SQUAT CLEANS (135/95)
20-BOX JUMPS (24/20)
40-DOUBLE UNDERS

RONALD BUCCA
FIRE MARSHALL
21-PULL-UPS
21-THRUSTERS (95/65)
15-SNATCHES (95/65)
15-PULL-UPS
15-THRUSTERS (95/65)
10-SNATCHES (95/65)
9-PULL-UPS
9-THRUSTERS (95/65)
5-SNATCHES (95/65)

GREG BUCK
ENGINE 201
201-HEAVY ROPE SINGLES
100-ABMAT SIT-UPS
50-PULL-UPS
25-THRUSTERS (95/65)

WILLIAM BURKE JR.
ENGINE 21
21-THRUSTERS (95/65)
9-BURPEE PULL-UPS
15-THRUSTERS (95/65)
15-BURPEE BOX JUMPS (20/14)
9-THRUSTERS (95/65)
21-BAR OVER BURPEES

DONALD BURNS
ASSISTANT CHIEF
20-BACK SQUATS (135/95)
400M RUN
20-DEADLIFTS (135/95)
400M RUN
20-CLEANS (135/95)
400M RUN
30-THRUSTERS (135/95)
400M RUN

JOHN BURNSIDE
LADDER 20
3RDS
20-BACK SQUATS (205/125)
20-BOX STEP-UPS (30/24)

THOMAS BUTLER
SQUAD 1
15-12-9-6-3
HANG CLEANS (135/95)
WALL BALL (20/14)

PATRICK BYRNE
LADDER 101
10 TO 1 THRUSTERS (135/95)/PULL-
UPS
THEN 1 TO 10
OHS (95/65)/HSPU

GEORGE CAIN
LADDER 7
7RDS

5-BS (275/185)
5-BURPEES

SALVATORE CALABRO
LADDER 101
12-9-6-3
DEADLIFT @ 60%
1RM AND RING ROWS

FRANK CALLAHAN
LADDER 35
3RFT
10-BENCH PRESS @ 60%
10-DIPS

MICHAEL CAMMARATA
LADDER 11
EMOM10
2-SQUAT CLEANS (185/135)
2-BOX JUMPS (30/24)

BRIAN CANNIZZARO
LADDER 101
50-THRUSTERS (135/95)
BEGINNING AT THE ONE MINUTE
MARK AND EVERY MINUTE
THEREAFTER
1-BURPEE BOX JUMP (30/24)

DENNIS CAREY
HAZMAT 1
20-PRESS+PUSH PRESS+PUSH JERK
@ 80%
1RM
PRESS. REST :30 BETWEEN REPS.
ALL REPS COME FROM THE
GROUND.

MICHAEL CARLO
ENGINE 230
20RDS
1-FRONT SQUAT @ 55%
2-30 BOX JUMPS
REST :30

MICHAEL CARROLL
LADDER 3
12-9-6-3
OHS (135/95)
BURPEE BOX JUMPS (24/20)

PETER CARROLL
SQUAD 1
AMRAP8
5-SNATCHES (115/85)
10-BURPEES

THOMAS CASORIA
ENGINE 22
3RFT
10-DEADLIFTS @ 55%
400M RUN

MICHAEL CAWLEY
LADDER 136
50-THRUSTERS (45/35)
40-POWER SNATCH (95/65)

30-BACK SQUAT (135/95)
16-CLEANS (155/105)

VERNON CHERRY
LADDER 118
50-BURPEE DUMBBELL DEADLIFTS
(70/45)
50-PULL-UPS
18-DUMBBELL SNATCHES (70/45)

NICHOLAS CHIOFALO
ENGINE 235
2RDS
800M RUN
20-C2B
10-BACK SQUAT (225/155)

JOHN CHIPURA
ENGINE 219
2RDS
19-DEADLIFTS (225/155)
19-BAR OVER BURPEES

MICHAEL CLARKE
LADDER 2
21-OHS (95/65)
9-BURPEE BOX JUMPS (24/20)
500M ROW
15-OHS (95/65)
15-BURPEE BOX JUMPS (24/20)
500M ROW
9-OHS (95/65)
21-BURPEE BOX JUMPS (24/20)
500M ROW

STEVEN COAKLEY
ENGINE 217
2RDS
17-DEADLIFTS (185/135)
17-BOX JUMPS (24/20)
17-PULL-UPS

TAREL COLEMAN
SQUAD 252
2RDS
50-OHS (45/35)
20-BURPEES

JOHN COLLINS
LADDER 25
25-SNATCH (115/75)
25-WALL BALL (20/14)
25-S2O (115/75)
25-BURPEES
25-FRONT SQUATS (115/75)
25-T2B

ROBERT CORDICE
SQUAD 1
21-15-9
POWER SNATCH (75/45)
SIT-UPS
THEN 15-12-9
POWER SNATCH (95/65)
K2E
THEN 12-9-6

POWER SNATCH (115/85)
T2B

RUBEN CORREA
ENGINE 74
21-BACK SQUATS (225/185)
400M RUN
15-FRONT SQUATS (185/135)
800M RUN
9-OHS (135/95)
1600M RUN

JAMES COYLE
LADDER 3
1K ROW
90-HEAVY ROPE SINGLES
80-AIR SQUATS
70-SIT-UPS
60-PUSH-UPS
50-LUNGES
40-HANG CLEANS (95/65)
30-THRUSTERS (95/65)
20-OHS (95/65)
10-SNATCHES (95/65)

ROBERT CRAWFORD
SAFETY BATTALION 1
50-CLEAN AND JERKS (95/65)
50-BURPEES

JOHN CRISCI
HAZ-MAT 1
25-BOX JUMPS (24/20)
25-PULL-UPS
25-KBS (24/16KG)
25-AIR SQUATS
25-SIT-UPS
25-DEADLIFTS (135/95)
25-WALL BALL (20/14)
25-BURPEES
25-POWER CLEANS (135/95)

DENNIS CROSS
BATTALION 57
5RDS
7-C&J (135/95)
5-C2B
7-BOX JUMPS (24/20)

THOMAS CULLEN III
SQUAD 41
4RDS
5-OHS (135/95)
10-HSPU'S
15-BOX JUMPS (24/20)

ROBERT CURATOLO
LADDER 16
50-BACK SQUATS (135/95)
50-DEADLIFTS (135/95)
50-BAR OVER BURPEES

EDWARD D'ATRI
SQUAD 1
12-9-6

DEADLIFTS (275/185)
BENCH PRESS (185/105)
C2B

MICHAEL D'AURIA
ENGINE 40
10-BACK SQUATS (225/155)
500M ROW
10-BACK SQUATS (225/155)
400M RUN
10-BACK SQUATS (225/155)
500M ROW
10-BACK SQUATS (225/155)
400M RUN

SCOTT DAVIDSON
LADDER 118
800M RUN
10 DEADLIFTS (225/155)
600M RUN
20-BACK SQUATS (225/155)
400M RUN
30-FRONT SQUATS (135/95)
200M RUN
40-CLEANS (135/95)

EDWARD DAY
LADDER 11
150-DOUBLE UNDERS
100-SIT-UPS
50-THRUSTERS (95/65)
25-BURPEES

SCOTT DAVIDSON
LADDER 118
800M RUN
10-DEADLIFTS (225/155)
600M RUN
20-BACK SQUATS (225/155)
400M RUN
30-FRONT SQUATS (135/95)
200M RUN
40-CLEANS (135/95)

THOMAS DEANGELIS
BATTALION 8
8RDS
3-THRUSTERS (185/135)
5-BOX JUMPS (30/24)
3-CLEANS (185/135)
5-BURPEE RINGS DIPS

MICHAEL DELVALLE
ENGINE 5
5RDS
5-SQUAT CLEANS (155/105)
10-BOX JUMPS (24/20)
50-DOUBLE UNDERS

MARTIN DEMEO
HAZMAT 1
21-SQUAT CLEANS (135/95)
15-BOX JUMPS (24/20)
9-BURPEES
21-BOX JUMPS (24/20)
15-BURPEES
9-SQUAT CLEANS (135/95)

21-BURPEES
15-SQUAT CLEANS (135/95)
9-BOX JUMPS (24/20)

DAVID DERUBBIO
ENGINE 226
21-15-9
DEADLIFTS (245/165)
BOX JUMPS (24/20)
PULL-UPS

ANDREW DESPERITO
ENGINE 1
2K ROW
50-THRUSTERS (135/95)
2K ROW

DENNIS DEVLIN
BATTALION 9
3RDS
9-S2O (155/105)
19-HRPU'S
29-BURPEES
39-DOUBLE UNDERS

GERARD DEWAN
LADDER 3
21-15-9
CLEAN AND JERK (95/65)
BURPEE
15-10-5
CLEAN AND JERK (135/95)
BURPEE
9-6-3
CLEAN AND JERK (185/135)
BURPEE

GEORGE DISPASQUALE
LADDER 2
2RDS
2K ROW
20-DEADLIFTS (225/155)

KEVIN DONNELLY
ENGINE 1
20-SQUAT CLEANS (135/95)
ROW 2K
20-CLEAN AND JERKS (135/95)

KEVIN DOWDELL
RESCUE 4
400M RUN
40-DOUBLE UNDERS
400M RUN
40-THRUSTERS (45/35)
400M RUN
40-BOX JUMPS (24/20)
400M RUN
40-T2B
400M RUN
40-OHS (45/35)

RAYMOND DOWNEY
DEPUTY CHIEF
SPECIAL OPERATIONS COMMAND
1600M RUN
10-DEADLIFTS (365/255) OR 85%

RUN 1200M
20-BACK SQUATS (275/185)
RUN 800M
30-FRONT SQUATS (185/135)
RUN 400M
40-CLEANS (135/95)

GERALD DUFFY
LADDER 21
2RDS
50-SIT-UPS
40-PULL-UPS
30-BACK SQUAT (135/95)
20-HSPU'S
10-FRONT SQUATS (135/95)

MARTIN EGAN JR.
DIVISION 15
100-DOUBLE UNDERS
75-SIT-UPS
50-PUSH-UPS
25-OHS (135/95)
50-K2E
75-RING DIPS
100-AIR SQUATS

MICHAEL ELFERIS
ENGINE 22
22-11-5
DUMBBELL SNATCHES (70/45)
PULL-UPS
400M RUN

FRANCIS ESPOSITO
ENGINE 235
21-15-9
THRUSTER (135/95)
BURPEE
PULL-UP

MICHAEL ESPOSITO
SQUAD 1
3-6-9-12-15-18-21
OHS (95/65)
HRPU

ROBERT EVANS
E33
21-15-9
SQUAT CLEANS (135/95)
HSPU'S

JOHN FANNING
HAZMAT OPERATIONS
100-DOUBLE UNDERS
80-PULL-UPS
60-BOX JUMPS (24/20)
40-FRONT SQUATS (135/95)
20-SQUAT CLEANS (135/95)
10-THRUSTERS (135/95)

THOMAS FARINO
ENGINE 26
200-DOUBLE UNDERS
150-AIR SQUATS
100-SIT-UPS

50-BOX JUMPS (24/20)
25-CLEAN AND JERKS (155/105)

TERRENCE FARRELL
RESCUE 4
10-DEADLIFTS (315/225)
20-BACK SQUATS (225/155)
30-CLEANS (135/95)
40-PUSH PRESS (95/65)
50-DOUBLE UNDERS

JOSEPH FARRELLY
DIVISION 1
SET THE BAR TO ANY WEIGHT YOU WANT. DO NOT ADJUST THE WEIGHT UNLESS YOU ABSOLUTELY HAVE TO. MOVE 10,000LBS USING ANY COMBINATION
CLEANS, SNATCH, OHS

WILLIAM FEEHAN
DEPUTY COMMISSIONER
25- FRONT SQUATS (95/65)
25-BURPEES
25- OHS (95/65)
25-T2B
25-POWER CLEANS (95/65)
25-PULL-UPS
25- PRESS (95/65)
25-PUSH-UPS
25-POWER SNATCH (95/65)
25-AIR SQUATS

LEE FEHLING
ENGINE 235
50-WALL BALL SHOTS (20/14)
10-CLEAN AND JERKS (95/65)
50-WALL BALL SHOTS (20/14)
10-CLEAN AND JERKS (95/65)
50-WALL BALL SHOTS (20/14)
10-CLEAN AND JERKS (95/65)

ALAN FEINBERG
BATTALION 9
EMOM9
5-BACK SQUAT (225/155)
5-BURPEE BOX JUMPS (20)

MICHAEL FIORE
RESCUE 5
5RDS
5-CLEAN AND JERKS (155/105)
10-HSPU
20-DOUBLE UNDERS

JOHN FISCHER
LADDER 20
EVERY 2 MINUTES PERFORM 1-CLEAN AND JERK (155/105)
1-BURPEE. ADD AN ADDITIONAL C&J AND BURPEE EVERY 2 MINUTES UNTIL YOU CANNOT COMPLETED THE REQUIRED REPS WITHIN THE 2 MINUTE TIME FRAME.

ANDRE FLETCHER
RESCUE 5

5RDS
21-DEADLIFTS (65/45)
15-CLEANS (85/65)
9-PUSH PRESS (105/85)

JOHN FLORIO
ENGINE 214
10-BENCH PRESS @ 75%
10-RING DIPS
20-BENCH PRESS @ 50%
20-DIAMOND PUSH-UPS
30-BENCH PRESS @ 35%
30-PUSH-UPS

MICHAEL FODOR
SQUAD 1
100 REPS TOTAL (185/115)
ANY COMBINATION
BACK SQUAT
DEADLIFT
AND/OR S2O

THOMAS FOLEY
RESCUE 3
150-WALL BALL (20/14)
100-PUSH-UPS
50-AIR SQUATS
25-SIT-UPS

DAVID FONTANA
SQUAD 1
100-DOUBLE UNDERS
50-SQUAT CLEAN THRUSTERS (65/45)
25-BOX JUMPS (30/24)

ROBERT FOTTI
LADDER 7
AMRAP7
1-SQUAT CLEAN (185/135)
2-CLEAN AND JERKS (185/135)
3-BAR OVER BURPEES

ANDY FREDERICKS
SQUAD 18
25-OHS (95/65)
50-DOUBLE UNDERS
25-HSPU
50-DOUBLE UNDERS
25-PUSH PRESS (95/65)
50-DOUBLE UNDERS

PETER FREUND
ENGINE 55
EMOM 11
5-CLEAN AND JERKS (135/95)

THOMAS GAMBINO
JR. RESCUE 3
EVERY 3 MINUTES FOR 18 MINUTES PERFORM 7-BEAR COMPLEXES (135/95)
14-BURPEES
21-DOUBLE UNDERS

PETER GANCI JR.
FIRE CHIEF

3RDS
5-HSPU
10-PRESS (95/65)
15-SNATCH (95/65)
20-KBS (24/16KG)

CHARLES GARBARINI
BATTALION 9
EMOM9
ODD MINUTES 9-DEADLIFTS (275/185)
EVEN MINUTES 9-BAR OVER BURPEES

THOMAS GARDNER
HAZMAT 1
30-BACK SQUATS (185/135)
100-WALL BALL SHOTS (20/14)
30-S2O (185/135)

MATTHEW GARVEY
SQUAD 1
100-DOUBLE UNDERS
10-BACK SQUATS (275/185)
50-DOUBLE UNDERS
5-BACK SQUATS (275/185)

BRUCE GARY
E40
40-DOUBLE UNDERS
40-STEP-UPS (24/20)
40-PRESS (75/45)
30-DOUBLE UNDERS
30-STEP-UPS (24/20)
30-PRESS (75/45)
20-DOUBLE UNDERS
20-STEP-UPS (24/20)
20-PRESS (75/45)
10-DOUBLE UNDERS
10-STEP-UPS (24/20)
10-PRESS (75/45)

GARY GEIDEL
RESCUE 1
AMRAP10
5-DEADLIFTS (315/225)
10-BAR OVER BURPEES
15-BOX JUMPS (24/20)

EDWARD GERAGHTY
BATTALION 9
800M RUN OR 1K ROW
50-HANG CLEANS (75/45)
800M RUN OR 1K ROW
50-HANG POWER SNATCH (75/45)
800M RUN OR 1K ROW
50-S2O (75/45)
800M RUN OR 1K ROW

DENIS GERMAIN
LADDER 2
20-POWER SNATCH (135/95)
20-DOUBLE UNDERS
200M RUN
15-POWER SNATCH (135/95)
40-DOUBLE UNDERS
200M RUN

10-POWER SNATCH (135/95)
60-DOUBLE UNDERS
200M RUN
5-POWER SNATCH (135/95)
80-DOUBLE UNDERS
200M RUN

VINCENT GIAMMONA
LADDER 5
5RDS
5-FRONT SQUATS (225/155)
15-T2B
25-AIR SQUATS
50-DOUBLE UNDERS

JAMES GIBERSON
LADDER 35
10 TO 1 FRONT SQUATS (185/135)
1-10 BOX JUMP (30/24)

RONNIE GIES
SQUAD 288
4RDS
18-PULL-UPS
18-SDHP (75/55)
18-WALL BALL (20/14)
18-RING DIPS (TOTAL REPS=288)

PAUL GILL
ENGINE 54
54-DEADLIFTS (95/65)
54-DOUBLE UNDERS
54-CLEANS (95/65)
54-BURPEES

JOHN GINLEY
E40
2RDS
10-PUSH PRESS (135/95)
10-BACK SQUATS (135/95)
10-CLEANS (135/95)
10-OHS (135/95)

JEFFREY GIORDANO
LADDER 3
3RDS
25-HANG POWER SNATCH (65/45)
50-DOUBLE UNDERS
400M RUN

JOHN GIORDANO
ENGINE 37
37-SQUAT CLEANS FOR TIME
(185/135)

KEITH GLASCOE
LADDER 21
21-BACK SQUATS (135/95)
400M RUN
21-FRONT SQUATS (135/95)
400M RUN
21-DEADLIFTS (135/95)
400M RUN
21-S2O (S2O) (135/95)
400M RUN

JAMES GRAY
LADDER 20
3RDS
20-BOX JUMPS (24/20)
20-THRUSTERS (95/65)
20-KBS (32/24KG)

JOSEPH GRZELAK
BATTALION 48
100-KBS (32/24KG). PERFORM 2
BURPEES AT THE BEGINNING
EACH NEW MINUTE UNTIL ALL 100
KBS ARE COMPLETED.

JOSE GUADALUPE
ENGINE 54
54-PULL-UPS
54-AIR SQUATS
54-SIT-UPS
54-PUSH-UPS

GEOFFREY GUJA
BATTALION 43,9-15-21
DEADLIFTS (245/165)
BURPEE BOX JUMPS (24/20)
INCHWORMS

JOSEPH GULLICKSON
LADDER 101
101-GROUND TO OVERHEAD
(SNATCH
CLEAN AND JERK OR ANY OTHER
COMBINATION) (75/45)
101-DOUBLE UNDERS

DAVID HALDERMAN
SQUAD 18
5RDS
20-WALL BALL (20/14)
10-POWER CLEANS (135/95)

VINCENT HALLORAN
LADDER 8
50-WALL BALL (20/14)
40-PULL-UPS
30-DEADLIFTS (225/145)
20-BOX JUMPS (24/20)
10-OHS (135/95)
20-BOX JUMPS (24/20)
30-DEADLIFTS (225/145)
40-PULL-UPS
50-WALL BALL (20/14)

ROBERT HAMILTON SQUAD 41
41-PUSH-UPS
41-RING DIPS
10-POWER SNATCH (135/95)
41-AIR SQUATS
41-BOX JUMPS (24/20)

SEAN HANLEY
L20
ROW 2,000M. EVERY MINUTE
PERFORM 5-LATERAL ERG (ROWER)
BURPEES. LATERAL JUMP OVER THE
RAIL. THEN ROW UNTIL THE
MINUTE IS UP

THEN PERFORM 5 MORE LATERAL
BURPEES OVER THE RAIL
THE ERG.

THOMAS HANNAFIN
LADDER 5
9-15-21
POWER SNATCH (115/75)
T2B
HSPU

DANA HANNON
ENGINE 26
26-POWER CLEANS (95/65)
100-DOUBLE UNDERS (FOR EVERY
BREAK OR MESS UP PERFORM 5
BURPEES)
100-KBS (16/12KG) (FOR EVERY
BREAK PERFORM ONE WALL CLIMB)
26-POWER SNATCH (95/65)

DANIEL HARLIN
LADDER 2
4RDS
3-SQUAT CLEANS (185/135)
6-FRONT SQUATS (185/135)
12-DEADLIFTS (185/135)
24-DOUBLE UNDERS

HARVEY HARRELL
RESCUE 5
50-THRUSTERS (45/35)
45-AIR SQUATS
40-PULL-UPS
35-BOX JUMPS (24/20)
30-T2B
25-HRP
20-SIT-UPS
15-BURPEES
10-HSPU
5-OHS (45/35)

STEPHEN HARRELL
BATTALION 7
7RDS
5-OHS (95/65)
MAX THRUSTERS AT THE SAME
WEIGHT
2 MINUTE REST BETWEEN ROUNDS.

THOMAS J. HASKELL JR.
DIVISION 15
50-BACK SQUATS (135/95)
10-BOX JUMPS (30/24)
40-BACK SQUATS (135/95)
20-T2B
30-BACK SQUATS (135/95)
30-BURPEES
20-BACK SQUATS (135/95)
40-ABMAT SIT-UPS
10-BACK SQUATS (135/95)
50-DOUBLE UNDERS

TIMOTHY HASKELL
SQUAD 18
4RDS

18-OHS (115/85)
18-T2B

TERENCE HATTON
RESCUE 1
1600M RUN
25-PUSH PRESS (155/105)
50-BOX JUMPS OR BOX STEP-UPS
(24/20)
25-DEADLIFTS (155/105)
50-SIT-UPS
25-CLEANS (155/105)
50-PULL-UPS
1600M RUN

MICHAEL HAUB
LADDER 4
EMOM10
4-FRONT SQUATS (225/155)
10-DOUBLE UNDERS

PHILIP HAYES
E217
RETIRED
10-DEADLIFTS (315/225)
1-BURPEE. DECREASE THE
DEADLIFTS BY 1 AND INCREASE
THE BURPEES BY 1 UNTIL YOU DO 1
DEADLIFT AND 10 BURPEES.

MICHAEL HEALY
SQUAD 41
4RDS
10-WALL BALL (20/14)
10-BACK SQUATS (225/135)
10-WALL BALL (20/14)
10-DEADLIFTS (225/135)

JOHN HEFFERNAN
LADDER 11
11-SQUAT CLEANS (135/95)
100-DOUBLE UNDERS
11-PUSH PRESS (135/95)
75-SIT-UPS
11-DEADLIFTS (135/95)
50-PULL-UPS

RONNIE HENDERSON
ENGINE 279
20-DEADLIFTS (225/135)
500M ROW
10-DEADLIFTS (275/185)
500M ROW
5-DEADLIFTS (315/225)
500M ROW

JOSEPH HENRY
LADDER 21
BUY-IN
25-BURPEES
THEN 3RDS
10-HANG SNATCHES (115/85)
20-HRPU'S
50-DOUBLE UNDERS
THEN CASH-OUT
25-BURPEES

WILLIAM HENRY
RESCUE 1
50-CLEAN AND JERKS (135/95)
50-WALL BALL (20/14)

THOMAS HETZEL
LADDER 13
THRUSTERS (135/95)
BURPEES. DO 1 AND 1 THE FIRST
MINUTE
2 AND 2 THE SECOND
3 AND 3 THE THIRD MINUTE AND
SO ON UNTIL YOU CANNOT
COMPLETE THE REQUIRED
REPETITIONS IN THE ALLOTTED
MINUTE.

BRIAN HICKEY
RESCUE 4
21-15-9
POWER CLEAN (135/95)
S2O (135/95)
BURPEE

TIMOTHY HIGGINS
SQUAD 252
6RFT
5-DEADLIFTS @ 70%
1RM
5-T2B (TOES TO BAR)

JONATHON HOHMANN
HAZMAT 1
15-PRESS+PUSH PRESS+PUSH JERK
@ 80%
1RM
PRESS. EACH REP BEGINS FROM
THE GROUND.

THOMAS HOLOHAN
ENGINE 6
3RFT
5-OHS @ 75%
10-V-UPS
15-BURPEES

JOSEPH HUNTER
SQUAD 288
DEATH BY SQUATS. LOAD 70%
YOUR 1 REP MAX. START THE
CLOCK. DO 1 REP THE FIRST
MINUTE
2 REPS THE SECOND MINUTE
3 REPS THE THIRD MINUTE AND SO
ON UNTIL YOU ARE UNABLE TO
COMPLETE THE REQUIRED REPS
WITHIN THE MINUTE

WALTER HYNES
LADDER 13
10-9-8-7-6-5-4-3-2-1
CLEANS AND HSPU'S (HANDSTAND
PUSH-UPS). START @ 50%
1RM
ADD 10# PER ROUND.

JONATHAN IELPI
SQUAD 288
2RDS
44-PUSH PRESS (65/45)
22-WALL BALL (20/14)
11-PULL-UPS
11-HRPU

FREDERICK ILL
LADDER 2
30-SNATCHES @ 70%. BEGINNING
EVERY MINUTE 3-BAR FACING
BURPEES. TIME GOES UNTIL 30
SNATCH REPS ARE COMPLETED IN
TOTAL.

WILLIAM JOHNSTON
ENGINE 6
EMOM5
5-PUSH PRESS (185/135)
5-STRICT PULL-UPS

ANDREW JORDAN
LADDER 132
AMRAP10
3-POWER CLEANS (135/95)
3-POWER SNATCHES (135/95)
3-OHS (135/95)
50M BEAR CRAWL

KARL JOSEPH
ENGINE 207
21-15-9
PUSH PRESS (135/95)
30 BOX JUMPS
OHS (135/95)

ANTHONY JOVIC
ENGINE 279
20-BACK SQUATS (225/155)
20-BOX JUMPS (24/20)
20-PUSH PRESS (155/105)
20-HANDSTAND PUSH-UPS

ANGEL JUARBE JR.
LADDER 12
EMOM10
3-DEADLIFTS @ 65%
REMAINDER
MINUTE IS MAX BURPEES. SCORE IS
TOTAL NUMBER
BURPEES THROUGH ALL 10
ROUNDS.

MYCHAL JUDGE
CHAPLAIN
3RDS
21-BROTHERHOOD REPS
14-LOVE YOUR NEIGHBOR REPS
7-HUG YOUR FAMILY REPS. JUST
THE WAY FATHER JUDGE WOULD
HAVE WANTED A WORKOUT NAMED
IN HIS HONOR.

VINCENT KANE
ENGINE 22
TABATA AIR SQUATS

20-SNATCHES (135/95)
TABATA PUSH-UPS
20-THRUSTERS (135/95)

CHARLES KASPER
SPECIAL OPERATIONS COMMAND
15-GROUND TO OVERHEAD
(155/105)
200M WALKING LUNGES
15-GROUND TO OVERHEAD
(155/105)
800M RUN. GROUND TO OVERHEAD
CAN BE SNATCH
CLEAN AND JERK
CLEAN AND PUSH PRESS

PAUL KEATING
LADDER 5
AMRAP10
5-THRUSTERS (135/95)
7-KBS (32/24KG)
10-T2B

RICHARD KELLY JR.
LADDER 11
30-POWER SNATCHES FOR TIME @
80%
1 REP MAX SNATCH

THOMAS KELLY
LADDER 15
OHS (135/95)
BAR FACING BURPEES. PYRAMID.
10-9-8-7-6-5-4-3-2-1 OHS
1-2-3-4-5-6-7-8-9-10 BAR FACING
BURPEES. ALTERNATE EXERCISES.
10-OHS
1-BAR FACING BURPEE
9-OHS
2-BAR FACING BURPEES

THOMAS W. KELLY
LADDER 105
15-12-9 THRUSTERS (155/105)
WEIGHT PULL-UPS (STRICT)(45/25)

THOMAS KENNEDY
LADDER 101
20-DEADLIFTS (185/135)
25-DOUBLE UNDERS
15-PUSH PRESS (185/135)
50-DOUBLE UNDERS
10-SQUAT CLEANS (185/135)
100-DOUBLE UNDERS

RONALD KERWIN
SQUAD 288
20-POWER SNATCHES (95/65)
5-BURPEES
15-POWER SNATCHES (105/75)
10-BURPEES
10-POWER SNATCHES (115/85)
15-BURPEES
5-POWER SNATCHES (135/95)
20-BURPEES

MICHAEL KIEFER
LADDER 132
EMOM20
ODD MINUTES
5-BENCH PRESS @ 65%
1RM
EVEN MINUTES
8-HAND RELEASE PUSH-UPS

ROBERT KING JR.
ENGINE 33
AMRAP10
5-PRESS @ 60%
5-SIT-UPS
5-HANDSTAND PUSH-UPS
5-SIT-UPS

SCOTT KOPYTKO
LADDER 15
30-BACK SQUATS (225/155)
1 MINUTE REST
30-DEADLIFTS (225/155)

WILLIAM KRUKOWSKI
LADDER 21
AMRAP10
5-BACK SQUATS (225/155)
10-BOX JUMPS (24/20)
15-BROOMSTICK OHS
20-WALKING LUNGES
(1R+1L=1REP)

KENNETH KUMPEL
LADDER 25
3RFT
BEAR COMPLEX (135/95) (6 REPS)
100M BEAR CRAWL

THOMAS KUVEIKIS
SQUAD 252
EMOM12
2-CLEAN AND JERK (155/105)
3-BAR FACING BURPEES.

DAVID LAFORGE
LADDER 20
30-BEAR COMPLEX (155/105) FOR
TIME. ONE CYCLE THROUGH IS 1
REP. NORMALLY YOU HAVE TO
CYCLE THROUGH 7 TIMES FOR IT
TO EQUAL A REP

WILLIAM LAKE
RESCUE 2
EMOM10
2-OHS (135/95)
2-PUSH PRESS (135/95)

ROBERT LANE
ENGINE 55
50-DOUBLE UNDERS
5-POWER CLEANS (135/95)
40-DOUBLE UNDERS
5-S2O (155/105)
30-DOUBLE UNDERS
5-SQUAT CLEANS (185/135)
20-DOUBLE UNDERS

5-CLEAN AND JERK (225/155)
10-DOUBLE UNDERS

PETER LANGONE
ENGINE 252
30-BURPEES
30-SNATCHES (75/55)
30-HRPU'S
30-SNATCHES (135/95)
30-HSPU'S
30-SNATCHES (165/115)

SCOTT LARSEN
LADDER 15
PUSH PRESS/HANDSTAND PUSH-UP
(HSPU) LADDER. 2 MINUTE
ROUNDS. START W/ 75%
1RM
PUSH PRESS. FIRST 2 MINUTE
ROUND DO 1 PUSH PRESS AND 1
HSPU. NEXT 2 MINUTE ROUND
COMPLETE 2 PUSH PRESS AND 2
HSPU. EACH 2 MINUTE ROUND ADD
ONE REP TO EACH EXERCISE. KEEP
GOING UNTIL YOU ARE UNABLE TO
COMPLETE THE REQUIRED NUMBER
REPS WITHIN THE 2 MINUTE
ROUND.

JOSEPH LEAVEY
LADDER 15
8-OHS (135/95)
20-DOUBLE UNDERS
6-OHS
40-DOUBLE UNDERS
4-OHS
60-DOUBLE UNDERS
2-OHS
80-DOUBLE UNDERS. SUBSTITUTE
SINGLE UNDERS AT A 2:1 RATIO

NEIL LEAVY
ENGINE 217
10-POWER SNATCHES (135/95)
30-T2B
10-SQUAT CLEANS (135/95)
30-BOX JUMPS (24/20)
10-THRUSTERS (135/95)
30-BURPEES

DANIEL LIBRETTI
RESCUE 2
21-15-9
DEADLIFTS (315/225) OR 60%
1RM
BAR OVER BURPEES
BOX JUMPS (30/24)

CARLOS LILLO
FDNY PARAMEDIC
40-30-20-10
KBS (32/24KG)
GOBLET SQUATS (32/24KG)
T2B

ROBERT LINNANE
LADDER 20
50-CLEANS (135/95)
75-T2B
100-WALL BALL

MICHAEL LYNCH
E40
RUN 400M THEN 21-15-9
THRUSTERS (65/35)
PULL-UPS
RUN 400M THEN 21-15-9
CLEANS (65/35)
RING DIPS
RUN 400M THEN 21-15-9
WALL BALL (20/14)
BURPEES

MICHAEL LYNCH
LADDER 4
100M FARMERS CARRY (50/35LB
DUMBBELLS X 2)
20-BACK SQUATS (225/155)
100-DOUBLE UNDERS
20-DEADLIFTS (225/155)
100M FARMERS CARRY (50/35LB
DUMBBELLS X 2)

MICHAEL LYONS
SQUAD 252
5RDS
3-C&J (225/185)
6-HANDSTAND PUSH-UPS
9- BURPEE BOX JUMPS (24/20)

PATRICK LYONS
SQUAD 252
5RFT
@135/95
5-DEADLIFTS
5-HANG CLEANS
5-PUSH PRESS
5-FRONT SQUATS
10-BURPEE BOX JUMPS (24/20)

JOSEPH MAFFEO
LADDER 101
10RDS @ 185/135 (OR 80%
1RM
PRESS). PERFORM THIS COMPLEX
WITHOUT PUTTING THE BAR
DOWN. 1-CLEAN AND JERK
3-OHS
5-PUSH PRESS OR PUSH JERK

WILLIAM MAHONEY
RESCUE 5
3RFT
5-THRUSTERS (155/105)
10-BURPEES
15-BOX JUMPS (24/20)
20-KBS (24/16KG)

JOSEPH MALONEY LADDER 3
200M RUN
40-WALL BALL (20/14)
30-K2E

20-SQUAT CLEANS (135/95)
400M RUN
30-WALL BALL (20/14)
20-K2E
10-SQUAT CLEANS (135/95)
800M RUN
20-WALL BALL (20/14)
10-K2E
5-SQUAT CLEANS (135/95)

JOSEPH MARCHBANKS JR.
BATTALION 57
10-DUMBBELL SNATCHES (75/45)
(1R=1REP
1L=1REP)
10-HSPU
9-DUMBBELL SNATCHES (75/45)
9-HSPU'S
8-DUMBBELL SNATCHES (75/45)
8-HSPU'S ALL THE WAY TO 1-
DUMBBELL SNATCH (75/45)
1-HSPU

CHARLES MARGIOTTA
BATTALION 22
ROW 1K
20-POWER CLEANS (135/95)
ROW 1K
20-POWER SNATCHES (135/95)
ROW 1K
20-THRUSTERS (135/95)
ROW 1K

KENNETH MARINO
RESCUE 1
3RDS
5-CLEANS (155/105)
10-BURPEES
5-CLEAN AND JERKS (155/105)
10-WALL BALL (24/20)

JOHN MARSHALL
LADDER 27
5RDS
3-OHS (155/105)
6-CLEAN AND JERK (155/105)
12-BAR FACING BURPEES

PETER MARTIN
RESCUE 2
2RDS
20-CLEAN AND JERKS (135/95)
20-C2B PULLUPS

PAUL MARTINI
ENGINE 201
20-BURPEES
5-DEADLIFTS (315/225)
20-T2B
5-DEADLIFTS (315/225)
20-WALL BALL (20/14)
5-DEADLIFTS (315/225)
20-HRPU'S
5-DEADLIFTS (315/225)

JOSEPH MASCALI
RESCUE 5

12-9-6-3
BACK SQUAT @ 65%
BURPEE BOX JUMPS
500M ROW OR 400M RUN AT THE
END
EACH ROUND.

KEITHROY MAYNARD
ENGINE 33
5RDS
44-BOX STEP-UPS (24/20)
12-PUSH-UPS
12-AIR SQUATS. ONE THE LAST
ROUND DO 15-AIR SQUATS. DONE
WITH A WEIGHT VEST OR AIR PACK
YOUR CHOOSING.

BRIAN MCALEESE
ENGINE 226
75-THRUSTERS (95/65). EMOM
COMPLETE 20-DOUBLE UNDERS
THEN CONTINUE WITH THE
THRUSTERS TIL THE END
THE MINUTE.

JOHN MCAVOY
LADDER 3
3RDS
5-MUSCLE-UPS
7-BEAR COMPLEX (155/105)
50-DOUBLE UNDERS

THOMAS MCCANN
BATTALION 8
50-GROUND TO OVERHEAD
(155/105)
BEGIN EACH NEW MINUTE WITH
10-AIR SQUATS UNTIL ALL 50 G2O
REPS ARE COMPLETED

WILLIAM MCGINN SQUAD 18
40-RING DIPS
10-SNATCHES (155/105)
2K ROW
10-CLEANS (155/105)
100' WALKING LUNGES W/(55/35)
DUMBBELLS X 2.

WILLIAM MCGOVERN
BATTALION 2
5RFT
7-DEADLIFTS (225/155)
14-PULL-UPS
21-BURPEES

DENNIS MCHUGH
LADDER 13
15 MINUTE TIME CAP
3-FRONT SQUATS (135/95)
3-T2B. ADD 3 ADDITIONAL REPS TO
EACH ROUND. 6-6
9-9
12-12
15-15
18-18
ETC.....

ROBERT MCMAHON
ENGINE 20
3RDS
5-THRUSTERS (155/105)
10-PULL-UPS
15-RING PUSH-UPS

ROBERT MCPADDEN
ENGINE 23
4RDS
7-SNATCHES (135/95)
14-BURPEES
21-WALL BALL (20/14)
500M ROW

TERENCE MCSHANE
LADDER 101
EMOM20
ODD MINUTES 5-FRONT SQUATS
(205/115)
EVEN MINUTES 5-BURPEE BOX
JUMPS (24/20)

TIMOTHY MCSWEENEY
LADDER 3
7RDS
21-DOUBLE UNDERS
14-BURPEES
7-BODYWEIGHT DEADLIFTS

MARTIN MCWILLIAMS
ENGINE 22
400M RUN
50-WALL BALL (20/14)
5-BACK SQUATS (275/185)
50-PUSH-UPS
5-DEADLIFTS (275/185)
50-AIR SQUATS
400M RUN

RAYMOND MEISENHEIMER
RESCUE 3
3RDS
250M ROW
15-SQUAT CLEANS (135/95)
25-BURPEES
15-SQUAT CLEANS (135/95)
250M ROW
REST 2 MINUTES

CHARLES MENDEZ
LADDER 7
5-OHS
10-S2O
15-BACK SQUATS
20-DEADLIFTS
@BODYWEIGHT. OK TO USE A
RACK.

STEVE MERCADO
ENGINE 40
40-PULL-UPS
40-POWER SNATCH (105/75)
40-K2E
40-POWER CLEANS (105/75)
40-HSPU'S

THOMAS MIGNIONE
LADDER 132
4RDS
5-SQUAT CLEAN THRUSTERS
(135/95)
10-BURPEES
20-DOUBLE UNDERS

DOUGLAS MILLER
RESCUE 5
5RFT
1-POWER CLEAN (135/95)
2-THRUSTERS (135/95)
3-POWER SNATCH (135/95)
4-PUSH PRESS (135/95)
5-FRONT SQUAT (135/95)
6-DEADLIFTS (135/95)

HENRY MILLER JR.
LADDER 105
50-OHS (95/65)
PERFORM 5 PULL-UPS EVERY
MINUTE ON THE MINUTE
BEGINNING AT THE 1:00 MARK.

ROBERT MINARA
LADDER 25
25-CALORIE ROW
25-BOX JUMP OVERS (24/20)
25-DEADLIFTS (185/115)
25-WALL BALL (20/14)
25-RING DIPS
25-WALL BALL (20/14)
25-DEADLIFTS (185/115)
25-BOX JUMP OVERS (24/20)
25-CALORIE ROW

PAUL MITCHELL
LADDER 110
10-9-8-7-6-5-4-3-2-1
OHS (135/95)
HSPU'S STRICT

LOUIS MODAFFERI
RESCUE 5
800M RUN
THEN 50-BOX JUMPS (24/20)
100-KBS (24/16KG)
150-DOUBLE UNDERS
THEN 800M RUN. BREAK UP THE
BOX JUMPS
KBS
AND DOUBLE UNDERS AS YOU SEE
FIT.

DENNIS MOJICA
RESCUE 1
BEAR COMPLEX (185/135)
7-BAR FACING BURPEES
BEAR COMPLEX (155/105)
7-BAR FACING BURPEES
BEAR COMPLEX (135/95)
7-BAR FACING BURPEES

MANUEL MOJICA
SQUAD 18
21-18-15-12-9-6-3

PULL-UPS
CLEAN AND JERK (135/95)

CARL MOLINARO
LADDER 2
21-15-9
THRUSTERS (135/95)
24 BURPEE BOX JUMPS
HSPU'S

MICHAEL MONTESI
RESCUE 1
EMOM20
1-CLEAN AND JERK @ 80%
1RM
CLEAN
5-BURPEE BOX JUMPS (24/20)

THOMAS MOODY
DIVISION 1
5RDS
1-BEAR COMPLEX (7 REPS) (135/95)
400M RUN

JOHN MORAN
SPECIAL OPERATIONS COMMAND
24-20-16-12-8-4
FRONT RACK LUNGES (135/95)(1
STEP EQUALS ONE REP) AND HAND
RELEASE PUSH-UPS.

VINCENT MORELLO
LADDER 35
3RDS
5-DUMBBELL SNATCHES
EACH HAND (55/35),10-BURPEES
5-SNATCHES (155/105)
10-BURPEES

CHRISTOPHER MOZZILLO
ENGINE 55
5RDS
5-SQUAT CLEAN AND JERK
(155/105)
10-BOX JUMPS (24/20)
15-PULL-UPS
500M ROW

RICHARD MULDOWNNEY
JR. LADDER 7
7RDS
10-BURPEES
8-PULL-UPS
6-30 BOX JUMPS
4-HSPU'S
2-MUSCLE-UPS

MICHAEL MULLAN
LADDER 12
FOR TIME
120-DOUBLE UNDERS
12-CLEAN AND JERKS (155/105)
120-SIT-UPS
12-POWER SNATCHES (135/95)

DENNIS MULLIGAN
LADDER 2

15-12-9
BENCH PRESS (BODYWEIGHT)
RING DIPS
DUMBBELL THRUSTERS (35/25)
WALL BALL (20/14)

RAYMOND MURPHY
LADDER 16
5RFT
25-DOUBLE UNDERS
35-KBS (24/16KG)
45-AIR SQUATS

ROBERT NAGEL
ENGINE 58
3RDS
100FT WALKING LUNGES
(45/25) WEIGHT HELD OVERHEAD
20-WALL BALL (20/14)
20-BOX JUMPS (24/20)
10-PUSH PRESS (135/95)

JOHN NAPOLITANO
RESCUE 2
2RDS
40-PULL-UPS
10-BACK SQUATS (225/155)
40-WALL BALL (20/14)
10-DEADLIFTS (225/155)
40-SIT-UPS

PETER NELSON
RESCUE 4
4RDS
10-OHS (95/65)
10-BOX JUMPS (30/24)
10-S2O (95/65)
10-WALL BALL (12'/10')

GERARD NEVINS
RESCUE 1
AMRAP15
6-DEADLIFTS (255/165)
9-HRPU'S
12-BOX JUMPS (24/20)

DENNIS O'BERG
LADDER 15
EMOM14
ODD MINUTES 15-KBS (24/16KG)
EVEN MINUTES
10-DEADLIFTS (275/205)

DANIEL O'CALLAGHAN
LADDER 4
100-DOUBLE UNDERS BUY-IN
20-CLEANS (135/95)
20-S2O (135/95)
20-CLEAN AND JERKS (135/95)
100-DOUBLE UNDERS CASH OUT
FOR TIME.

DOUGLAS OELSCHLAGER
LADDER 15
100-PUSH PRESS (95/55)
REST 5 MINUTES
75-BACK SQUATS (135/95)

REST 5 MINUTES
50-DEADLIFTS (185/135)
FOR TIME.

JOSEPH OGREN
LADDER 3
15-DEADLIFTS (155/105)
30-T2B
30-BOX JUMPS (24/20)
10-SQUAT CLEANS (155/105)
20-BURPEES
20-DOUBLE UNDERS
5- THRUSTERS (155/105)
10-PULL-UPS
10-HSPU'S

THOMAS O'HAGAN
BATTALION 4
100-DOUBLE UNDERS
40-BURPEES
25-POWER CLEANS (115/75)
400M RUN
25-POWER CLEANS (115/75)
40-BURPEES
100-DOUBLE UNDERS

SAMUEL OITICE
LADDER 4
60-WALL BALL (20/14)
50-DEADLIFTS (135/95)
40-BURPEES
30-SNATCHES (135/95)
20-PULL-UPS
10-CLEAN AND JERKS (135/95)

PATRICK O'KEEFE
RESCUE 1
5RDS
10-THRUSTERS (135/95)
400M RUN
25-DOUBLE UNDERS

WILLIAM O'KEEFE
DIVISION 15
25-BACK SQUATS (205/135)
2K ROW
1 MILE RUN.

ERIC OLSEN
LADDER 15
7RDS
5-HANG CLEANS (155/105)
5-FRONT SQUATS (155/105)
5-BOX JUMPS (30/24)
50-DOUBLE UNDERS

JEFFREY OLSEN
ENGINE 10
21-15-9
BACK SQUATS (225/155)
BURPEES

STEVEN OLSON
LADDER 3
150-WALL BALL SHOTS
EVERY 2 MINUTES PERFORM 3-

DEADLIFTS (315/225)
3-BAR OVER BURPEES

KEVIN O'ROURKE
RESCUE 2
EMOM10
2-FRONT SQUATS (225/155)
5-BURPEE BOX JUMPS (24/20)

MICHAEL OTTEN
21-18-15-12-9-6-3
BACK SQUATS (135/95)
WALL BALL (20/14).

JEFFREY PALAZZO
RESCUE 5
LOAD BARBELL WITH 60%
1RM (REP MAX) FOR DEADLIFTS.
START CLOCK. DO ONE REP WITHIN
THE FIRST MINUTE
TWO REPS WITHIN THE 2ND
MINUTE
THREE REPS WITHIN THE 3RD
MINUTE AND SO ON. GO UNTIL YOU
CANNOT COMPLETE THE REQUIRED
NUMBER
REPS WITHIN THAT GIVEN MINUTE.
WARNING: DO NOT SPEED UP TO
GET ALL
THE REPS!!! GO SLOW AND USE
GOOD FORM. NEVER LET YOUR
BACK BECOME ROUNDED. IF YOU
CAN'T GET THE REPS USING GOOD
FORM THEN SO BE IT. THERE IS NO
SHAME IN THAT. INJURING YOUR
BACK HOWEVER
THERE IS A LOT
SHAME (AND PAIN) IN THAT!!!

ORIO PALMER
BATTALION 7
7RDS
3-CLEAN AND JERKS (185/115)
6-HSPU'S
9-BOX JUMPS (24/20)

FRANK PALOMBO
LADDER 105
50-BACK SQUATS (135/95)
40-BURPEES
30-OHS (135/95)
20-BURPEES
10-FRONT SQUATS (135/95)

PAUL PANSINI
ENGINE 10
1K ROW OR 800M RUN
30-BAR OVER BURPEES
20-SNATCHES (135/95)

JOHN PAOLILLO BATTALION 11
12-9-6-3
CLEANS (155/105)
PULL-UPS
DEADLIFTS (155/105)
BURPEES.

JAMES PAPPAGEORGE
ENGINE 23
21-15-9
PUSH PRESS (135/95) FROM THE
GROUND
T2B

ROBERT PARRO
ENGINE 8
8RDS
8-FRONT SQUATS (135/95)
8-BOX JUMPS (30/24)
8-SQUAT CLEANS (135/95)
8-BURPEE BOX JUMPS (24/20)

DURRELL PEARSALL
RESCUE 4
18-12-6
DEADLIFTS (315/225)
BOX JUMPS (30/24)

GLENN PERRY
LADDER 25
3RDS
5-POWER CLEANS (225/155)
20-PUSH-UPS
15-BURPEES

PHILIP PETTI
BATTALION 7
20-THRUSTERS (135/95)
20-BURPEES
20-CLEANS (135/95)
20-SIT-UPS
20-S2O (135/95)
20-PUSH-UPS
20-OHS (135/95)
20-HSPU'S
20-FRONT SQUATS (135/95)
20-AIR SQUATS

KEVIN PFEIFER
ENGINE 33
5RFT
50-DOUBLE UNDERS
15-HANG POWER CLEANS (95/65)
10-PULL-UPS
5-HSPU'S

KENNETH PHELAN
BATTALION 32
5RFT: 5-DEADLIFTS (155/105)
5-POWER CLEANS (155/105)
5-FRONT SQUATS (155/105),15-
BURPEES

CHRISTOPHER PICKFORD
ENGINE 201
LIFT 20,000LBS. PICK ANY WEIGHT
YOU WANT
BUT THE WEIGHT CANNOT CHANGE

SHAWN POWELL
ENGINE 207
@135/95
ONE MINUTE EACH. POWER CLEAN

FRONT SQUAT
DEADLIFT
PUSH PRESS
BACK SQUAT
REST 1 MINUTE
PUSH JERK
OHS
PENDLAY ROW
PRESS
POWER SNATCH

VINCENT PRINCIOTTA
LADDER 7
30-SQUAT CLEANS (185/135) TO
S2O FOR TIME

KEVIN PRIOR
SQUAD 252
3RFT
20-HANG POWER CLEANS (115/75)
20-T2B
400M RUN

RICHARD PRUNTY BATTALION 2
2RDS
2-POWER SNATCHES (135/95)
50-DOUBLE UNDERS
4-POWER CLEANS (135/95)
25-KBS (24,16KG)
6-FRONT SQUATS (135/95)
50-HRPU'S
8-PUSH PRESS (135/95)
25-BURPEES

LINCOLN QUAPPE
RESCUE 2
10-THRUSTERS (95/65)
1-BURPEE
9-THRUSTERS (105/75)
2-BURPEES
8-THRUSTERS (115/85)
3-BURPEES
7-THRUSTERS (125/90)
4-BURPEES
6-THRUSTERS (135/95)
5-BURPEES
5-THRUSTERS (145/100)
6-BURPEES
4-THRUSTERS (155/105)
7-BURPEES
3-THRUSTERS (165/115)
8-BURPEES
2-THRUSTERS (175/125)
9-BURPEES
1-THRUSTERS (185/135)
10-BURPEES

MICHAEL QUILTY
LADDER 11
5-CLEAN & JERKS (185/135)
10-(135/95)CLEAN & JERKS
15-(95/65) CLEAN & JERKS
FOR TIME.

RICARDO QUINN
FDNY PARAMEDIC
EMOM15

2-PRESS @ 80%
10-DOUBLE UNDERS

LEONARD RAGAGLIA
ENGINE 54
PUSH PRESS + BURPEE: 20-PUSH
PRESS @ 65%
20-BURPEES
15-PUSH PRESS @ 70%
15-BURPEES
10-PUSH PRESS @ 75%
10-BURPEES
5-PUSH PRESS @ 80%
5-BURPEES

MICHAEL RAGUSA
ENGINE 279
3RFT
10-BACK SQUATS (225/155)
10-JUMPING LUNGES
(1R+1L=1REP).

EDWARD RALL
RESCUE 2
3RFT
5-POWER CLEANS @ 80%
10-RING PULL-UPS

ADAM RAND
SQUAD 288
EMOM5
5-THRUSTERS (115/85)
EMOM5
3-THRUSTERS (135/95)
EMOM5
1-THRUSTER (165/115)

DONALD REGAN
RESCUE 3
5RDS
5-PUSH JERK (185/135)
10-BURPEES

ROBERT REGAN
LADDER 118
30-BACK SQUATS (225/155)
1 MILE RUN.

CHRISTIAN REGENHARD
LADDER 131
USING 115/85
10-PRESS
15-OHS
20-PUSH PRESS
25-FRONT SQUATS
30-PUSH JERK
35-BACK SQUATS

KEVIN REILLY
ENGINE 207
EMOM12
ODD MINUTES
5-PUSH PRESS FROM THE GROUND
(155/105)
EVEN MINUTES
5-DEADLIFTS (155/105)

VERNON RICHARD
LADDER 7
AMRAP10
5-PUSH JERK (155/105)
12-GRASSHOPPERS (1R+1L=1 REP).

JAMES RICHES
ENGINE 4
MAX REPS
BENCH PRESS (225/155)

JOSEPH RIVELLI JR.
LADDER 25
3RFT
12-DEADLIFTS (275/205)
24-BOX JUMPS (24/20)

MICHAEL ROBERTS
LADDER 35
20-S2O (S2O)(185/135) FROM THE
GROUND
40-BURPEES

MICHAEL ROBERTS
ENGINE 214
100-SQUAT CLEANS (75/55). AFTER
THE FIRST MINUTE
4-BURPEES EMOM UNTIL 100
SQUAT CLEANS ARE COMPLETED.

ANTHONY RODRIGUEZ
ENGINE 279
21-15-9
DEADLIFTS (225/155)
WALL BALL (20/14)

MATTHEW ROGAN
LADDER 11
15-BACK SQUATS (185/135)
400M RUN
10-BACK SQUATS (225/155)
400M RUN
5-BACK SQUATS (275/205)
400M RUN

NICHOLAS ROSSOMANDO
RESCUE 5
3RDS
5-PUSH PRESS @ 75%
1RM
10-BURPEE BOX JUMPS (24/20)

PAUL RUBACK
LADDER 25
25-BACK SQUAT @ 80%
DO NOT RACK THE WEIGHT UNTIL
ALL 25 REPS ARE COMPLETED.

STEPHEN RUSSELL
ENGINE 55
100-DB SQUAT CLEANS (35/25).
AFTER THE FIRST MINUTE
PERFORM 3 BURPEES EMOM (EVERY
MINUTE ON THE MINUTE) UNTIL
YOU HAVE COMPLETED 100 SQUAT
CLEANS.

MICHAEL RUSSO
SPECIAL OPERATIONS COMMAND
5RDS
10-BURPEE DEADLIFTS (225/155)
10-CALORIE ROW (OR 25-SDHP
{45/35}W/BARBELL)

MATTHEW RYAN
BATTALION 1
21-15-9
BACK SQUAT (225/155)
DOUBLE UNDERS

THOMAS SABELLA
LADDER 13
20-FRONT SQUATS (185/115)
RUN 400M
20-BACK SQUATS (185/115)
RUN 400M
20-DEADLIFTS (185/115)
RUN 400M
5 MINUTE TOTAL SQUAT HOLD.

CHRISTOPHER SANTORA
ENGINE 54
5RDS
40-DOUBLE UNDERS
30-BOX JUMPS (24/20)
20-KBS (24/16KG)
10-THRUSTERS (135/95)

JOHN SANTORE
LADDER 5
50-40-30-20-10
DOUBLE UNDERS
95/65 S2O
FROM THE GROUND.

GREGORY SAUCEDO
LADDER 5
500-DOUBLE UNDERS OR 1,000
SINGLES
250-SIT-UPS
100-KBS (16/12KG)
50-OHS (95/65)

DENNIS SCAUSO HAZMAT 1
25-PULL-UPS
10-DEADLIFTS (225/155)
50-PUSH-UPS
10-DEADLIFTS (225/155)
75-SIT-UPS
10-DEADLIFTS (225/155)
100- AIR SQUATS
10-DEADLIFTS (225/155)
125-4CT FLUTTER KICKS.

JOHN SCHARDT
ENGINE 201
50-POWER SNATCH (75/45)
50-BURPEES
50-OHS (75/45)
50-SIT-UPS
50-THRUSTERS (75/45)

FRED SCHEFFOLD
BATTALION 12

5-SQUAT CLEANS (135/95)
50-DOUBLE UNDERS
4-SQUAT CLEANS (165/105)
40-DOUBLE UNDERS
3-SQUAT CLEANS (185/125)
30-DOUBLE UNDERS
2-SQUAT CLEANS (205/135)
20-DOUBLE UNDERS
1-SQUAT CLEAN (225/155)
10-DOUBLE UNDERS

GERARD SCHRANG
RESCUE 3
3RDS
5-DEADLIFTS (275/185)
10-BURPEES
15-BOX JUMPS (24/20)
20-DOUBLE UNDERS

GREGORY SIKORSKY
SQUAD 41
5 ROUNDS
41-AIR SQUATS
41-PUSH-UPS
41-SIT-UPS
41-PULL-UPS

STEPHEN SILLER
SQUAD 1
50-BURPEES
20-FRONT SQUATS @ 80%
50-BURPEES

STANLEY SMAGALA JR.
ENGINE 226
5RDS
50-DOUBLE UNDERS
25-WALL BALL (20/14)
15-BURPEES

KEVIN SMITH
HAZMAT 1
30-SNATCHES FOR TIME (155/105)

LEON SMITH JR.
LADDER 118
20-T2B
20-S2O (135/95)
20-HSPU'S
20-OHS (135/95)
20-DOUBLE UNDERS
18-C&J (135/95)

ROBERT SPEAR JR.
ENGINE 50
15-12-9
FRONT SQUATS
BURPEE TO PULL-UP (MAKE SURE
PULL-UP BAR IS HIGH ENOUGH
THAT YOU HAVE TO JUMP UP TO
GET TO IT)(185/135)

JOSEPH SPOR
LADDER 38
10RDS
1-PRESS
2-PUSH PRESS

3-PUSH JERK (135/95)
4-HSPU'S
10-PUSH-UPS

LAWRENCE STACK
BATTALION 50
50 THRUSTERS (45/35)
50-SITUPS
50-BOX JUMPS (24/20)
50 KBS (24/16KG)
50 THRUSTERS (45/35)

TIMOTHY STACKPOLE
DIVISION 11
50-CLEAN AND JERK (135/95)
50-BURPEES
800M RUN

GREGORY STAJK
LADDER 13
EMOM13
ODD MINUTES
13-HAND RELEASE PUSH-UPS
EVEN MINUTES
13-S2O (115/75)

JEFFREY STARK
ENGINE 230
PUSH PRESS + PUSH JERK + SPLIT
JERK + 20-DOUBLE UNDERS. START
WITH 50%
1RM
PUSH PRESS. ADD 10# EVERY 2
MINUTES UNTIL YOU CANNOT
COMPLETE THE SET IN THE
ALLOWED 2 MINUTES.

BENJAMIN SUAREZ
LADDER 21
15-12-9-6-3
(185/135) DEADLIFTS
HSPU'S
VERTICAL JUMPS (MARK A SPOT ON
A WALL 12 ABOVE YOUR
OUTSTRETCHED ARMS)

DANIEL SUHR
ENGINE 216
2RDS
21-BURPEE RING DIPS
16-OHS (115/75)
FROM THE GROUND

CHRISTOPHER SULLIVAN
LADDER 111
3RDS @ (115/85)
1-SQUAT SNATCH
2-SQUAT CLEANS
3-HANG CLEAN
4-POWER SNATCHES
1-15' ROPE ASCENT OR 10-TOWEL
PULL-UPS

BRIAN SWEENEY
RESCUE 1
5RFT

1-BEAR COMPLEX (7 REPS)(135/95)
10-LATERAL OVER BAR BURPEES

SEAN TALLON
LADDER 10
5RFT
5-CLEAN AND JERKS (135/95)
50M SPRINT
5-THRUSTERS (135/95)
50M SPRINT

ALLAN TARASIEWICZ
RESCUE 5
5RDS
5-POWER CLEANS
5-POWER SNATCHES
5-SQUAT CLEANS
5-SQUAT SNATCHES
50-DOUBLE UNDERS. (135/95)

PAUL TEGTMEIER
ENGINE 4
4RDS
21-BUPREES
15-PULL-UPS (STRICT)
9-BACK SQUATS (225/155)

JOHN TIERNEY
LADDER 9
PP+FRONT SQUAT+THRUSTER
20 @ 45/25-15 @ 75/45-10 @
95/65-5 @ 135/95

JOHN TIPPING II
LADDER 4
4RDS
15-DEADLIFTS (225/155)
15-BOX JUMPS (24/20)
50-DOUBLE UNDERS

HECTOR TIRADO JR.
ENGINE 23
DESCENDING TO ASCENDING. FOR
TIME: 10-9-8-7-6-5-4-3-2-1
OVERHEAD SQUATS (135/95) 1-2-3-
4-5-6-7-8-9-10 CHEST TO BAR PULL-
UPS. (ROUND 1 IS 10 OHS
1 C2B PULL-UP; ROUND 2 IS 9 OHS
2 C2B PULL-UPS
ETC.)

RICHARD VANHINE SQUAD 41
4RFT
25-S2O (135/95)
400M RUN
15-THRUSTERS (135/95)
400M RUN

PETER VEGA
LADDER 118
75-THRUSTERS (75/45)
10-DOUBLE UNDERS AT THE
BEGINNING
EVERY MINUTE STARTING AFTER A
FULL MINUTE
THRUSTERS.

LAWRENCE VELING
ENGINE 235
21-15-9
STRICT HSPU
FRONT SQUAT (185/115)
BURPEES

JOHN VIGIANO II LADDER 132
5RDS
10-BACK SQUAT (225/155)
40-SIT-UPS
40-PUSH-UPS

SERGIO VILLANUEVA
LADDER 132
50-DOUBLE UNDERS
5-POWER SNATCHES (135/95)
40-DOUBLE UNDERS
10-POWER CLEANS (135/95)
30-DOUBLE UNDERS
15-OHS (135/95)
20-DOUBLE UNDERS
20-BACK SQUATS (135/95)
10-DOUBLE UNDERS
25-DEADLIFTS (135/95)

LAWRENCE VIRGILIO
SQUAD 18
50-KBS (24/16KG)
50-SIT-UPS
50-DOUBLE UNDERS
25-KBS (24/16KG)
25-SIT-UPS
25-DOUBLE UNDERS
12-KBS (24/16KG)
12-SIT-UPS
12-DOUBLE UNDERS
6-KBS (24/16KG)
6-SIT-UPS
6-DOUBLE UNDERS
3-KBS (24/16KG)
3-SIT-UPS
3-DOUBLE UNDERS

ROBERT WALLACE
ENGINE 205
50-POWER SNATCH (95/65)
40-BURPEES
30-POWER CLEANS (95/65)
20-GHD SIT-UPS
10-OHS (95/65)

JEFFREY WALZ
LADDER 9
9RDS
5-CLEAN AND JERKS (155/105)
10-PULL-UPS

MICHAEL WARCHOLA
LADDER 5
100-DOUBLE UNDERS
75-BOX JUMPS (24/20)
50-KBS (32/24KG)
25-BURPEES

PATRICK WATERS
SPECIAL OPERATIONS

AMRAP10
5-C&J (135/105)
200M SPRINT

KENNETH WATSON
ENGINE 214
4RDS
21-PULL-UPS
4-CLEAN & JERKS (225/155)
21-BURPEES
4-BACK SQUATS (225/155)
FOR TIME.

MICHAEL WEINBURG
ENGINE 1
5RDS
500M ROW
20-PULL-UPS
5-PUSH JERK (135/95)

DAVID WEISS
RESCUE 1
AMRAP10
5-FRONT SQUATS
9-DEADLIFTS
5-SQUAT CLEANS
9-BACK SQUATS (225/155)

TIMOTHY WELTY
SQUAD 288
AMRAP20
BARBELL COMPLEX
1-POWER CLEAN
3-FRONT SQUATS
3-PUSH PRESS
1-CLEAN AND JERK
1 MINUTE REST. USE 90%
YOUR BODYWEIGHT.

EUGENE WHELAN
ENGINE 230
2RDS
30-CLEANS (135/95)
30-WALL BALL
30-S2O (135/95)
30-BURPEES

EDWARD WHITE
ENGINE 230
EMOM23
3-230LB DEADLIFTS
5-PULL-UPS (STRICT)

MARK WHITFORD
ENGINE 23
4RDS
15-DUMBBELL THRUSTERS (40/20)
50M
WALKING LUNGES W/DUMBBELL
(40/20) HELD OVERHEAD

GLENN WILKINSON
ENGINE 238
4RDS
10-TUCK JUMPS
100M SPRINT

10-POWER CLEANS (135/95)
100M SPRINT

JOHN WILLIAMSON
BATTALION 6
EMOM6
10-PULL-UPS
EMOM6
5-SQUAT CLEANS (155/105)
EMOM6
10-T2B
EMOM6
5-S2O (FROM THE GROUND)
(155/105)
EMOM6,10-HRPU'S
EMOM6
5-OHS (155/105)

DAVID WOOLEY
LADDER 4
EMOM12
3-FRONT SQUATS (185/135)
3-BOX JUMPS (24/20)

WILLIAM WREN
RETIRED
21-15-9
BENCH PRESS @ 65%
1RM
RING DIPS
HAND RELEASE PUSH-UPS

RAYMOND YORK
ENGINE 285
10-FRONT SQUATS (135/95)
10-AIR SQUATS
10-OHS (135/95)
10-WALKING LUNGES
(1R+1L=1REP)
10-BACK SQUATS (135/95)
10-BURPEES