



St. Jude Children's Research Hospital

AND



FEBRUARY 4, 2012



“KILEY” (3 Part – Individual Event)

DIAGNOSIS (As far as you can in 10 min)

- 20 Cal Row
- 30 Pull-Ups
- 20 Deadlifts 135/95
- 30 Jumping Lunges
- 20 Power Cleans 135/95
- 30 Kettlebell Swings 1.5/1.0
- 20 Front Squats 135/95
- 30 Sit-Ups
- 20 Shoulder 2 Overhead 135/95
- 30 Push-Ups

REST 2 MINUTES

TREATMENT

- Sled Pull 4 Distance in 2 minutes

REST 2 MINUTES

REMISSION (11 Rounds)

- 20 Double-Unders
- 9 Push-ups

“RETT” (2 person - Partner Event)

800 M Run

- 20 Wall Balls
- 30 Box Jumps
- 20 Partner Presses
- 30 Sit-ups
- 20 Bar-Facing Burpees

800 M Run

“KILEY”

KILEY is the patient of the month at St. Jude's. She was found to suffer from retinoblastoma (type of cancer in the eye) in April 2010. "I knew St. Jude's covered treatment-related costs," her mom said, "but I had know idea they would cover our housing, mileage and meals when we're here. Everything is taken care of for us, and that's a huge weight off of our shoulders." (Full story on www.stjude.org)

EVENT: **"CROSSFITTING' 4 CURES"**

DATE: FEBRUARY 4, 2012

TIME: 9AM (Individual event) & 2 PM (Team event)

PLACE: **CrossFit Old School**
512 College Street * Bowling Green, KY 32101
270-904-1657

“At CrossFit, we workout everyday to become stronger, faster, healthier—TODAY, we workout for them.”

COME JOIN US...on FEBRUARY 4, 2012

To donate online, visit myworkoutforstjude.org; click>Find an event; click > KY; click >CrossFit Old School