AO: Indigo Rebellion

Q: HBC

PAX: 11; GlowPop, Slippers, Sloppy Pile Driver, DuckTales, Toxic, Swinger, CardinalLaw, 49 or Hawkeye (??), FNG “SharkTank”, Credit\_Check, and YHC for the Q

Warm-up: SSH 25 (IC), Imperial Walkers 15 (IC), Hillbillies 10 (IC), Grass-Getters 10 (IC)

The Thang:

At the Flag 1st stage-50 Merkins

Mosey to the B-ball Court, grabbed Cinder Blocks for 2nd stage of;

50 Merkins, 50 Freddy Mercuries, 50 Flutterkicks, 10 HBC AB’s w/ Cinder Blocks, 20 8-count Body-builders, 100 SSH’s

Mosey to the School for 3rd stage of;

40 Australian Mt Climbers, 50 Box Jumps, 100 SSH’s

Mosey to the Flag for 4th stage of;

50 Merkins, 100 SSH’s

Mosey to the B-ball court for 5th stage of;

50 Merkins, 100 Freddy Mercuries, 100 Flutterkicks, 15 HBC AB’s w/ Cinder Blocks, 30 8-count Body-builders, 100 SSH’s

Put up Cinder Blocks, mosey back to flag for 6th stage of;

10 8-count Body-builders, and then burned out w/ 200 SSH’s!!!!

Total= 1,335 Reps of Exercises!!!

Prayers & Announcements: Talked about the #prayer-request channel on Slack

COT: Finished my own Q Tour w/ talking about Core Values from the Air Force, today’s was “Excellence in all we do”. Talked about giving it out 100% best effort every day, regardless of what it’s for.