

**HERO WOD**

**AHG AUSTRALIAN  
HERO GAMES**

THEY FIGHT, THEY PROTECT, WE HERO WOD

IN HONOUR OF CORPORAL MATHEW HOPKINS  
PAID THE ULTIMATE PRICE FOR THEIR COUNTRY ON 16 MARCH 2009

**CARRY A  
HERO HOME**

# HOPPY

**17 MINUTES AMRAP**

- **21 LATERAL BAR BURPEES**
- **16 BOX JUMPS OR STEP UPS  
MEN 24 INCH / WOMEN 20 INCH**
- **8 FRONT RACK FORWARD LUNGES  
MEN 60KGS / WOMEN 40KGS**
- **3 GROUND TO OVERHEAD  
60KGS / WOMEN 40KGS**