

MOTOWN

CROSSFIT ★ MORRISTOWN

monday

11.28.16

5 rds
500m row
30 wallballs 20/14
30 box jumps 24/20

rowing version of
the CrossFit
benchmark 'Kelly'.
push for no more
than 2 sets to
finish the
wallballs

tuesday

11.29.16

60 cal bike
30 lunges 135/95
10 muscle-ups

fast and furious!
get the lungs and
legs going on the
bike + then fire
up those glutes
w/lunges in the
front rack. Finish
off with a high
skill gymnastics
move

wednesday

11.30.16

emom 20
odd 100m sprint
even 5 snatch

interval training
at it's finest,
this one will
leave you gasping
for air while
challenging your
weightlifting
technique +
ability

thursday

12.1.16

hang power clean
15 min for heavy 1

10-9-8...1
hang sq cln 95/65
c2b pull-up

work up to a heavy
clean with
excellent
mechanics and then
endure this burner
with a light but
lethal squat clean
and some chest to
bar pull-ups

friday

12.2.16

11-9-7
deadlift 275/185
push jerk 155/105

heavy load, check.
heavy breathing,
check.
complimentary
movements with a
pull and push to
keep your
intensity high

save the dates

december 4 | community event paintball @ skirmish usa

december 16 | christmas party @ tashmoo 630-830 open bar & food

look out for evite - must rsvp!

