

# MOTOWN

## CROSSFIT ★ MORRISTOWN

### monday

12.5.16

Teams of 2  
50 Hang Snatches  
100 T2B  
150 bar burpees

kicking off team week with a chipper. one person works at a time here to keep intensity high in an interval style workout

### tuesday

12.6.16

Teams of 4  
4 rounds  
2 min wallball  
2 min bx jump over  
Rest 1 min  
2 min assault bike  
2 min d-ball

working in partners to push through 40 minutes of push/ pull, press, jump, throw

### wednesday

12.7.16

Teams of 3  
stadium style  
AMRAP 20  
15 cal row  
15 KBS  
10 ring push-ups

constant movement for this workout with your team pushing you through nipping at your heels

### thursday

12.8.16

Teams of 2  
I go/ you go  
21-15-9  
Thruster  
Pull-up

partner version of the CF classic "Fran"  
Sprint through your set of 21 then cheer your partner through theirs, continue for 15 and 9's

### friday

12.9.16

AMRAP 12  
60 deadlifts  
30 strict hspu  
Remaining time max power snatches

deadlifts must be done in sets of 10, then move to handstand push-ups in sets of 5. one person working at a time to finish up with snatches.

save the dates

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

look out for evite - must rsvp!

thursdays 7-830pm | Strength class - Conjugate method!

january 8 | info session #trainwithus | april 30 nj marathon



