

# MOTOWN

## CROSSFIT ★ MORRISTOWN

monday  
8.13.18

the 30's  
w/ partner  
30 muscle ups  
30 fr squats  
30 push presses  
30 bx jump ovr

this week we  
bring a few of  
the CF Games  
workouts to you -  
starting with  
this version of a  
team workout

tuesday  
8.14.18

accessory day:  
midline + glutes

accessory day  
makes a guest  
appearance on  
tuesday this  
week with some  
'butts and guts'

wednesday  
8.15.18

fibonacci  
5-8-13 reps  
deficit hspu  
dbl kb deads  
then  
oh lunge 90'

last years Games  
finals came back -  
compare your score  
from last year

thursday  
8.16.18

bicouplet  
12-9-6  
snatch  
bar muscle up  
rest 2 min  
21-15-9  
snatch  
c2b pull-up

two workouts in  
one - can you get  
both done within  
the Games time cap  
of 6 min?

friday  
8.17.18

"Maupin"  
4 rounds  
49 push-ups  
49 sit-ups  
49 squats

In memory and  
honor of US Army  
Staff Sgt. Keith  
"Matt" Maupin

the row | row marathon to benefit Powers Promise | August 25  
10-year anniversary party | save the date...special guests coming | october 19  
bte immersion | oct 12-14 | email [bill@btwntheears.com](mailto:bill@btwntheears.com) for info

