

Monday...12/19/16

Description

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Did you read the latest blog post about Goal Setting? [Read it here!](#)

A. Skill:

15 min of sleds

Push and pull along the long side of the building

Goal is try to get your body weight (or more) on the sled for one length pushing, one length pulling

*Enter heaviest weight for both push/pull in comment section of wod

B. MWOD:

Hamstring Stretch

C. WOD:

Health –

3 Rounds for time

20 KB swings (53/35)

10 KB plank touches

2 lengths of the gym (down and back) burpee broad jumps

*** RX + = unbroken KB Swings

Fitness –

3 Rounds for time

30 KB swings (53/35)

10 KB plank touches

2 lengths of the gym (down and back) burpee broad jumps

*** RX + = unbroken KB Swings

D. Post-WOD Recovery:

LAX Ball + Glutes

Date Created

12/18/2016

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