

Monday...12/2/13

## Description

Can you believe it's December already? In honor of that, I say we SQUAT!!

A. Skill:

Front/Back Squat – 6 x 2/4 @ 95% (yes, that reads NINETY FIVE percent. Strap on your big girl pants!), rest 90s

B. MWOD:

Athlete's Choice

C. WOD:

Coach's Choice – show up to see what FUN we've cooked up for ya!

[20131201185854.jpg](#)

## Date Created

12/01/2013

default watermark