

Monday...12/28/15

Description

Did you read our blog post recapping 2015? [Check it here!](#)

Reminder about this weeks hours:

Monday – Wednesday : Normal

Thursday : 5:30 & 9am only

Friday: 9am only

Saturday: Normal

A. Weightlifting:

12min to 10RM Deadlift

*Notes: Must be touch and go, cannot reverse your grip

B. MWOD:

Calf Smash

C. WOD:

3 RFT –

20 Burpees

7 Deadlifts (315/215)

40 Double Unders

D. Post-WOD Recovery:

Forearm Smash

Date Created

12/27/2015

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