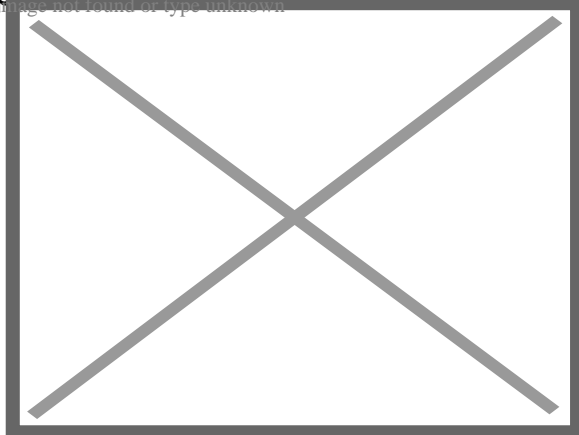


Monday...12/9/13

Description



A. Skill:

15min to 1RM Push Press

B. MWOD:

Banded Overhead Lat Stretch

C. WOD:

12min AMRAP –

Run 400m

12 Pull-Ups

12 Push Press (50% of above)

Date Created

12/08/2013

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