

Monday...3/16/15

Description

RELAY FOR LIFE

We have a created a Relay for Life team for 2015. The event will be held right across the street at Newsome on Saturday April 18th. We need YOU! Please let us know if you are willing to be part of our team to participate at Relay. The day of, we will have rowing and burpee challenges to garner donations for the American Cancer Society. We also plan to ROW a MARATHON (yes you read that right) as a team during the 24 hours of Relay. This will be design for you to have people "sponsor" you for donations on the amount of meters you row. In addition, we will have in house opportunities to donate through WODs and challenges. Please please plan to participate!

https://main.acsevents.org/site/TR?fr_id=63578&pg=team&team_id=1802510

A. Skill:

12min clock –

3 attempts to get max calories in 20 pulls.

Rest as needed between sets, but all 3 attempts must be completed in 12 minutes

B. MWOD:

Couch Stretch – 2min ea side

C. WOD:

4 Rounds f/ Reps –

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1min Row f/ Calories

1min Box Jumps (24/20)

1min Handstand Push-Ups

1min rest

*Note:

If you have to use more than (1) 45lb plate under the ab-mat for HSPU, then you will do hand release push-ups. Ask Todd Huffman to demo...

D. Post-WOD Recovery:

Row 1min easy

Guess Who Got Their FIRST MUSCLE UP EVER in a WOD this weekend?
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Date Created

03/15/2015