

MOVING DAY! 3/26/14

Description

In case you missed it, we will finally be MOVING to our brand new facility this week! So, consider this your heads up that we will be CLOSED on Friday March 28th. If you feel at all short-changed about not getting a WOD in that day, don't worry – you can come by the old place and grab something to take over to the new place. I have faith that we will be going back and forth ALL DAY. It's an incredibly hectic, but very exciting time right now. However, I couldn't think of a better group of people to share it with. I cannot WAIT to unveil everything we have for you guys. Stay tuned for plans for Saturday's inaugural WOD at the new place.

With that being said, that means you only have TWO more WODs to get in at the old place. So don't miss out!!

A. Skill:

15min to 5RM Front Squat

B. MWOD:

Front Rack

C. WOD:

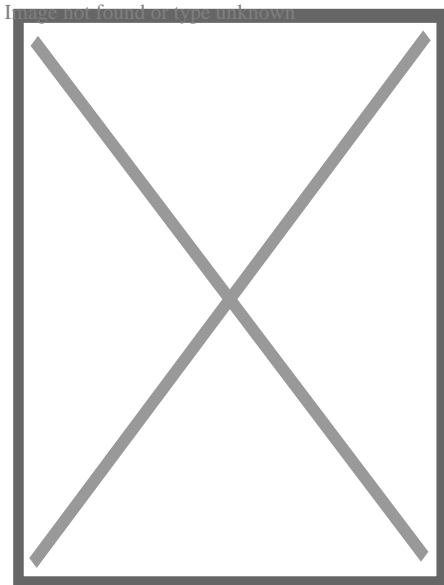
3 RFT –

Run 2 Laps

21 KB Swings (53/35)

15 Box Jumps (24/20)

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Did you know Jay is currently ranked #31...in the ENTIRE

WORLD?!

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