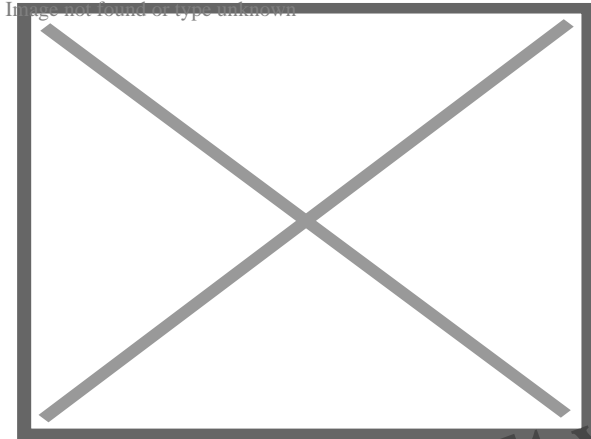


Testing Week, Day 5...9/27/13

Description

Ok gang, this is it...our final day of testing is here. Let's finish this one off with a bang!

A. Skill:



Ladies, the bar has been set by
Alicia...now go get it!!

1RM Back Squat

B. MWOD:

Hips

C. WOD:

3 RFR –

90s ME KB Swings (53/35)

90s Rest

Date Created

09/26/2013