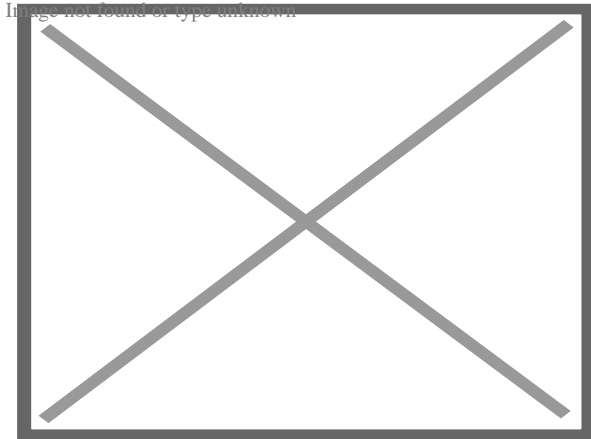


Thursday...12/6/12

## Description

A. Skill:



Silly People...Tricks are for MUDDERS!!

Handstands and Pull-Ups

B. WOD:

3 Rounds f/ Reps –

1min ME Strict Press (45/65)

1min ME Double Unders

1min ME Ring Rows

\*Rest 1min

**Date Created**

12/06/2012

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