

Tuesday...12/11/12

## Description

A. Skill:

7x1 – 1 Push Press + 1 Push Jerk + 1 Split Jerk

B. MWOD:

T-Spine Mobility

C. WOD:

4min AMRAP –

7 HR Push-ups

10 B2B Air Squats

-rest 1min-

4min AMRAP –

7 Burpees

10 Sit-Ups

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**Date Created**

12/11/2012

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