

Tuesday...3/22/16

Description

****Next Monday, March 28th, we will be hosting a Grand Finale BBQ for the 2016 Intramural Open!!!!
Check out more details and [RSVP Here!](#)****

Wait...so we're going to have food??
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A. Weightlifting:

Overhead Squat – 12min to Heavy Double

B. MWOD:

Banded Overhead Shoulder

C. WOD:

“Death by Snatch”

On the first minute, perform 1 snatch

On the 2nd minute, perform 2 snatches

On the 3rd minute, perform 3 snatches

...continue adding 1 rep each minute. The workout is over when you can no longer perform the number of repetitions in that minute.

*Notes:

1) Yes, full squat

2) Weight is 60% of OHS above

D. Post-WOD Recovery:

Quad Smash

Date Created

03/21/2016