

Tuesday...6/28/16

Description

****ANNOUNCEMENTS****

1. We will be CLOSED ALL DAY on Monday July 4th!
2. See #1

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A. Skill:

10min Rope Climb Practice – teach the techniques you know about climbing up and how to get down safely.

B. MWOD:

T-Spine Foam Roll

C. WOD:

5 RFT –

9 T2B

18 KB Swings (53/35)

36 DU

*Notes:

- 1) T2B Scale is 18 med-ball sit-ups
- 2) DU scale is 72 SU

D. Post-WOD Recovery:

Forearm Smash

Date Created

06/27/2016

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