

Tuesday Tunes...6/10/14

Description

Since only about 3 of you paid attention last week, yet 73 of you continue to “voice your opinion” (read: WHINE) about the music selection I’ll give you another chance to suggest some new tunes. Post to comments, WODIFY, email me, text, etc etc etc. Just remember: it needs to be clean.

A. Weightlifting:

Strict Press – 12min to 5RM (heavier than [last week](#))

B. MWOD:

Couch Stretch – 3 x 60s

C. WOD:

“JJ”

5min Max Meters Rowing

4min ME KB Swings (53/35)

3min ME Handstand Walk

2min ME Pistols

1min ME Burpees

[upset-450x270](#) image not found

Date Created

06/09/2014

default watermark