

MOTOWN

CROSSFIT ★ MORRISTOWN

monday

1.30.17

the lucas

50 squat c&j
1-10 @ 95/65
11-20 @ 135/95
21-30 @ 155/105
31-40 @ 185/125
41-50 @ 205/135

earn that lucas love by teaming up with a partner and switching every 5 reps to get a little bit of rest, alot of encouragement and pr every day babyyy

tuesday

2.1.17

the santi

7 rounds
10 hr push-ups
15 pulls on rower
60' carry 2/1.5pd

santi spices up those shoulders with hand release push-ups and let's you pull as hard as you possibly can on the row to jack your heart rate for the carry

wednesday

2.2.17

the k+b

50 medball cln
25 k2e
25 kbs 1.5/1pd
100 alt lunges
25 kbs 1.5/1pd
25 k2e
50 medball cln

how long can you hold on for and how hard can you push? you get to determine what depths you are willing to go to with this out/back workout collaborated on by k and bill

Thursday

2.3.17

the dave

100 box jump overs
emom 2/1 muscle-up

as if no touch box jump overs weren't explosive enough, dave makes you work with a purpose to get as many in before executing ring work on the top of every minute

friday

2.4.17

the erin/tom

emom 10
3 sumo deadlifts

50/ 40 cal's bike

that's it? erin and tom serve up a more specialized and heavier pull and an all out sprint on the devil's tricycle that will empty your tank and take everything you have...that's it.

save the dates

Griffin Madden Memorial WOD | february 4 @ 9 - 11am | sign up in the app
join the 'making nutrition great again 2017' facebook group

