

MOTOWN

CROSSFIT ★ MORRISTOWN

monday
5.21.18

emom 15
2 c + j
20 dbl undrs

start your week
with a little
urgency - get
those reps in
every minute!
lift weight with
a high heart
rate

tuesday
5.22.18

overhead squat
50 ohs
50 c2b pullups
break-up however

practice
technique and
mechanics with a
challenging
weightlifting
movement in
strength and a
metcon

wednesday
5.23.18

amrap 20
run 400
10 burpees
run 200
10 k2e

perfect wednesday
wod - don't think,
just move.

thursday
5.24.18

5 rds
15 kbs
12 ring dips
9 db thrusters

this is an elegant
combo of push and
pull that will
work you in the
best way

Friday
5.25.18

"Moon"
7 rds
10 db hgsplt snrch
1 rope climb
10 db hgsplt snrch
1 rope climb

In memory and
honor of U.S. Army
Specialist
Christopher Moon.

memorial day workout | monday may 28 | 930am

bte workout | 4 spots left | june 2 530-730am

10-year anniversary party | save the date...special guests coming | october 19



