

MOTOWN

CROSSFIT ★ MORRISTOWN

monday
5.28.18

"Murph"
1-mile run
100 pull-ups
200 push-ups
300 squats
1-mile run

In memory of
Navy Lieutenant
Michael Murphy.

tuesday
5.29.18

teams of 3
amrap 6 each
sled
db hang cleans
bike
rest 2 min b/n

teamwork means
interval work in
this leg
intensive
workout

wednesday
5.30.18

deadlift
amrap 9
3 muscle ups
9 deadlifts

'the deadlift is
unrivaled in its
simplicity and
impact while unique
in its capacity for
increasing head to
toe strength' (greg
glassman)

thursday
5.31.18

100 cal erg/row
rest 3 min
5 rounds
10 hang pwr snatch
5 burpee bx jp ovr

endurance mixed
with classic cf.
don't hold back on
the first part to
game that metcon -
both efforts
matter

Friday
6.1.18

"Kutschback"
7 rds
11 back squats
10 jerks

In memory and
honor of U.S. Army
Staff Sgt. Patrick
Kutschbach

bte workout | 3 spots left | june 2 530-730am
10-year anniversary party | save the date...special guests coming | october 19
recovery workshop with pt anthony falco | june 23 at 1 pm | \$25



