

MOTOWN

CROSSFIT ★ MORRISTOWN

monday
7.16.18

30 rds
1 snatch
5 wallballs

remember this
one? just keep
moving.

tuesday
7.17.18

5 rds
every 3 min
20/15-cal row
10 hr pushups
5 sandbag clns
rest 1 min b/n

interval work
with low skill
will allow you
to push hard
each round - go
there

wednesday
7.18.18

3 rds
400m run w/medball
21 kbs
12 pullups w/medball

this workout is a
play on the
classic cf workout
'helen' - this
time with a
medball as your
buddy and a hvy kb

thursday
7.19.18

accessory day
chest

whacha bench?
chest day is here!
great day of
accessory work to
strengthen and
stabilize

Friday
7.20.18

"Andy"
25 thrusters
50 bx jumps
75 deadlifts
1.5 mile run
75 deadlifts
50 bx jumps
25 thrusters

In memory and
honor of US Army
Sgt. 1st Class
Andrew T. Weathers

recovery workshop | monday 7.30 8pm
the row | row marathon to benefit Powers Promise | August 25
10-year anniversary party | save the date...special guests coming | october 19
bte immersion | oct 12-14 | email bill@btwntheears.com for info

