

# MOTOWN

## CROSSFIT ★ MORRISTOWN

monday  
8.20.18

snatch  
  
amrap 12  
24 dbl undr  
12 alt db snatch

start your week  
with some  
snatching!  
practice skill  
and then practice  
it with intensity

tuesday  
8.21.18

bergeron beep test  
emom alap  
7 thrusters  
7 pull-ups  
7 burpees

alap = as long as  
possible. as long  
as possible = as  
long as you can  
survive

wednesday  
8.22.18

3 rounds  
500m row  
15 t2b  
5 rope climbs

simple + effective  
and a dose of  
heavy breathing.  
get on that row to  
get ready for  
saturday

thursday  
8.23.18

accessory

legs for days...

friday  
8.24.18

"Matt 16"  
16 deads  
16 hang pwr cln  
16 push presses  
run 800  
16 deads  
16 hang pwr cln  
16 push presses  
run 800  
16 deads  
16 hang pwr cln  
16 push presses

In memory and  
honor of US Army  
Chief Warrant  
Officer Matt  
Ruffner

the row | row marathon to benefit Powers Promise | this saturday 9a-1p  
10-year anniversary party | save the date...special guests coming | october 19  
bte immersion | oct 12-14 | email [bill@btwntheears.com](mailto:bill@btwntheears.com) for info

