

MOTOWN

CROSSFIT ★ MORRISTOWN

monday
8.27.18

teams of 5
stadium style
10 cal ski
60' dball carry
15 wallballs

let's put the
fleet of ski ergs
to work with this
unsuspecting
monster of a
workout

tuesday
8.28.18

clean
15 clean + jerk
30 cal bike
15 clean + jerk

spend some time
working on your
clean mechanics
then head into a
sprint sandwich

wednesday
8.29.18

emom 15
1: 12 dips
2: 10 alt step ups
3: 6 brp pullups

push and pull - an
elegant combo of
some basics with
just enough rest
to get to the next
minute

thursday
8.30.18

accessory

'back in the day'

friday
8.31.18

"JBo"
amrap 28
9 overhead sqts
1 legless rope
12 bench presses

In memory and
honor of US Army
Staff Sgt. Jeremie
"JBo" "Bubba"
Border

labor day | 9a and 10a only
10-year anniversary party | 9am WOD and 7pm party | october 20
bte immersion | oct 12-14 | email bill@btwntheears.com for info

