



CATEGORY

MASTER 40+

WOD 3

DOUBLE TROUBLE

For Time 11' time cap

ESERCIZIO

REP

RING MUSCLE UP	9		6		3		6		9	
DOUBLE DUMBBELL SNATCHES	9		6		3		6		9	
BURPEE BOX JUMP OVER	9		6		3		6		9	

TIME