



CATEGORY

MASTER 50+ MAN

WOD 3

DOUBLE TROUBLE

For Time 11' time cap

ESERCIZIO

REP

BAR MUSCLE UP	5		3		1		3		5	
DOUBLE DUMBBELL SNATCHES	9		6		3		6		9	
BURPEE BOX JUMP OVER	9		6		3		6		9	

TIME