



CATEGORY

# SCALED MAN

**WOD 3**

**DOUBLE TROUBLE**

For Time 11' time cap

ESERCIZIO

REP

BAR 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**