



CATEGORY

TEEN 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