



CATEGORY

# MASTER 45+ MAN

**WOD 3**

**DOUBLE TROUBLE**

For Time 11' time cap

**ESERCIZIO**

**REP**

RING 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**