



CATEGORY

MASTER 45+ WOMAN

WOD 3

DOUBLE TROUBLE

For Time 11' time cap

ESERCIZIO

REP

TOES TO BAR	9		9		9		9		9	
DOUBLE DUMBBELL SNATCHES	9		6		3		6		9	
BURPEE BOX JUMP OVER	9		6		3		6		9	

TIME