

EVENT 1: 12 MIN AMRAP  
RX  
50x KB SWINGS 70/55  
50x DEADLIFTS 205/155  
50x TOES TO BAR

EVENT 1: 12 MIN AMRAP  
50x KB SWINGS 55/35  
50x DEADLIFTS 155/105  
50x AB MAT SITUPS

EVENT 2:  
3 ROUNDS FOR TIME  
SYNCHRONIZED REPS  
15x BURPEES  
12x SINGLE ARM DB OVERHEAD  
SQUATS 30/20  
9x BOX JUMP 24/20 (step ups are  
allowed)

EVENT 2: RX  
3 ROUNDS FOR TIME  
SYNCHRONIZED REPS  
15x BURPEES  
12x SINGLE ARM DB OVERHEAD  
SQUATS 40/30  
9x BOX JUMP OVERS 24/20

EVENT 3: FLOATER WOD  
SLED.RUN.ROW  
person 1 will complete the entire  
event, and person 2 will start  
immediately after.  
100' HAND OVER HAND SLED PULL 2-45  
PLATES FOR THE MEN  
1-45 PLATE FOR THE WOMEN  
RUN 400M  
ROW 500M

Verizon 6:28 PM 12%

Comments

WORKOUT 4:  
Rx athletes will complete the workouts at the prescribed weights  
Intermediate athletes will complete as the following  
Fran: 75/55 Thrusters/ jumping pullups  
Karen: 14/10 to 9' target  
Isabel: 95/65 Power Snatches... See More

EVENT 4:  
FRAN.  
KAREN.  
ISABEL.  
GRACE.

SFSG 7.15.17

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