

CrossFit Workout of the Day

1. Number
2. Number
3. Verb Present Ends In Ing
4. Verb Present Ends In Ing
5. Number
6. Verb Present Ends In Ing
7. Verb Present Ends In Ing
8. Number
9. Verb Present Ends In Ing
10. Adjective
11. Verb Present Ends In Ing
12. Noun Plural

CrossFit Workout of the Day

Tuesday 200211

On a 15-minute running clock, for max reps:

Number

rounds of:

Number

seconds of

Verb Present ends in ING

, 10 seconds of

Verb Present ends in ING

Number

seconds of

Verb Present ends in ING

, 10 seconds of

Verb Present ends in ING

Then,

Number

rounds of

Verb Present ends in ING

and

Adjective

Verb Present ends in ING

Then,

Repeat Last Number

rounds of

Repeat Last Verb Present ends in ING

and squatting

Noun Plural

Post total reps completed at each exercise to comments.