

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.