

# 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.