

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.