Monday 04/15/2013

Back Squat 5x5 @75%

Today is our good friends Brian and Fran's <b>5th year</b> of living the "CrossFit Life". We have been fortunate to have their beautiful smiles and positive vibe's at Maverick for the last 2 years and we would like to honor their dedication with a WOD that Brian requested.
WOD:
"Brian and Fran's 4/15"
5 rounds for time
4 Burpee
15 Double Unders
4 Cleans @ 70% 1RM
15 Sit Ups
Strength:

