

2018 Wod Workout Of The Day Fitness Tracking Wall Calendar For Crossfit Or Running

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2018 Wod Workout Of The

This workout begins with the athlete standing on the floor under the pull-up bar. After the call of "3, 2, 1... go," the athlete may jump up and perform toes-to-bars. After 8 reps are complete, the athlete will move to the dumbbell for hang clean and jerks.

2018 - CrossFit Games

The CrossFit Open unites hundreds of thousands of athletes around the world to compete in the world's largest participatory sporting event in history. The 2021 season kicked off March 11 with the three-week CrossFit Open.

The Open | CrossFit Games

On August 17, 2005, Glassman posted the details of the workout to CrossFit.com as the WOD and included a note: In memory of Navy Lieutenant Michael Murphy, 29, of Patchogue, N.Y., who was killed ...

How the Murph Workout Became a Legendary Memorial Day ...

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