

**August 4, 2011**

Written by Andrea  
Wednesday, 03 August 2011 18:57 -

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**WOD**

**"Tiny Tanks"**

200m farmer's walk

200m row

200m waiter's walk

200m row

200m barbell carry

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200m row

200m waiter's walk (other arm)

200m row

For farmer's walk, choose DB's or KB's of your choice. For waiter's walk, same thing, but remember that you walk with just one arm in the air with the weight. For barbell carry, pick a barbell, PVC or broomstick and carry across the back of your shoulders. Choose weights that are hard but don't over do it. If that's not enough for you, do it twice!