

## WOD

## "Tiny Tanks"

200m farmer's walk

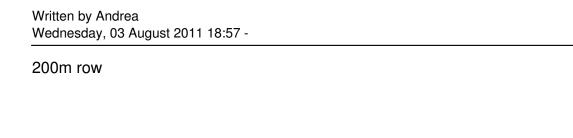
200m row

200m waiter's walk

200m row

200m barbell carry

## August 4, 2011



200m row

200m waiter's walk (other arm)

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!