

BARBELLS FOR BOOBS PRESENTS

HELEN MEETS GRACE

TWO GIRLS IN ONE DAY

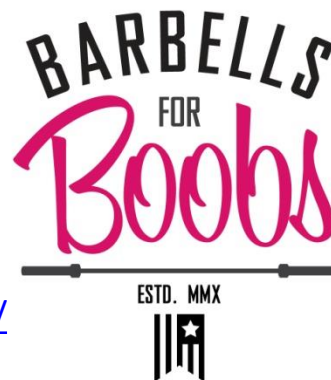
SAT, OCTOBER 26, 2013

WHERE

CrossFit Fishers at 10am (gym opens at 9:30a)

10080 East 121st Street, Suite 133, Fishers, IN 46037

<http://crossfitfishers.com/news-events/barbells-for-boobs/>



WOD

This is a TWO-PERSON team workout with one person working at a time, except for the 400 meter runs, which must be performed together. Helen consists of THREE rounds of: 400 meter run (both partners run together), 21 kettlebell swings (Rx 53/35#) and 12 pull-ups. Partners can tag-team in and out of the kettlebell swings and/or pull-ups as needed. Once all three rounds of HELEN are complete, the team immediately moves on to perform GRACE which consists of: 30 clean and jerks (Rx 135/95#) as fast as possible, partitioned anyhow between the two team members. Score is total time for the team to complete both workouts.

DETAILS

\$20 per team to participate or register as an individual fundraiser & join CrossFit Fishers team & raise \$\$\$\$. As a special gift to any individuals raising \$80 or more – *representing the estimated cost to provide ONE MAMMOGRAM* – you will receive a signature Barbells for Boobs Support Team t-shirt. This is B4B's way of thanking you for your commitment to helping them fulfill their mission: SAVE A PAIR. SAVE A LIFE.

REGISTER NOW:

www.barbellsforboobs.org

JOIN TEAM: CrossFit Fishers