

2017 Police and Firemen Games CrossFit Competition

2017 Police and Fire Games for Reps

9 Minute AMRAP

20x Wall Balls (20#/14#)

30x Double Unders

20x Burpee Box Jump Overs(20')

30x Double Unders

2017 Police and Fire games for Time

"Helen"

3 rounds for time of:

- 400m run
- 21 Kettlebell Swings 53/35
- 12 Pull-ups

2017 Police and Fire Games for Load

Complex Complex...

Tap and Go One Rep Max

1x Dead-lift

1x Power Clean

1x Hang Squat clean

1x Front Squat

