



Toms Terrible Twelve



2:1

Black:blue

1. Right Swing
2. High knee sprint
3. Left swing
4. Burpees
5. Right Clean and press
6. High knee sprint
7. Left clean and press
8. Burpees
9. Right snatch
10. High knee sprint
11. Left snatch
12. Burpees

$$60:30 = 9\text{min} / 40:20 = 6 \text{ min} / 30:15 = 4.5 \text{ min} / 20:10 = 3\text{min}$$