



Sept. 11, 2013, CrossFit.com WOD

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## The Don

For time:

- 66 deadlifts (110 lb.)
  - 66 box jumps (24 inches)
  - 66 kettlebell swings (1.5 pood)
  - 66 knees-to-elbows
  - 66 sit-ups
  - 66 pull-ups
  - 66 thrusters (55 lb.)
  - 66 wall-ball shots (20 lb.)
  - 66 burpees
  - 66 double-unders
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Never Forget