

Workout 2: 8 Minute AMRAP TTB/ Thruster/ CTB-Pull Up

<input type="checkbox"/> T	Round 1 (4 reps)	Round 2 (8 Reps)	Round 3 (12 Reps)	Round 4 (16 Reps)	Round 5 (20 Reps)etc
Toes To Bar	4	20	48	88	140
Thruster	8	28	60	104	160
Chest To Bar	12	36	72	120	180

Total Reps:_____