

ROW FOR DOUGH 2023

FRIDAY, APRIL 28, 2023

4:00 - 8:00 PM

DOORS OPEN AT 3:30 PM

517A WANDO LN, MT PLEASANT, SC 29464

Three person teams

Three divisions (Male, Female, Co-ed)

\$100 per team - additional donations optional

Head to rowfordough.com to register **

Proceeds to benefit *Adaptive Expeditions*

THE WORKOUT

20-Minute AMRAP:

Partner A: Max Calorie Row

Partner B: Dead hang from bar or plate hold (45/35s)

Partner C: Wall-sit with or without goblet (KBS 35/25)

Partners B&C must be holding positions in order for A to begin rowing, switch stations as desired

**Registration is open until 4/1/23 with a t-shirt or tank. Registration is available until 4/7/23 without t-shirt.

CROSSFIT
WANDO



Adaptive Expeditions