

SUPER HERO

MWR FITNESS SERIES BLACK PANTHER

10 POWER CLEANS



10 MT. CLIMBERS



10 DEADLIFTS



10 SINGLE
ARM PUSHUPS



30 SEC PANTHER
CRAWL



MWR TRAINER TIP: COMPLETE 5 ROUNDS FOR TIME. BEGINNERS
COMPLETE 1-2 ROUNDS AND MODIFY AS NEEDED.