



Ryan

Created by Steven

9 min.  
32.5 sec.

Difficulty  
4.2



0%



12%



43%



43%

2  
Exercises

Tags: Benchmark Workout Crossfit Ryan Metcon Upper Body

Runde



Muscle Up

7 Reps



Burpees

21 Reps

Runde



Muscle Up

7 Reps



Burpees

21 Reps

Runde



Muscle Up

7 Reps



Burpees

21 Reps

Runde



Muscle Up

7 Reps



Burpees

21 Reps

Runde



Muscle Up

7 Reps



Burpees

21 Reps

## Exercise descriptions



### Muscle Up

Have a wider than shoulder wide grip and to an explosive pullup to get as high as to be able throw your chest over the bar so that you can press yourself up



### Burpees

Starts out in a low squat position with hands on the floor. Next, kick the feet back to a pushup position, complete one pushup so that your chest touches the ground, then immediately return the feet to the squat position. Leap up as high as possible before moving back into the pushup portion.

*This workout has been created by a user. Participation at own responsibility. Please always pay attention to your health, reach out for the limit but stop if it gets too tough.*