



Venerdì 03/06/2022

Every 3' - 4 round

- 5 Chin Up
- 10 Devil Press
- 15 Prisoner Box Step Over

WOD

For time - 40' Cap Time

- 21 Clean & Jerk
- 21 Toes To Bar
- 100 Double Under
- 15 Clean & Jerk
- 15 Toes To Bar
- 75 Double Under
- 9 Clean & Jerk
- 9 Toes To Bar
- 50 Double Under
- Rest 2'
- 9 Clean & Jerk
- 9 Toes To Bar
- 50 Double Under
- 15 Clean & Jerk
- 15 Toes To Bar
- 75 Double Under
- 21 Clean & Jerk
- 21 Toes To Bar
- 100 Double Under