



Mercoledì 22/06/2022

Every 3' - 5 Round

- 8 Pull Up
- 50 Double Under
- 8 Handstand Push Up
- 50 Double Under

EMOM - 16'

- 6 Power Snatch - 2 round
- 5 Power Snatch - 2 round
- 4 Power Snatch - 2 round
- 3 Power Snatch - 2 round
- 1' REST
- 3 Snatch - 2 round
- 4 Snatch - 2 round
- 5 Snatch - 2 round
- 6 Snatch - 2 round

WOD

Cap Time 10'

- 40 Wall Ball
- 40 American Swing
- 30 Wall Ball
- 30 American Swing
- 20 Wall Ball
- 20 American Swing

