



Mercoledì 02/11/2022

Every 2' - 3 Round

- 3 Hang Power Clean
- 1 Shoulder Press
- 2 Hang Power Clean
- 1 Shoulder Press
- 1 Hang Power Clean
- 1 Shoulder Press

Every 2' - 3 Round

- 3 Hang Clean
- 1 Push Jerk
- 2 Hang Clean
- 1 Push Jerk
- 1 Hang Clean
- 1 Push Jerk

Every 2' - 3 Round

- 2 Clean
- 1 Split Jerk

WOD

6 Round

- 100 Double Under
- 5 Strict Handstand Push Up
- 10 Dead Lift @1.5 Bodyweight
- 5 Strict Handstand Push Up
- 100 Double Under

- Rest 1'30"