



Lunedì 28/11/2022

Every 3' - 6 Round

- 6 Back Squat + MAX Handstand Push Up
- 6 Back Squat + MAX Handstand Push Up
- 5 Back Squat + MAX Handstand Push Up
- 5 Back Squat + MAX Handstand Push Up
- 4 Back Squat + MAX Handstand Push Up
- 4 Back Squat + MAX Handstand Push Up

Every 1'30" - 8 Round

- Strict Handstand Push Up a piacere

WOD

For Time - Cap Time 15'

- Double Under: 100 - 75 - 50 - 25
- Toes To Bar: 20 - 15 - 10 - 5
- Clean & Jerk @bodyweight: 8 - 6 - 4 - 2