



Lunedì 28/02/2022

Every 2' - 6 Round

- 1 Clean Pull
- 1 High Hang Clean
- 1 Squat Clean
- 2 Push Jerk

Emom 10'

- 1 Squat Clean
- 1 Split Jerk

WOD

FOR TIME - Cap TIME 20'

- 30 Handstand Push Up
- 30 Toes To Bar
- 20 Handstand Push Up
- 20 Toes To Bar
- 10 Handstand Push Up
- 10 Toes To Bar
- 5 Rope Climb
- 10 Handstand Push Up
- 10 Toes To Bar
- 20 Handstand Push Up
- 20 Toes To Bar
- 30 Handstand Push Up
- 30 Toes To Bar