



Lunedì 22/04/2024

Every 1'30" - 6 Round

- 1 Power Clean
- 1 Low Power Clean
- 1 Hang Power Clean
- 2 Push Jerk

EMOM 10'

- 1 Clean
- 1 Front Squat

5' AMRAP

- 8 Ring Dip
- 5 Clean 70%

WOD CIPPERONE

For Time - Cap Time 25'

- 100 Double Under
- 80 Push up
- 60 Toes To Bar
- 40 Push up
- 20 Toes To Bar
- 100 Double Under
- 40 Push up
- 30 Toes To Bar
- 20 Push up
- 10 Toes To Bar