



Venerdì 24/07/2026

EMOM 8'

- Tecnica Snatch

EMOM 10'

1. 1 Snatch Pull + 1 Power Snatch + 1 Low Hang Power Snatch
2. High Hang Snatch

WOD

For Time - Cap Time 22'

3 Round of

- 10 Kettlebell Clean
- 10 Kettlebell Push Press
- 10 Lateral Burpee

3 Round of

- 8 Kettlebell Thruster
- 8 Goblet Squat
- 8 Lateral Burpee

3 Round of

- 6 Kettlebell Clean + Kettlebell Thruster
- 6 Kettlebell Push Press + Goblet Squat
- 6 Lateral Burpee