



Mercoledì 29/07/2026

Pull Up Paradise

- 2R x 5 Pull Up every 2'
- 2R x 4 Pull Up every 2'
- 3R x MAX Pull Up every 2'30"

EMOM 8'

- 40 Double Under
- 6/8 Strict Handstand Push Up

2 Kettlebell WOD

Cap Time 22'

- | | |
|------------------------------|------------------------|
| • 20 Kettlebell Lunge | • 20 Toes To Bar |
| • 20 Kettlebell Clean & Jerk | • 5 Kettlebell Snatch |
| • 20 Kettlebell Lunge | • 20 Toes To Bar |
| • 15 Kettlebell Clean & Jerk | • 10 Kettlebell Snatch |
| • 20 Kettlebell Lunge | • 20 Toes To Bar |
| • 10 Kettlebell Clean & Jerk | • 15 Kettlebell Snatch |
| • 20 Kettlebell Lunge | • 20 Toes To Bar |
| • 5 Kettlebell Clean & Jerk | • 20 Kettlebell Snatch |