



Mercoledì 30/09/2026

Warm up

- 3R x 3 Chin Up
- 3R x 2 Chin Up
- MAX Chin Up

EMOM 12'

- 3 Kettlebell Snatch + 3 Kettlebell Overhead Squat
- 2 Kettlebell Shoulder to Overhead + 2 Kettlebell Push Press + 2 Kettlebell Jerk x lato
- 2 Kettlebell Clean (power) + 2 Kettlebell Clean x lato

WOD

For Time - C.T. 22'

- 30 Wall Ball
- 20 Power Snatch
- 10 Handstand Push Up

Rest 2'

- 30 Power Snatch
- 20 Handstand Push Up
- 10 Wall Ball

Rest 2'

- 30 Handstand Push Up
- 20 Wall Ball
- 10 Power Snatch