

SAMEDI

WORKOUT 1



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EQUIPE: _____

HEAT: ____

JUGE: _____

750M ROW - 75 DOUBLE UNDERS

75

150

40 WALL BALL SHOT

150

40 PULL-UP

190

500M ROW - 50 DOUBLE UNDERS

240

290

30 WALL BALL SHOT

320

30 CHEST-TO-BAR

OPTION: PULL-UP + 2" HOLD

350

250M ROW - 25 DOUBLE UNDERS

375

400

20 WALL BALL SHOT

420

20 BAR MUSCLE-UP

OPTION: PULL-UP + 5" HOLD

440

SCORE: _____

TIME OU
NOMBRE DE
REP À 17:00

SIGNATURE