

DIMANCHE

# WORKOUT 3



EQUIPE: \_\_\_\_\_

HEAT: \_\_\_\_

JUGE: \_\_\_\_\_

EVERY 1:15 X 10

BELLA:  
1 CLEAN  
1 STO  
1 FRONT  
SQUAT  
1 STO

40 SU

1 - ATHLETE A

2 - ATHLETE B

3 - ATHLETE A

4 - ATHLETE B

5 - ATHLETE A

6 - ATHLETE B

7 - ATHLETE A

8 - ATHLETE B

9 - ATHLETE A

10 - ATHLETE B

SCORE:

TONNAGE

SIGNATURE