

DIMANCHE

WORKOUT 4



EQUIPE: _____

HEAT: ____

JUGE: _____

FOR TIME 10:00

6 ROUNDS

6 BOX JUMP OVER

1	2	3	4	5	6
SHARE	SYNC	SHARE	SYNC	SHARE	SYNC
6	18	30	42	54	66

6 PULL UP

12	24	36	48	60	72
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4 ROUNDS

8 BOX JUMP OVER

1	2	3	4
SHARE	SYNC	SHARE	SYNC
80	96	112	128

8 TOES TO BAR

88	104	120	136
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2 ROUNDS

10 BOX JUMP OVER

1	2
SHARE	SYNC
146	166

10 BAR MUSCLE UP

156	176
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OPTION: PULL-UP + 5" HOLD

SCORE:

TIME OUT
REP À
10:00

SIGNATURE

B
A
S
C
U
L
E