

# SAMEDI

# WORKOUT 2



For time

15 - 10 - 5  
Wall Walks

30 - 20 - 10  
DB snatch synchro  
pull-ups synchro

DB: 15/22,5 kg

Time Cap: 11:00



<b>Round 1</b>	15 wall walk	15
	30 DB snatch <u>synchro</u>	45
	30 pull-ups <u>synchro</u>	75
<b>Round 2</b>	10 wall walk	85
	20 DB snatch <u>synchro</u>	105
	20 pull-ups <u>synchro</u>	125
<b>Round 3</b>	5 wall walk	130
	10 DB snatch <u>synchro</u>	140
	10 pull-ups <u>synchro</u>	150
<b>SCORE</b> <b>TIME OU NOMBRE DE REP AU CAP</b>		

**EQUIPE** .....

**HEAT** .....

**JUGE** .....

**LANE** .....

# SAMEDI

# WORKOUT 2



For time

12 - 8 - 4

Wall Walks

24 - 16 - 8

DB snatch synchro  
pull-ups

DB: 10/15 kg

Time Cap: 11:00

## SCALED

<b>Round 1</b>	12 wall walk	12
	24 DB snatch <u>synchro</u>	36
	24 pull-ups	60
<b>Round 2</b>	8 wall walk	68
	16 DB snatch <u>synchro</u>	84
	16 pull-ups	100
<b>Round 3</b>	4 wall walk	104
	8 DB snatch <u>synchro</u>	112
	8 pull-ups	120
<b>SCORE</b> <b>TIME OU NOMBRE DE REP AU CAP</b>		

**EQUIPE** .....

**HEAT** .....

**JUGE** .....

**LANE** .....