

SAMEDI

WORKOUT 1



For Time - TIME CAP 16:00

2 rounds

60 calories row

6 shuttle run synchro

15m KB walking lunges

synchro

6 shuttle run synchro

30 KB swing US synchro



KB: 16/24 kg

Round 1	60 calories row	60
	6 shuttle run <u>synchro</u>	66
	15m KB walking lunges <u>synchro</u>	68
	6 shuttle run <u>synchro</u>	72
	30 KB swing US <u>synchro</u>	102
Round 2	60 calories row	162
	6 shuttle run <u>synchro</u>	168
	15m KB walking lunges <u>synchro</u>	170
	6 shuttle run <u>synchro</u>	176
	30 KB swing US <u>synchro</u>	206
SCORE		
TIME OU NOMBRE DE REP AU CAP		

EQUIPE

HEAT

JUGE

LANE

SAMEDI

WORKOUT 1



For Time - TIME CAP 16:00

2 rounds

45 calories row

6 shuttle run synchro

15m KB walking lunges

synchro

6 shuttle run synchro

30 KB swing US synchro

SCALED

KB: 12/16 kg

Round 1	45 calories row	45
	6 shuttle run <u>synchro</u>	51
	15m KB walking lunges <u>synchro</u>	53
	6 shuttle run <u>synchro</u>	59
	30 KB swing US <u>synchro</u>	89
Round 2	45 calories row	134
	6 shuttle run <u>synchro</u>	140
	15m KB walking lunges <u>synchro</u>	142
	6 shuttle run <u>synchro</u>	148
	30 KB swing US <u>synchro</u>	178
SCORE TIME OU NOMBRE DE REP AU CAP		

EQUIPE

HEAT

JUGE

LANE