

SAMEDI

WORKOUT 4



AMRAP 14:00



- 25 box jump synchro 50/60 cm
- 25 wall ball shots* 6/9 kg
- 25 clean synchro 40/60kg
- 25 burpees over bar
- 25 bar muscle up

*partner deadlift hold

OPTION: 1 BMU = 4 Toes to bar unbroken

	RD 1	RD 2	RD 3
25 box jump <u>synchro</u>	25	150	275
25 wall ball shots	50	175	300
25 clean <u>synchro</u>	75	200	325
25 burpees over bar	100	225	350
25 bar muscle up	125	250	375
TOTAL de répétition à 14:00			

EQUIPE

HEAT

JUGE

LANE

SAMEDI

WORKOUT 4



AMRAP 14:00

SCALED

- 25 box step up synchro 50/60 cm
- 25 wall ball shots* 4/6 kg
- 25 clean synchro 30/45 kg
- 25 burpees over bar
- 25 toes to bar

*partner deadlift hold

OPTION: 1 T2B = 2 knee raises synchro

	RD 1	RD 2	RD 3
25 box step up <u>synchro</u>	25	150	275
25 wall ball shots	50	175	300
25 clean <u>synchro</u>	75	200	325
25 burpees over bar	100	225	350
25 toes to bar	125	250	375
TOTAL de répétition à 14:00			

EQUIPE

HEAT

JUGE

LANE