

DIMANCHE

WORKOUT 1



2 rounds
26 box jump over synchro
52 wall ball shots



2 rounds
13 box jump over synchro
52 wall ball shots

Each break on wall ball 8
med ball step over synchro

Medball: 6/9 kg

Time Cap: 16:00

26 box jump over synchro	26
52 wall ball shots	78
26 box jump over synchro	104
52 wall ball shots	156
13 box jump over synchro	169
52 wall ball shots	221
13 box jump over synchro	234
52 wall ball shots	286
SCORE TIME OU NOMBRE DE REP AU CAP	

EQUIPE

HEAT

JUGE

LANE