

DIMANCHE

WORKOUT 2



EMOM 6:00
Alt Athlete A & B
100m run
1 RM Snatch



EMOM 6:00
Alt Athlete A & B
100m run
1 RM Clean

100m Run	Snatch Ath A	
100m Run	Snatch Ath B	
100m Run	Snatch Ath A	
100m Run	Snatch Ath B	
100m Run	Snatch Ath A	
100m Run	Snatch Ath B	
100m Run	Clean Ath A	
100m Run	Clean Ath B	
100m Run	Clean Ath A	
100m Run	Clean Ath B	
100m Run	Clean Ath A	
100m Run	Clean Ath B	
SCORE SNATCH		
SCORE CLEAN		

EQUIPE

HEAT

JUGE

LANE