

# DIMANCHE

# WORKOUT 4



## FOR TIME

18 - 15 - 12 - 9

Toes to bar synchrono  
burpees over worm  
worm shoulder to overhead

Then

2 - 4 - 6 - 8 - 10

bar muscle up  
worm clean & jerk

### OPTION:

1 BMU = 4 kipping pull-ups  
unbroken

Time Cap: 14:00



<b>Round 1</b>	18 toes to bar <u>synchrono</u>	18
	18 burpees over worm	36
	18 worm shoulder to overhead	54
<b>Round 2</b>	15 toes to bar <u>synchrono</u>	69
	15 burpees over worm	84
	15 worm shoulder to overhead	99
<b>Round 3</b>	12 toes to bar <u>synchrono</u>	111
	12 burpees over worm	123
	12 worm shoulder to overhead	135
<b>Round 4</b>	9 toes to bar <u>synchrono</u>	144
	9 burpees over worm	153
	9 worm shoulder to overhead	162
<b>Round 6</b>	2 bar muscle up	164
	2 worm clean & jerk	166
<b>Round 7</b>	4 bar muscle up	170
	4 worm clean & jerk	174
<b>Round 8</b>	6 bar muscle up	180
	6 worm clean & jerk	186
<b>Round 9</b>	8 bar muscle up	194
	8 worm clean & jerk	202
<b>Round 10</b>	10 bar muscle up	212
	10 worm clean & jerk	222
<b>TIME ou REPS à 14:00</b>		

EQUIPE .....

HEAT .....

JUGE .....

LANE .....

# DIMANCHE

# WORKOUT 4



## FOR TIME

18 - 15 - 12 - 9

Toes to bar synchrono

burpees over worm

12 - 10 - 8 - 6

worm shoulder to overhead

Then

2 - 4 - 6 - 8 - 10

bar muscle up

1 - 2 - 3 - 4 - 5

worm clean & jerk

### OPTION:

1 BMU = 4 kipping pull-ups

unbroken

Time Cap: 14:00



<b>Round 1</b>	18 toes to bar <u>synchrono</u>	18
	18 burpees over worm	36
	12 worm shoulder to overhead	48
<b>Round 2</b>	15 toes to bar <u>synchrono</u>	63
	15 burpees over worm	78
	10 worm shoulder to overhead	88
<b>Round 3</b>	12 toes to bar <u>synchrono</u>	100
	12 burpees over worm	112
	8 worm shoulder to overhead	120
<b>Round 4</b>	9 toes to bar <u>synchrono</u>	129
	9 burpees over worm	138
	6 worm shoulder to overhead	144
<b>Round 6</b>	2 bar muscle up	146
	1 worm clean & jerk	147
<b>Round 7</b>	4 bar muscle up	151
	2 worm clean & jerk	153
<b>Round 8</b>	6 bar muscle up	159
	3 worm clean & jerk	162
<b>Round 9</b>	8 bar muscle up	170
	4 worm clean & jerk	174
<b>Round 10</b>	10 bar muscle up	184
	5 worm clean & jerk	189
<b>TIME ou REPS à 14:00</b>		

EQUIPE .....

HEAT .....

JUGE .....

LANE .....