

WOD 4 - SÁBADO

FISCH & CHIPS

For time 10'

30 Sit-ups

50m Swim

30 Aqua bag squat

50m Swim

30 Aqua bag S2OH

50m Swim

30 Sit-ups

*Workout variation en el briefing

WOD 5 - SÁBADO

BURPEES FOR BREAKFAST

For Time 8'

50 Burpees over the bar
every minute include 00:00

3 Power clean

6 S2OH

9 Front squat

70kg

*Workout variation en el briefing

WOD 1 - VIERNES

BURNING HELL

AMRAP 7'

16 Wall balls

12 C2B/Pull-up

8 Box jump over

*Workout variation en el briefing

WOD 2 + 3 - VIERNES

OLIMPIC MOVEMENT RM

A) Time cap 4'

Find 1RM Snatch

Rest 1

B) Time cap 1'

Max Kg

*Workout variation en el briefing

FINAL - SÁBADO

HELEN MUTANTE

For time 15'

1500m Run Wear Vest

63 KB Swing (28kg)

36 Ring Muscle up

*Workout variation en el briefing

*Workout v

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