

WOD 5

TOUCHYGO

Domingo 11:40 - 13:00

FINALES

THE END OF
THE F*CKING WORLD

Sábado 13:00 - 15:00

RX MASCULINO Y FEMENINO

RM CLUSTER

0-2' WARM UP

2-7' RM 2 CLUSTER TOUCH AND GO

RX MASCULINO Y FEMENINO

FOR TIME (CON CHALECO)

15/10 RING MUSCLE UP (CHICAS SIN CHALECO)

50 WALL BALLS

50 BURPEES

30 THRUSTERS

* EVERY 10 THRUSTERS - 80 M SPRINT

————— 40/30 kg  9/6kg  18'

TEENS

FOR TIME

15 TOES TO BAR

30 WALL BALLS

50 KB SWING

30 THRUSTERS

15 TOES TO BAR

————— 35/25 kg  16kg  15'

TEAM MIXTO Y MASCULINO

FOR TIME:

100 WALL BALLS


80 PUSH UPS

60 THRUSTER

40 BOX JUMP OVER

20 BAR MUSCLE UP

10 X 20M SPRINT ALTERNADOS

————— 50/35 kg  60/50cm  9/6 kg  20'