

CROSS TEST 22.06.2022 PLESZEW

- WYZWANIE:

I	II
Deathlift 40/60 kg x 50 Jump box x50 Alternating Lunges x100 Jump box x50 Deathlift x50	Thruster 25/40 kg x20 HR Push up x20 KB Clean 12/20 kg x40 HR Push up x20 Thruster x20
III	IV
Burpees x10 Wall walk x5 Burpees x10 Wall ball 8 i 10kg x10 Burpees x10 Wall walk x5 Burpees x10 Wall ball x10 Burpees x10 Wall walk x5 Burpees x10 Wall ball x10 by out burpees x40	Toes to bar x10 Shuttle run 4m x10 Pull up x10 Shuttle run x10 Muscle up x5 Shuttle run x10 Muscle up x5 Shuttle run x10 Pull up x10 Shuttle run x10 Toes to bar x10

