



MONTHLY CHALLENGE 19.11

DEC 1, 12:00 pm, THROUGH DEC 15, 12:00 pm

WORKOUT 19.12

2 rounds for time:

- 75 airsquats
- 500m row
- 25m handstand walk (5 x 5m)

Time cap: 15mins

	Round 1	Round 2
75 airsquats	75	225
500m row	125	275
25m handstand walk	150	300

Athlete Name: _____

Affiliate: _____

Score: _____

Male

Female

presented by



Individual – Functional - Professional
The swiss training consulting company for individuals, groups and corporates.