



MONTHLY CHALLENGE 19.5

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

WORKOUT 19.5

"JMT Total"

0-4 min: 1 RM Power Clean

4-8 min: 1 RM Push Press

8-12min: 1 RM Front Squat

| Movement | Results |
|-------------|---------|
| Power Clean | |
| Push Press | |
| Front Squat | |

Athlete Name: _____

Affiliate: _____

Total Reps: _____

Male

Female

presented by

cross equip
built to max your limits

The leading manufacturer and supplier for functional training, weightlifting and strongman equipment in Switzerland.