



# MONTHLY CHALLENGE 19.6

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

## WORKOUT 19.6

3 rounds for time:

30 / 20 calories Assault Bike

30 KB snatches

30 wallballs

|                                | Round 1 | Round 2   | Round 3   |
|--------------------------------|---------|-----------|-----------|
| 20 / 30 cal<br>Assault Bike    |         |           |           |
| 30 KB Snatches<br>(20 / 12 kg) |         |           |           |
| 30 Wallball<br>(20 / 14 lb)    | 80 / 90 | 160 / 180 | 240 / 270 |

Athlete Name: \_\_\_\_\_

Affiliate: \_\_\_\_\_

Time: \_\_\_\_\_

Male

Female

presented by

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