



AF3 - TEST 4: Challenge Loisirs Hiver 2019

Test 4

Amrap 11'
 6 KettleBell snatch LEFT
 @20/12
 10m walking lunges
 (5m A/R)
 6 KettleBell snatch RIGHT
 @20/12
 10m walking lunges
 (5m A/R)
 Immediatly into
 For Time Cap 1'
 60 Double under

6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	
6 KB snatch left		10 m walking lunges	
6 KB snatch right		10 m walking lunges	

60 Double under : rep : _____ Time : _____

Score : Nombre de répétitions : _____

Nom : _____ Score 2 : _____

Juge : _____

Catégorie : _____ Signature :