

CrossFit

Untersberg

Kraftwerk

homeWOD BINGO

rx'd Edition

50 Burpees < 3min	3min Plank durchhalten	20sek Hand- standHold frei	Annie [50-40-30-20-10 Double Unders & SitUps] sub 6:30min
90sek HollowHold durchhalten	250 Airsquats (mit Weste) sub 7min	Tabata Burpees total reps >50	m: 40 / f: 30 HandRelease- PushUps unbroken
7 strict Hand- stand-PushUps unbroken	30 V-Ups sub 1min	40 alternating Pistols sub 1:45min	Death by Airsquat > 50 [start 25WH & addiere jede min 5reps]
500 Lunges sub 14min	40 Double Unders unbroken	m: 100 / f: 80 PushUps sub 4min	100 SitUps sub 3min