

CrossFit

Untersberg

Kraftwerk

homeWOD BINGO

fitness Edition

30 Burpees < 3min	1min Plank durchhalten	30sek PikeHold vom Sessel	Annie scaled [50-40-30-20-10 SingleUnders & SitUps] sub 6:30min
20sek HollowHold durchhalten	150 Airsquats (mit Weste) sub 7min	Tabata Burpees total reps >25	m: 25 / f: 20 HandRelease- PushUps (knee- ling) unbroken
m: 7 / f:5 strict PushUps unbroken	30 reverse Crunches unbroken	40 Stair-High- Knees sub 1:30min	Death by Airsquat > 30 [start 10WH & addiere jede min 5reps]
200 Lunges sub 8:30min	100 Single Unders unbroken	m: 20 / f: 15 PushUps sub 4min	60 SitUps sub 3min