



OPEN Workout 1
LANZAMIENTO VIERNES 01 DE MARZO 2024 6:00 P.M.



24.1

LOS FRISOLES

Every 3:00 min x 5 sets

- 7 Toes to bar
- 7 Power Snatch
- 7 Box Jumps Overs (Step Down) (24/20)

Each Set
Add 2 Reps to each move

Scaled
♀55lb ♂75lb / Knee Raises
Intermedio-Rx
♀ 65lb ♂95lb
Master - teens
♀ 55lb ♂85lb

SET	TOES TO BAR	POWER SNATCH	BOX JUMP OVERS
0:00 - 3:00	7	7	7
3:00 - 6:00	9	9	9
6:00 - 9:00	11	11	11
9:00 - 12:00	13	13	13
12:00 - 15:00	15	15	15

Time 24.1. _____

Reps totales. _____

Athlete Name: _____

Judge Name: _____