

CrossFit

Untersberg

Kraftwerk

homeWOD BINGO

rx'd edition

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|---|---|--|---|
| 50 Burpees < 3min | 3min Plank hold | 20sek Hand- standHold free | Annie [50-40-30-20-10 Double Unders & SitUps] sub 6:30min |
| 90sek HollowHold | 250 Airsquats (+weightvest m: 9kg / f: 6kg) 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 & add 5reps per min] |
| 500 Lunges sub 14min | 40 Double Unders unbroken | m: 100 / f: 80 PushUps sub 4min | 100 SitUps sub 3min |