

Cross-Training : Séance Spéciale WOD

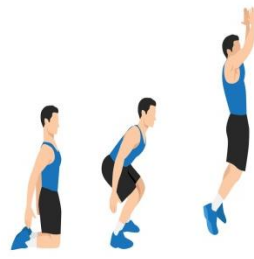
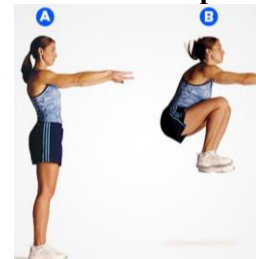
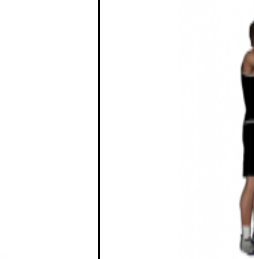
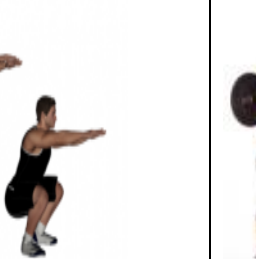
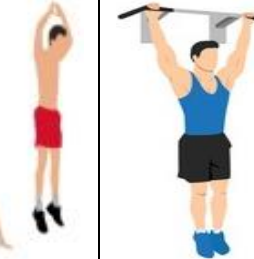
Préparat° à la compétit°

WOD par équipe de 4

WOD 6' = 4 mouvements parmi les 8 proposés :

CARDIO (Mountain climbers ,Burpees, Jumping Jacks, Tuck Jumps)

GYM (knee to jump, Lunge Jumps, , Squat Jumps, Ups & Down Planks)

WOD 1 6' 4x1'30 Max rep	Mountain Climber 	Knee to Jump 	Burpees 	Squat Jump 
WOD 2 6' 4x1'30 Max rep	Jumping Jack 	Fentes Sautées 	Ups & Down Planks 	Tuck Jumps 
WOD Circuit Chrono = 1 mouvement par famille : CARDIO (Box jump, Burpees, Single under) GYM (Air squat, Knee to Chest, Pompes) HALTERO (Thruster, Tire flip, Wall Ball, KB swing US)				
WOD 3 Chrono Sprint	300 x Corde à Sauter 	150 x Air Squat 	50 x Thrusters 25/15 kg 	
WOD 4 Chrono Sprint	70 x Box Jump 60/40cm 	120 x Pompes 	50 x Swing US 16/12kg 	
WOD 5 Chrono Sprint	50 x Burpees 	50 x Knees to Chest 	60 x Wall Ball 7/5kg à 2.8m 	

