


WOD *LitoBox* #522

 Bas du corps

www.litobox.com

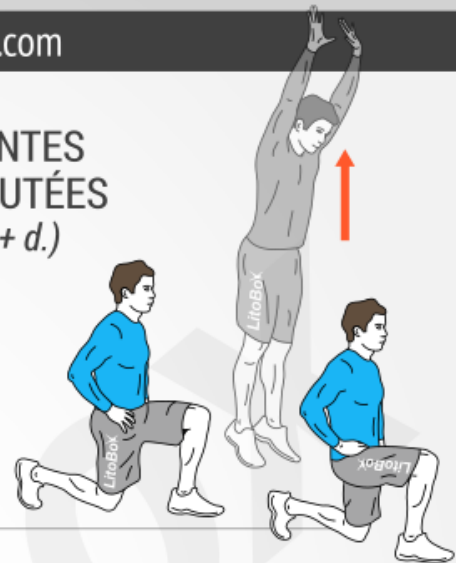
1

FENTES
CROISÉES
(g. + d.)



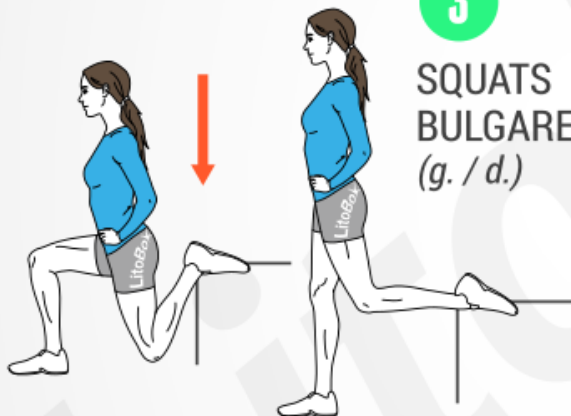
2

FENTES
SAUTÉES
(g. + d.)



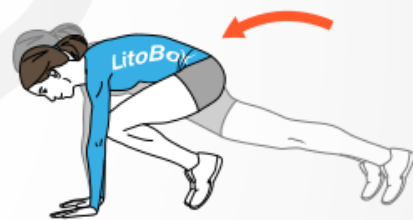
3

SQUATS
BULGARE
(g. / d.)



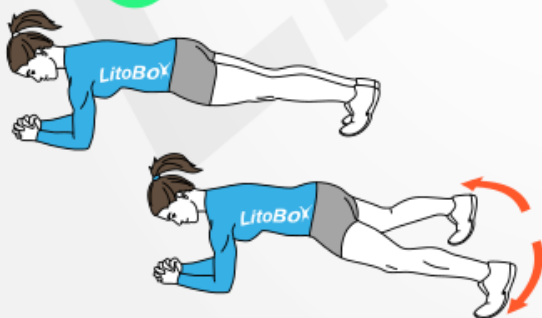
4

MOUNTAIN CLIMBERS
DOUBLE



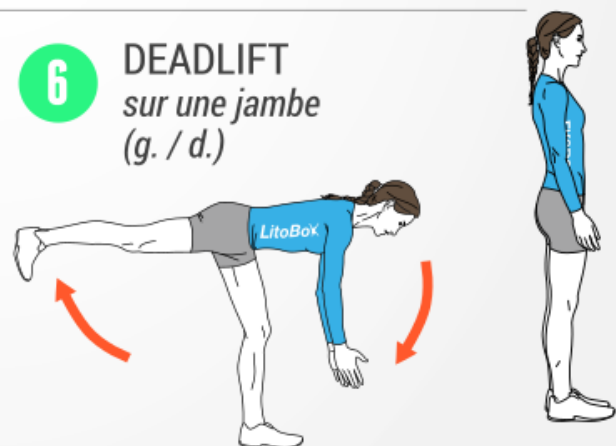
5

PLANCHE JACKS



6

DEADLIFT
sur une jambe
(g. / d.)



Faire 4 tours, avec 45 secondes de travail et 15 secondes de repos par exercice.

Débutant 25s/35s - Intermédiaire 35s/25s - Avancé 45s/15s