



MONTHLY CHALLENGE 19.10

OCT 1, 12:00 pm, THROUGH OCT 15, 12:00 pm

WORKOUT 19.10

0-3 min

1 RM Jerk

3-5min

max reps deadlift (120/80 kg)

Movement	Results
1 RM Jerk	
Max reps deadlift	

Athlete Name: _____

Affiliate: _____

Score: _____

Male

Female

presented by



Lynn is not only a professional physiotherapist, with her education in z-health neuro athletics, trigger point therapy, A.R.T., dry needling and much more, she is an extraordinary therapist. Because she does functional fitness by her own, she knows the body of such an athlete and she is therefore always ready for rock solid mobility or other therapeutic advices.