



# MONTHLY CHALLENGE 19.2

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

## WORKOUT 19.2

### 0-5 min

Max unbroken set of double unders

### 5-10min

1 RM of the following complex:

snatch – hang snatch – overhead squat

Movement	Results
Unbroken set of double unders	
1 RM of the following complex: snatch – hang snatch – overhead squat	

Athlete Name: \_\_\_\_\_

Affiliate: \_\_\_\_\_

Total Reps d: \_\_\_\_\_

Male

Female

presented by



The Swiss brand's leading expertise in food science as well as its innovative drive and high-quality products, make SPONSER® the market leader in the Swiss sports nutrition industry.