



# MONTHLY CHALLENGE 19.3

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

## WORKOUT 19.3

### For time (15min time cap):

30 toes to bar  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

20 chest to bar pullups  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

10 bar muscle-ups  
20 DB hang clean & jerks  
20m DB overhead walking lunges (4x5m)

<b>30 toes to bar</b>	30
20 DB hang clean & jerk	50
20m walking lunges (4x5m)	70
<b>20 chest to bar pullups</b>	90
20 DB hang clean & jerk	110
20m walking lunges (4x5m)	130
<b>10 bar muscle-ups</b>	140
20 DB hang clean & jerk	160
20m walking lunges (4x5m)	180

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

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

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

Male

Female

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