



# MONTHLY CHALLENGE 19.4

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

## WORKOUT 19.4

### 0-5 min

Ascending ladder of 2/4/6/8/... reps

- Deadlifts (70/100kg)
- Boxjumps (50/60cm)

### 5-7min Rest

### 7-12min

max unbroken free handstand hold

|           |   |    |    |    |    |    |     |     |     |
|-----------|---|----|----|----|----|----|-----|-----|-----|
|           | 2 | 4  | 6  | 8  | 10 | 12 | 14  | 16  | 18  |
| Deadlifts |   |    |    |    |    |    |     |     |     |
| Boxjumps  | 4 | 12 | 24 | 40 | 60 | 84 | 112 | 144 | 180 |

| Movement                         | Results |
|----------------------------------|---------|
| max unbroken free handstand hold |         |

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

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

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

Male

Female

presented by



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