

25.1

Atleta:					Categoria:					
	1	2	3	4	5	6	7	8	9	10
Deadlift	1	10	22	37	55	76	100	127	157	190
Hang Clean	2	12	25	41	60	82	107	135	166	200
S.O.H	3	14	28	45	65	88	114	143	175	210
-----5 BURPEES SEMPRE-----										
Burpee over Bar	8	19	33	50	70	93	119	148	180	215
9' Amrap: 1 deadlift 1 Hang clean 1 s.o.h. 5 bar facing burpees *A cada round aumente 1 rep dos levantamentos.					Cargas : 42,5/60 rx 30/ 42,5 int. 20/30 scale					

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