

**WOD: 182 | Modalität: GW****Datum:** 

Ziel: Maximale Runden in 20 Minuten!

Jede Runde besteht aus:

21x Wall Ball Shot / 9kg Medizinball

10x GHD Sit-Up

10x Back Extension

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|          |  |  |  |
| Runde 1  |  |  |  |
| Runde 2  |  |  |  |
| Runde 3  |  |  |  |
| Runde 4  |  |  |  |
| Runde 5  |  |  |  |
| Runde 6  |  |  |  |
| Runde 7  |  |  |  |
| Runde 8  |  |  |  |
| Runde 9  |  |  |  |
| Runde 10 |  |  |  |
| Runde 11 |  |  |  |
| Runde 12 |  |  |  |
| Runde 13 |  |  |  |
| Runde 14 |  |  |  |
| Runde 15 |  |  |  |
| Runde 16 |  |  |  |
| Runde 17 |  |  |  |
| Runde 18 |  |  |  |
| Runde 19 |  |  |  |
| Runde 20 |  |  |  |
| Runde 21 |  |  |  |
| Runde 22 |  |  |  |
| Runde 23 |  |  |  |
| Runde 24 |  |  |  |
| Runde 25 |  |  |  |