

# WOD 1 C.T.2'

CAL BIKE

9+9 MT FR RACK      WALKING  
LUNGE

9 MT

9 MT

## TIME

ESORDIENTI

20 cal - empty bar

15 cal – empty bar

JUNIORES

25 cal – 25kg

20 cal – 20kg

MASTER 50+

30 cal – 40kg

25 cal – 25kg

M30/35/40/45

30 cal – 50kg

25 cal – 35kg

M

W