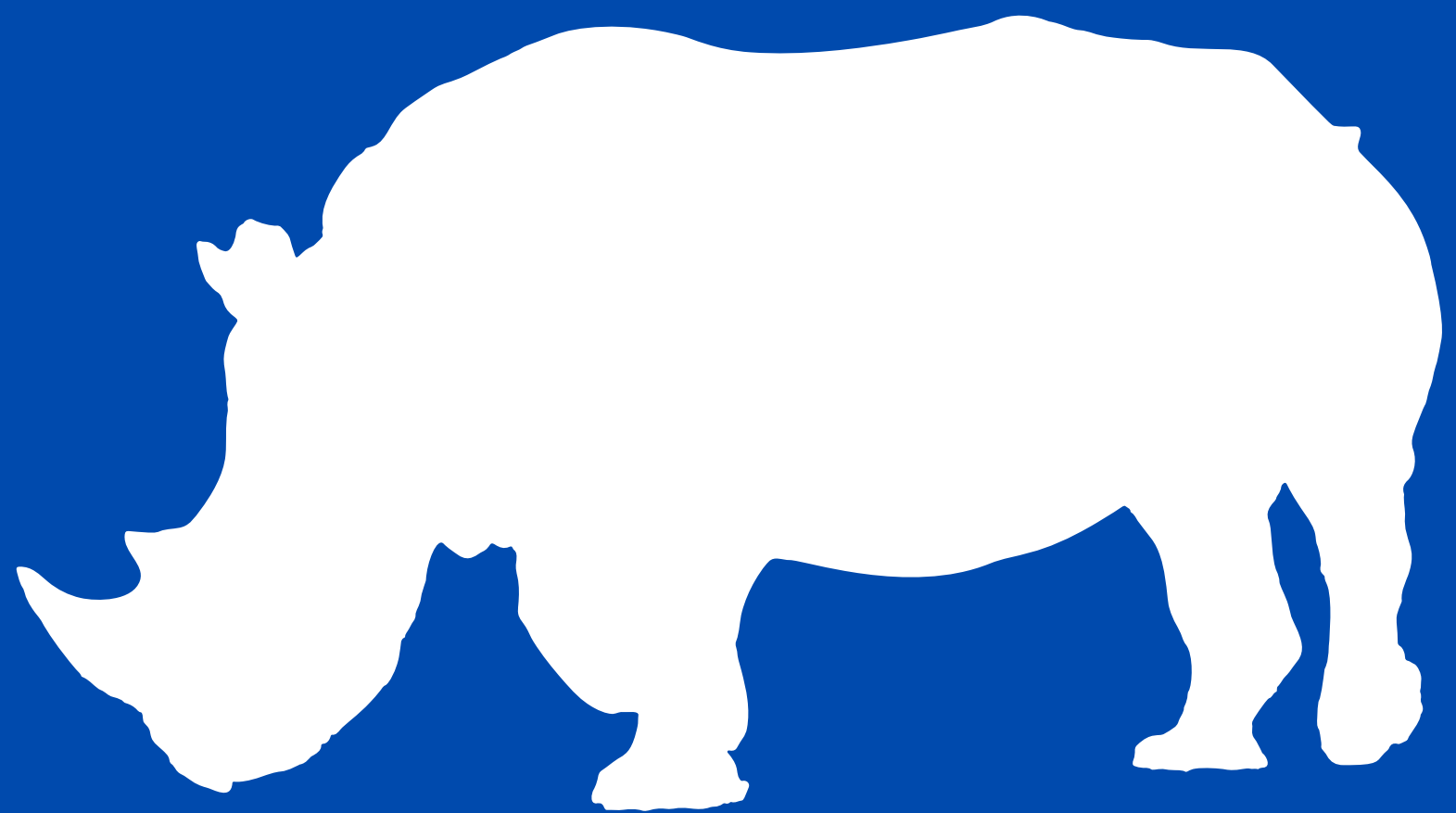


NEUSHOORN

1. Fietsen 2 km | (Hard)lopen 2 km | Fietsen 2 km
2. Sled-pull 30 KG • 12 meter | Push up, staand • 12 x || 3 sets
3. Squat 13 KG • 12x | Walking lunge 13 KG • 24 meter || 4 sets
4. Overhead press 16 KG • 12x | Ring row • 6x || 5 sets
5. Carry 30/25 KG • 10 meter | KB swing 16 KG • 10x || 6 sets
6. (Hard)lopen naar de finish



LEEUEW

1. (Hard)lopen 2 km | Fietsen 2 km
2. Sled-pull 20 KG • 12 meter | Push up, staand • 12 x || 3 sets
3. Squat 8 KG • 8x | Walking lunge 8 KG • 16 meter || 4 sets
4. Overhead press 12 KG • 12x | Ring row • 6x || 5 sets
5. Carry 20/15 KG • 10 meter | Slamball slam 6 KG • 10x || 6 sets
6. (Hard)lopen naar de finish

