

Crossfit – The Girls:

1.) 10 Pull Ups



Barbara:



2.) 20 Push Ups



3.) 30 Sit ups



4.) 40 Squats



Mary:
AMRAP (= as many rounds/repetitions as possible) in 20 Minuten
→ so viele Runden/Wiederholungen wie möglich innerhalb von 20min



1.) 5 Push Up Handstands



2.) 10 Single Leg Squats Squat



3.) 15 Pull Ups



Mary:



C
R
O
S
S
F
I
T



Apps:

