



# MONTHLY CHALLENGE 19.7

JUL 1, 12:00 pm, THROUGH JUL 15, 12:00 pm

## WORKOUT 19.7

For time:

21-15-9 of

- Burpee box get overs (75 / 60 cm)
- Clean & Jerk (60/40kg)

	21	15	9
Burpee box jump overs			
Clean & Jerks			
		42	72
Time:			90

Athlete Name: \_\_\_\_\_

Affiliate: \_\_\_\_\_

Time: \_\_\_\_\_

Male

Female

presented by



Nosh-Pots stands for freshly made meals in "pots". The "pots" are freshly made each day and delivered to a pickup station. Just add the dressing, shake it and the healthy and fresh meal is ready!