



MONTHLY CHALLENGE 19.8

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

WORKOUT 19.8

10 rounds for time:

- 10 power snatches (35 / 25 kg)
- 100m shuttle run (10 x 10m)

	1	2	3	4	5	6	7	8	9	10
Power snatches										
Shuttle runs										
Time:										

Athlete Name: _____

Affiliate: _____

Time: _____

Male

Female

presented by



The Swiss brand's leading expertise in food science as well as its innovative drive and high-quality products, make SPONSER® the market leader in the Swiss sports nutrition industry.