

THE ROX – Athletenkarte Single Run Men

1. Lauf	600 m
Station 1	Burpee Broad Jumps – 40 m
2. Lauf	600 m
Station 2	Weighted Lunges – 40 m, 15 kg
3. Lauf	600 m
Station 3	Slam Ball G2OH – 40 Wdh, 15 kg
4. Lauf	600 m
Station 4	Navy Shuttle Run – 11×10 m
5. Lauf	600 m
Station 5	Push-Ups – 40 Wdh
Ziel	Sprint durchs Ziel