

BLACKBOX PROGRESS

PRENOM

PAR BLACKBOX DOLE



TABLE DES MATIERES

WEIGHTLIFTING / POWERLIFTING..... Pages 1,2,3,4,5,6

- SNATCH (Squat snatch , Power Snatch , Hang Power Snatch, Snatch Balance)
- CLEAN (Squat Clean , Power Clean , Hang Power Clean , Clean \$ Jerk)
- SHOULDER TO OVERHEAD (Shoulder Press , Push Press , Jerk , Split Jerk)
 - DEADLIFT (Deadlift , Sumo Deadlift , Sumo Deadlift High Pull)
 - BENCH PRESS
 - ROWING (Supination / Pronation)
 - SQUAT / FRONT SQUAT
 - GOOD MORNING
 - KETTELBELL

MOUVEMENT BODY WEIGHT.....Pages 7 , 8 , 9

- BOX JUMP , BURPEE , PULL UP , MUSCLE UP , HANG STAND PUSH UP , PUSH UP , DIPS ,
- UNDERS (JUMP ROPE) , BATTLE ROPE , SIT UP , TOES TO BAR , GAINAGE

WOD TESTPages 10

CINDY AMRAP 20 MN – 5 PULL UP / 10 PUSH UPS / 15 AIR SQUATS
CINDY XXX AMRAP 20 MN 10 PUL UPS / 20 PUSH UPS / 30 SQUATS / 15 PULL UPS / 30 PUSH UPS / 45 SQUATS
20 PULL UPS / 40 PUSH UPS / 60 SQUATS / 25 PULL UPS / 50 PUSH UPS / 75 SQUATS / 30 PULL UPS / 60 PUSH UPS / 90 SQUAT.
MURPH : 1 ,6 KLM / 100 PULL UPS / 200 PUSH UPS / 300 AIR SQUATS / 1,6 KLM .
SCALED : DIVISEZ PAR 2
RX : GILET LESTE 9 KG

TABATASPages 11 , 12

SHOULDER TO OVERHEAD

SHOULDER PRESS					PUSH PRESS				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Reps	3 Reps	5 Reps	Notes
JERK					SPLIT JERK				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Rep	3 Reps	5 Reps	Notes

DEADLIFT / BENCH PRESS

DEADLIFT					SUMO DEADLIFT				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Rep	3 Reps	5 Reps	Notes
SUMO DEADLIFT HIGHT PULL					BENCH PRESS				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Rep	3 Reps	5 Reps	Notes

ROWING / SQUAT / GOOD MOORNING

ROWING (Supination / pronation)					SQUAT				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Rep	3 Reps	5 Reps	Notes
FRONT SQUAT					GOOD MOORNING / KETTEL BELL				
Date	1 Rep	3 Reps	5 Reps	Notes	Date	1 Rep	3 Reps	5 Reps	Notes

TABATA

EXERCICE	Date	Rnds	Score	Date	Rnds	Score	Date	Rnds	Score	Date	Rnds	Score
BURPEE ADAPTIVE												
PULL UPS ADAPTIVE												
BOX JUMP												
MUSCLE UP												
HANG STAND PUSH UP ADAPTIVE												
PUSH UP ADAPTIVE												
DIPS ADAPTIVE												

TABATA

EXERCICE	Date	Rnds	Score	Date	Rnds	Score	Date	Rnds	Score	Date	Rnds	Score
UNDER DB UNDER												
BATTLE ROPE												
SIT UP												
TOES TO BAR ADAPTIVE												
GAINAGE ADAPTIVE												