



# "KILLER INSTINCT"

## EMOM 15'

8 Push Jerk  
10 Box Jump Over  
12 Front Squat

Push Jerk	1	2	3	4	5	6	7	8										
Box Jump Over	1	2	3	4	5	6	7	8	9	10								
Front Squat	1	2	3	4	5	6	7	8	9	10	11	12						
Push Jerk	1	2	3	4	5	6	7	8										
Box Jump Over	1	2	3	4	5	6	7	8	9	10								
Front Squat	1	2	3	4	5	6	7	8	9	10	11	12						
Push Jerk	1	2	3	4	5	6	7	8										
Box Jump Over	1	2	3	4	5	6	7	8	9	10								
Front Squat	1	2	3	4	5	6	7	8	9	10	11	12						
Push Jerk	1	2	3	4	5	6	7	8										
Box Jump Over	1	2	3	4	5	6	7	8	9	10								
Front Squat	1	2	3	4	5	6	7	8	9	10	11	12						

**VARIATIONS:**  
**PESO A ELEGIR.**

Judge's name: \_\_\_\_\_

TOTAL KG (reps x kg): \_\_\_\_\_

Athlete name: \_\_\_\_\_

Athlete's signature:

Rx

Int

Sc

### MODIFICATIONS

Ejerc. escalado 1:

Ejerc. escalado 2:

Ejerc. escalado 3: