



# Planning Open National 2016



Horaires	Mouvement	Plateau
14h-14h40	Squat Raw & Multi	Power
15h-15h40	Benchpress Multi	Bench
15h50-16h20	Bench Raw & Multi	Power
16h30-16h50	Benchpress Raw	Bench
17h 10	<i>Démo Bench</i>	
17h30-18h	Deadlift Raw & Multi	Power