

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
			1 SKILL Rope climbing FOR TIME 5 ROUNDS 200m Row 5 Rope climb 5 Power snatch 200m Run	2 SKILL Kipping pull up FOR TIME 2 ROUNDS JACKIE 1000M Row 50 Thrusters 30 Pull ups	3 SKILL Double under FOR TIME 10-9-8-7-6-5-4-3-2-1 Deadlift Push press (+20 DU Every Round)	4
5 SKILL Kipping pull up FOR TIME 30 cal Row 30 Pull ups 15 cal Row 15 Pull ups 400m Run 30 OVH squat 200m Run 15 OVH squat	6 SKILL Double under FOR TIME 5 ROUNDS 10 HSPU 20 Double unders 10 Power clean 5 Front squat	7 SKILL Double under AMRAP 20' 20 Double unders 5 Power snatch 20 Push ups 20 Wallballs	8 SKILL Kipping pull up AMRAP 20' 20 Pull ups 10 Power snatch 200m Run 15 Pull ups 10 Power snatch 200m Run 10 Pull ups 10 Power snatch Max. cal Row	9 SKILL Clean FIND CLEAN RM FOR TIME 3 ROUNDS 10 Thrusters 10 Burpees OTB 1' REST 3 ROUNDS 10 Deadlift 40m Bulgarian bag Walking Lunge	10 SKILL Kipping pull up CHELSEA EMOM 30' 5 Pull ups 10 Push ups 15 Squats	11
12 SKILL Clean LINDA 10-9-8-7-6-5-4-3-2-1 Deadlift Bench press Clean	13 SKILL Snatch EMOM 25' 10 Pull ups 10 Power snatch 15 KB swing 15 Box jump 1' REST	14 SKILL Jerk AMRAP 20' 5 ROUNDS 5 Thrusters 5 Jerks 20 Sit ups 20 Double unders THEN max cal row/ max m. sled push	15 SKILL Jerk FIND DEADLIFT RM FOR TIME 2 ROUNDS 20 Deadlift 20 Wallballs 20 Burpees 20 Sit ups 20cal Row	16 SKILL Jerk FOR TIME 10-8-6-4-2 Power snatch HSPU (+200m Run Every Round) (+5kg Every Round)	17 SKILL Clean&Jerk FOR TIME 20-15-10-5 Clean & Jerk cal Row (+200m Run Every Round)	18
19 SKILL HSPU AMRAP 25' 10 HSPU 10 Front squat 20 Ring row 20m Bulgarian bag walking lunge 1' REST	20 SKILL Clean & Jerk Snatch ISA & GRACE 30 Snatch 30 Clean & Jerk	21 SKILL Snatch FIND SNATCH RM FOR TIME 5 ROUNDS 5 Deadlift 200m Run 1' REST + 5 ROUNDS 5 Snatch 200m Row	22 SKILL HSPU AMRAP 20' 5 HSPU 10 Box jumps 15 Ring row 200m Run	23 SKILL Kipping pull up FOR TIME 20-15-10-5 Pull ups Box jumps Deadlift (+200m Run Every Round)	24 SKILL HSPU AMRAP 20' 5 HSPU 5 Power snatch 5 Burpees OTB 20 Double unders	25
26 SKILL Double under FOR TIME 50 Double unders THEN 20-15-10-5 Pull ups Power snatch THEN 50 Double unders (+200m Run Every Round)	27 SKILL Kipping pull up AMRAP 20' 5 Pull ups 10 Deadlift 15 Thrusters 200m Run	28 SKILL Muscle up AMANDA 9-7-5 Muscle ups Snatch	29 SKILL Double under FOR TIME 10-9-8-7-6-5-4-3-2-1 Clean&Jerk Burpees (+20 DU Every Round)	30 SKILL Double under EMOM 24' 20 Double unders 10 Ring dips 5 Cleans 20 Push ups		