

CALENDARIO WORKOUT OF THE DAY
DICIEMBRE 2018

aqua

sportclubs&spa

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
					1	2
3 SKILL Mobility AMRAP 12' 20 cal Row THEN 2-4-6-8-10... Thrusters Burpees OTB	4 SKILL Toes to bar AMRAP 16' 3'ON-1'OFF 0-3' 8-11' 2-4-6-8... Toes to bar Burpees OTBox 4'-7' 12-15' 2-4-6-8... Deadlift Medball Step Over	5 SKILL Clean&Jerk AMRAP 20' 5 Clean&Jerk 10 cal Row 15m Walking lunge 20 Sit ups	6 Día Festivo	7 SKILL Hand Stand Push Up EMOM 20' 10 cal Row 10 HSPU 10 Front squat 1' Rest	8 Día Festivo	9
10 SKILL Clean&Jerk FOR TIME 2 ROUNDS 25 Clean&Jerk 25 Box jumps 25 Pull ups 25 Double under	11 SKILL Mobility AMRAP 6' 3-6-9-12... OVH Squat Pull ups 2'REST AMRAP 6' 3-6-9-12... Wallballs Hang power clean	12 SKILL Toes to bar AMRAP 16' 3'ON-1'OFF 0-3' 8-11' 2-4-6-8... Toes to bar Deadlift 4'-7' 12-15' 2-4-6-8... HSPU Front squat	13 SKILL Clean&Jerk AMRAP 20' 5 Clean&Jerk 10 BURPEES OTB 15 Kb swing 20 Double unders	14 SKILL Snatch FOR TIME 6 ROUNDS 3 Power snatch 6 Burpees OTB 9 Wallballs	15 SKILL Hand Stand Push Up EMOM 20' 5 Deficit HSPU 10m Walking lunge 15 Kb swing 20 Ring row	16
17 SKILL Muscle Up EMOM 20' 5/10 Muscle up 20m Walking Lunge 10cal Row REST	18 SKILL Snatch FOR TIME 2 ROUNDS 25cal Row 25 Power snatch 25 Burpees 25 Kb Swing	19 SKILL Mobility AMRAP 12' 2-4-6-8-10... Power snatch Pull ups	20 SKILL Toes to bar AMRAP 16' 3'ON-1'OFF 2-4-6-8... Squats Push ups Box jump Toes to bar	21 SKILL Clean&Jerk AMRAP 20' 5 Clean&Jerk 10cal Row 15 Toes to bar	22 SKILL Clean FOR TIME 6 ROUNDS 3 Cleans 6 Power clean 9cal Row	23
24 SKILL TTB FOR TIME 6 ROUNDS 3 Power Clean 6 Toes to bar 9 Burpees OTB	25 Día Festivo	26 Día Festivo	27 SKILL Mobility AMRAP 15' 5 Power Snatch 10cal Row 15m Walking lounge	28 SKILL Toes to bar AMRAP 16' 3'ON-1'OFF 2-4-6-8... TTB Wallballs Deadlifts Push ups	29 SKILL Toes to bar AMRAP 20' 5 TTB 10 Deadlifts 15 Push ups	30
31 SUPERWOD FOR TIME 3 ROUNDS: 25 Deadlift 25 Wallballs 25 Push ups 25cal Row 25 Pull ups						