

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	<p>1</p> <p>5 RFT 10 Power snatch 10 Pull ups 5 Snatch 5 Pull ups</p>	<p>2</p> <p>MOBILITY 2 RFT 30 cal Row 20 Burpees OTBox 10 Deadlift 10 Burpees OTBox 5 Deadlift 10 Wallclimb</p>	<p>3</p> <p>AMRAP 7' 10-9-8... Pull ups 40 m Sled push 1' Rest AMRAP 7' 20 PUSh ups 20m Farmers walk 20 Squats 20m Farmers walk</p>	<p>4</p> <p>AMRAP 9' 45" ON 45" OFF Power Clean AMRAP 6' 45" ON 45" OFF Clean</p>	<p>5</p> <p>7 RFT 10 HPU 8 TTb 6 Pistol squats 4 Rope climb</p>	<p>6</p>
<p>7</p> <p>AMRAP 7' 3-6-9-12... Power snatch Box jump 1' REST AMRAP 7' 3-6-9-12.. Chest press TTB</p>	<p>8</p> <p>MOBILITY AMRAP 20' 80 m Obstacle course 10 Thrusters 40 m Sled push 10 Push press 5 Rope climb</p>	<p>9</p> <p>FOR TIME 10-8-6-4-2 HPU Every round 200 m row 7' TIME CAP 1' REST 4 RFT 40m OH Walking lunge Every round 10 burpees 6' TIME CAP</p>	<p>10</p> <p>6' RM Clean AMRAP 10' 5 Clean 10 Chest press 15 Deadlift</p>	<p>11</p> <p>ANGIE 100 Pull ups 100 Push ups 100 Sit ups 100 Squats</p>	<p>12</p> <p>6 RFT 500m Row 6 Burpees OTRow 30 Double unders</p>	<p>13</p>
<p>14</p> <p>MOBILITY 6' RFT 10 cal Row 20 Push ups 20 Kb Swing 5 Thrusters 10 Deadlift 5 Rope climb</p>	<p>15</p> <p>AMRAP 7' 5 Pull ups 10 Pistol squats 40m Farmers walk 1' REST AMRAP 7' 5 Burpee pull up 200m Row</p>	<p>16</p> <p>EMOM 5 Power clean 5 Push press 5 Clean&jerk hasta que no puedas más</p>	<p>17</p> <p>AMRAP 16' 10 HPU 20 Box jump 30 Sit ups</p>	<p>18</p> <p>2 RFT 1 km (3 vueltas a aqua) 1 km Row 100 Double unders</p>	<p>19</p> <p>FOR TIME 21-15-9 Snatch Ring dips Deadlift Push ups</p>	<p>20</p>
<p>21</p> <p>4 RFT 10 hpu 20m Farmers walk 20 Burpees 20m Farmers walk 10 Hpu 20m Farmers walk 20 Burpees TIME CAP 7' FOR TIME 750 m Row 160 m Sled push TIME CAP 7'</p>	<p>22</p> <p>LINDA 10-9-8-7-6-5-4-3-2-1 Deadlift Bench press/ Chest press Clean</p>	<p>23</p> <p>6 RFT 10 CTB 10 Ring dips 50 Air squat</p>	<p>24</p> <p>AMRAP 24' 3' max. Row 3' max. Farmer walk 3' Double unders 3' max. Sled push X2</p>	<p>25</p> <p>6' RM Snatch AMRAP 10' 5 Snatch 3 Push press 5 TTb 3 Rope climb</p>	<p>26</p> <p>MOBILITY AMRAP 20' 1 km Row 20 Thrusters 160 m Obstacles course 10 Chest Press 10 Wallclimb</p>	<p>27</p>
<p>28</p> <p>10'RM Back squat 10' RM Push press</p>	<p>29</p> <p>AMRAP 12' 2-4-6-8-10 HPU TTB EVERY ROUND 20 Squats</p>	<p>30</p> <p>AMRAP 22' 10' Row 2'REST 10' Obstacles course</p>	<p>31</p> <p>AMRAP 12' 10 Power snatch 20 m Walking lunge 10 Kettlebell deadlift 20 m Walking lunge</p>			