

CALENDARIO WORKOUT OF THE DAY
FEBRERO 2019

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
				1 MOBILITY 5 RFT 250m Run (1 vuelta a aqua) 20 Wallballs 10 Burpees to target	2 AMRAP 10' 50 Pull ups 50 Push ups Máx. cal Row 2' REST AMRAP 10' 1-2-3-4.. Rope Climb EVERY ROUND 20m Sled push 10 Box Jump	3
4 AMRAP 20' CINDY 5 Pull ups 10 Push ups 15 Squats	5 FOR TIME 1 km Run (4 vueltas a aqua) THEN 4 RFT 500m Row 30 DU 10 Burpees OTRow	6 FOR TIME ISABEL 30 Snatch THEN AMRAP 10' 3 Rope climb 6 Wallclimb 9 Ring dips 12 Sit ups	7 MOBILITY AMRAP 25' 250m Row 50 Double Unders 15 Deadlift 15 Pull ups 5 Thrusters 5 Wallclimb	8 FOR TIME 5 ROUNDS 10 HSPU 20 Pull ups 30cal Row 40m Sled push	9 EMOM 10' Even: 5 Front squat Odd: Plank AMRAP 14' 5 Power Clean 5 Push Press 5 Clean&Jerk 20 Wallballs	10
11 PARTNER WOD FOR TIME 6km Row 80m Run Med ball 80m Farmer walk 10 Burpees to target TIME CAP 30'	12 EMOM 10' even: 5 Deadlift odd: 10 Burpees OTB AMRAP14' 10 cal Row 15m OH Walking lunge 5 clusters	13 PARTNER WOD 2RFT 20 Power snatch 40 KB Swings (syncro) 60 Wallballs 60 cal Row 40 Box jump 20 Burpees OTB (syncro)	14 AMRAP 12' 6 TTB 6 Pistol squats 6 Target Pull ups 1' REST AMRAP 12' 2000M Row máx Push ups	15 EMOM 12' Even : 5 C&J Odd: 15 Wallballs 2' REST AMRAP 12' COMPLEX 1 Clean 1 Hang clean 1 Push press 1 Push jerk	16 EMOM 12' Even : 2 Rope climb Odd: 10 HSPU 1' REST AMRAP 12' 4' Pull ups 4' Wallclimb 4' Air squats	17
18 AMRAP 10' 1-2-3... Deadlift Burpees OTB 2' REST AMRAP 10'' 10-9-8... Front squat 80m Run with Bulgarian bag	19 PARTNER WOD 3RFT 6 Wallclimb 12 Snatch 18 Burpees (syncro) 24 Wallballs 30 KB Swing (syncro) 36cal Row	20 EMOM 12' Even : 2 Rope climb Odd: 10 Burpees to target 1' REST AMRAP 12' 10cal Row 10 Box jump 10 Pull ups	21 EMOM 20' Even: 7 Power clean Odd: 7 Push jerk (+ 1 REP EVERY ROUND)	22 EMOM 10' Even: 10 CTB Odd: 20 Air squat 5 RFT 10 TTB 20m Walking lunge 20 Push ups 20m Walking lunge 10 HSPU	23 MOBILITY FOR TIME 1000m Run 1000m Row 100 DU 500m Run 500m Row 50 DU 120m Sled push	24
25 2 RFT 10 Power snatch 20 Kettlebell box Step over 30cal Row 40 Push ups 50 KB Swings 60 Sit ups	26 5 RFT 10 HPU 80m Run with Bulgarian bag 10 TTB 40m Sled push	27 TIME CAP 6' RM Clean&Jerk 2'REST AMRAP 14' 5 Power clean 5 Push press 5 Front squat 10 Deadlift THEN FOR TIME 50 Wallballs	28 EMOM 10' Even: 10 CTB Odd: Hollow hold 5 RFT 3 Rope climb 6 Ring dips 9 Pull ups 12 Sit ups 15m Walking lunge			