

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<p>1</p> <p>Double under AMRAP X3 (0'-2')DU (2'-4')Row (4'-6')Sled Push (6'-8')Burpees (8'-10') REST</p>	<p>2</p> <p>Clean EMOM 10' EVEN: 3 front squat ODD: 5-10 strict chest to bar // pull up 2'REST FOR TIME 14-12-10-8-6-4-2 Clean squat Every round 10 HPU (+5kg every round)</p>	<p>3</p> <p>PARTNER WOD 5 RFT 160m sprint 6 wallclimb 6 clusters 10 burpees otb synchro 12 synchro TT 12 synchro kettlebell box step over 30 cal row</p>	<p>4</p> <p>Muscle up EMOM 10' EVEN: 5 bar muscle up ODD: 10 box jump AMRAP 24' 10 ctb 20 push ups 30 squats (250m RUN) 15 CTB 25 pushups 35 squats (250m RUN) ...</p>	<p>5</p> <p>Snatch EMOM 10' COMPLEX 1 Snatch pull 1 Power snatch 1 Squat snatch AMRAP 10' 5 deadlift 10 pull ups AMRAP 10' 3 rope climb 6 thrusters</p>	<p>6</p> <p>Handstand walk EMOM 10' Even: 5m. HW Odd: máx. rep. squats 2'REST AMRAP 20' Mary 5 HPU 10 Pistol squats 15 Pull ups</p>	
<p>8</p> <p>RM Clean FOR TIME 3RFT 10 Power clean 10 Burpees otb 3RFT 5 Squat clean 30 Push ups 3RFT 5 Front squat 15 Pull ups</p>	<p>9</p> <p>E2MOM EVEN: 2 rope climb ODD: 10 front rack lunge PARTNER WOD 3 RFT 10 Partner deadlift 10 Burpees otb 40m Sled push 20 Partner deadlift 20 KB swing synchro 40m Sled push 30 Wallballs 30 Push ups</p>	<p>10</p> <p>Handstand walk FOR TIME 21-15-9 HPU KB box step over m. walkinglunge cal Row EVERY ROUND 3m. Handstand walk</p>	<p>11</p> <p>RM Snatch AMRAP 8' 3 Power snatch 6 CTB 9 Wallballs 2'REST AMRAP 8' 3 Squat snatch 6 Kettlebell thrusters 9 Box jump</p>	<p>12</p> <p>Muscle up EMOM 10' EVEN: 5 bar muscle up ODD: hollow hold AMRAP 20' 2 Wall climbs 2 Rope climb CADA VUELTA: 1 Ronda de Cindy estricto (5 pullups, 10 push ups, 15 squats)</p>	<p>13</p> <p>Double under FOR TIME 2000m run 2000m row 100 DU</p>	<p>14</p>
<p>15</p> <p>PARTNER WOD 4 RFT 250m run 30 box jump 20 partner deadlift 10 TT synchro 20 wallballs 30 front rack lunges</p>	<p>16</p> <p>EMOM 10' EVEN: 5 muscle up ODD: 20 double under AMRAP 20' 10 ctb 80m farmers walk 10 ring dips 20 cal row</p>	<p>17</p> <p>RM Snatch AMRAP 3' (X6) 5 power snatch 10 kettlebell swing 15 wallballs 2'REST</p>	<p>18</p> <p>Handstand walk 5 RFT 10 pull ups 15 push ups 20 sit ups 25 squats every round 5m HW</p>	<p>19</p> <p>Double under AMRAP 30' 20m Sled push 250m Run 50 DU 250m Row 25 DU 20 Burpees</p>	<p>20</p> <p>EMOM 10' EVEN: 3 Clean ODD: 3 Rope climb legless AMRAP 8' 4 Power clean 8 TT 2'REST AMRAP 8' 4 Deadlift 8 HPU</p>	<p>21</p>
<p>22</p> <p>Handstand walk EMOM 12' EVEN: max. m. HW ODD: 20 sit ups AMRAP 16' 200m row 30 Burpees otb 15 Pull ups 30 DU 15 HPU</p>	<p>23</p> <p>Snatch EMOM 10' 1 Squat snatch 5 RFT 10 cal row 10 TT 10m OVH Walkinglunges 10 Thrusters</p>	<p>24</p> <p>Muscle up AMRAP 10' 0-1 Squats 1-2 Push ups 2-3 Sit ups 3-4 Bar muscle up 4-5 Box step over FOR TIME 20-15-10-5 Thrusters Ring dips EVERY ROUND 10 cal row</p>	<p>25</p> <p>Double under AMRAP 10' (X2) (0-2)' Double Under (2-4) Row (4-6) Sled Push (6-8) Obstacle Course with medball (8-10) Burpees box jump 3'REST</p>	<p>26</p> <p>Clean RM Clean FOR TIME 27-21-15-9 Power Clean HPU Kettlebell box Step Over TTB</p>	<p>27</p> <p>3 RFT 100m Sled push 10 Push jerk 10 Burpees OTB 5 Wallclimb 10 Clean 10 Burpees otbar 5 Wallclimb 10 Clean jerk</p>	<p>28</p>
<p>29</p> <p>Snatch EMOM 10' EVEN: 5 power snatch ODD: hollow hold 4 RFT 10 deadlift 5 Push press 5 Front squat 20m farmer walk 10 kettlebell box step over 10 kettlebell swing 20m farmers walk</p>	<p>30</p> <p>Handstand walk FOR TIME 21-15-9 HPU Pull ups Ring dips Goblet Squat EVERY ROUND: 10m handstand walk</p>					