

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
		<b>1</b>  <b>DIA DEL TRABAJADOR</b>	<b>2</b> <b>SKILL</b> Clean  <b>EMOM 10'</b> EVEN: 5 front squat ODD: 5 D.HPU  <b>AMRAP 15'</b> 3 hang power clean 6 clusters 9 TTB 12 KB box step over	<b>3</b> <b>FOR TIME</b> 250m run 10 squat clean 20 burpees otbox 30 pull ups 40 wallballs 250m run 40 wallballs 30 pull ups 20 burpees otbox 10 squat clean 250m run	<b>4</b> <b>SKILL</b> Muscle up  <b>EMOM 10'</b> EVEN: 5 muscle up / 10 ctb ODD: 20 sit ups  <b>AMRAP 15'</b> 5 power snatch 10 HPU 15 cal row 20 box jump	<b>5</b>
<b>6</b> <b>SKILL</b> Muscle up  <b>EMOM 10'</b> EVEN: 5 bar muscle up / 10 ctb ODD: 15/12 cal row  <b>3RFT</b> 10 HPU 20m oh walking lunge 30 kettlebell swing 20 cal row 10 box jump TIMECAP 15'	<b>7</b> <b>SKILL</b> Double under HPU  <b>EMOM 10'</b> EVEN: 30 DU ODD: 5 D. hpu  <b>AMRAP 8'</b> 200m row 8 burpees otr 2'REST  <b>AMRAP 8'</b> 4 clean&Jerk 8 TTB	<b>8</b> <b>SKILL</b> Clean  <b>EMOM 10'</b> 1 squat clean  <b>FOR TIME</b> 50 cal row THEN <b>5 RFT</b> 10 thrusters 10 ctb THEN 50 cal row	<b>9</b> <b>EMOM 10'</b> EVEN: 5 shoulder press ODD: 1-2 rope climb  <b>FOR TIME</b> 20 burpees otbox 20 deadlift 20 cal row 20 wallballs 20 kettlebell push press REST 3' REPEAT	<b>10</b> <b>SKILL</b> Handstandwalk  <b>AMRAP 20'</b> 5 rope climb 10 cal row 15 kettlebell swing 10 hpu 5 clusters	<b>11</b> <b>SKILL</b> Snatch  <b>EMOM 10'</b> 1 squat snatch  <b>EMOM 16'</b> 15 cal row 10 thrusters 20m. oh walkinglunge 30 push ups	<b>12</b>
<b>13</b> <b>SKILL</b> Double under HPU  <b>EMOM 8'</b> 20 DU + 5 hpu  <b>AMRAP 8'</b> 4 thrusters 8 pull ups 2'REST  <b>AMRAP 8'</b> 20 wallballs 40m farmer walk	<b>14</b> <b>SKILL</b> Clean  <b>EMOM 10'</b> COMPLEX 1 power clean 1 squat clean 1 front squat  <b>AMRAP 15'</b> 3 wallclimb 6 box jump 9 pull ups 12 kettlebell lunges	<b>15</b>  RM deadlift PARTNER WOD  <b>3 RFT</b> 30 cal row 20 partner deadlift 10 burpees over the bar 20 kettlebell swing 30 TTB	<b>16</b> <b>SKILL</b> Muscle up  <b>AMRAP 20'</b> 5 power snatch 10 pull ups 15 cal row 20 box jump over	<b>17</b> <b>SKILL</b> Snatch  <b>EMOM 10'</b> COMPLEX 1 power snatch 1 squat snatch 1 oh squat  <b>AMRAP 15'</b> 10 push press 15 cal row 15 back rack lunges 10 TTB	<b>18</b> <b>SKILL</b> Handstandwalk  <b>3RFT</b> 250m run 5 bar muscle up 10 squat clean (60/40) 15 KB american swing (24/16) 20 wallballs (9/5)	<b>19</b>
<b>20</b> <b>SKILL</b> Clean 20' RM squat clean  <b>FOR TIME</b> 15 TTB 15 hang clean&jerk 15 cal row 15 burpees otbar 15 KB box step over REST 1' <b>X3</b> TIME CAP 20'	<b>21</b> <b>EMOM 10'</b> EVEN: 10 front rack lunges ODD: 10 strict pull ups  <b>AMRAP 10'</b> 5 power snatch 10 burpees otbar 15 wallballs 1'REST  <b>AMRAP 10'</b> 5 thrusters 10 kettlebell swing 15m farmer walk	<b>22</b>  <b>SKILL</b> Handstandwalk  <b>AMRAP 20'</b> CASH IN: 500m run 10 push jerk 15 back rack lunges 10 HPU 15 goblet squat	<b>23</b> <b>SKILL</b> Snatch  <b>EMOM 10'</b> 1 squat snatch  <b>AMRAP A 4'</b> 2-4-6 Power snatch TTB 1'REST  <b>AMRAP B 4'</b> 10 power clean 20 push ups 1'REST <b>X2</b>	<b>24</b> <b>SKILL</b> Muscle up  <b>FOR TIME X5</b> 10 bar muscle up 10 power clean&jerk 20 kettlebell deadlift 40m farmer walks REST 1' <b>TIME CAP 25'</b>	<b>25</b> <b>SKILL</b> Double under HPU  <b>AMRAP 7'</b> 20 DU 10 HPU 5 power snatch 1'REST  <b>AMRAP 7'</b> 20 cal row 10 ttb 5 clusters 2'REST  <b>AMRAP 7'</b> 20 burpees otbar 20 slamball	<b>26</b>
<b>27</b>  <b>EMOM 8'</b> 2 power snatch + 2 OH squat  <b>FOR TIME</b> 20-15-10-5 CAL HPU Deadlift TIME CAP 20'	<b>28</b> <b>SKILL</b> Muscle up  <b>EMOM 10'</b> 5 power clean + 5 push jerks  <b>4 RFT</b> 10 muscle ups 20m farmer walk 10m oh walkinglunges 20 box step over 15 cal row	<b>29</b>  <b>SKILL</b> Snatch 20' RM squat snatch  <b>AMRAP 3' (X5)</b> 15 burpees otbar 10 thrusters máx pull ups. 1'REST	<b>30</b> <b>SKILL</b> Handstandwalk  <b>AMRAP 20'</b> 30 cal row 20 kettlebell swing 10 push press 20 back rack lunges 30m farmer walk	<b>31</b> <b>SKILL</b> Double under HPU  <b>EMOM 10'</b> 30 Double under 10 HPU  <b>AMRAP 15'</b> 3 rope climb 6 pistol squats 9 push press 15 cal row		