

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
					<p>1</p> <p>SKILL Clean 10'</p> <p>STRENGTH EMOM 10' Complex 1 squat clean 1 hang squat clean 1 front squat</p> <p>WOD AMRAP 15' 15 cal row 10 push press 5 front squats 10 burpees otb 15 box step over</p>	<p>2</p>
<p>3</p> <p>SKILL HPU/ handstandwalk 10'</p> <p>STRENGTH EMOM 10' EVEN: máx strict pull ups (20") ODD: 10 back rack lunges</p> <p>WOD AMRAP 15' 5 Clean&jerk 10 cal Row 15 Wallballs 20 Push ups</p>	<p>4</p> <p>SKILL Snatch 10'</p> <p>STRENGTH EMOM 10' EVEN: 1 squat snatch ODD: 30" hollow hold</p> <p>WOD AMRAP 3' (X4) 1'REST 3 Clusters 6 HPU 9 Box jump 12 Goblet squat</p>	<p>5</p> <p>MURPH FOR TIME 1 mile Run 100 Pull-ups 200 Push-ups 300 Squats 1 mile Run</p>	<p>6</p> <p>SKILL Jerk 10'</p> <p>STRENGTH EMOM 10' EVEN: 5 push jerk ODD: 40" wallsit</p> <p>WOD 5 RFT 10 TTb 10 deadlift 10 cal row TIME CAP 15'</p>	<p>7</p> <p>SKILL Clean 10'</p> <p>STRENGTH FOR TIME 10 squat clean 40% 8 squat clean 50% 6 squat clean 60% 4 squat clean 70% 2 squat clean 80% 3x1 squat clean 90-95% TIME CAP 15'</p> <p>WOD 3RFT 20 wallballs 20 burpees 20 cal row TIME CAP 15'</p>	<p>8</p> <p>SKILL Row 3x1' (1' rest) 3x30" (1' rest) For time 30 deadlift (50%) 30 push ups 30 american kettlebell swings (20/12) 30 slamballs 30 sit ups 30 box jumps (60/50) 3'REST REPEAT</p>	<p>9</p>
<p>10</p> <p>SKILL Snatch 10'</p> <p>STRENGTH EMOM 10' COMPLEX 1 Squat snatch + 1 Hang squat snatch FOR TIME 3 RFT 10 Ctb 20 Box jump over TIME CAP 5' 3RFT 15 Wallballs 15 Burpees TIME CAP 5' 3RFT 15 cal Row 5 Clusters TIME CAP 5'</p>	<p>11</p> <p>SKILL HPU/Handstandwalk 10'</p> <p>STRENGTH EMOM 10' EVEN: máx Strict CTB (20") ODD: 5 Front squat</p> <p>WOD AMRAP 15' 5 Power clean 10 HPU 15 cal Row</p>	<p>12</p> <p>SKILL Jerk 10'</p> <p>STRENGTH EMOM 10' EVEN: 5 push jerk ODD: 10 deadlift FOR TIME 30 cal Row 30 TTb 30 Kettlebell swing 30 Medball box step over 30 Medball sit ups 30 DU</p>	<p>13</p> <p>SKILL Clean 10'</p> <p>STRENGTH AMRAP 7' Ladder Deadlift + hang power clean 1+1 2+2 ... For time 10-8-6-4-2 (50-60-70-80-90%) Squat clean entre rondas 10 cal row 25 push ups</p>	<p>14</p> <p>Skill Row 10'</p> <p>PARTNER WOD 2000m row TIME CAP 9'</p> <p>PARTNER WOD AMRAP 15' 6 Power snatch 12 Syncro burpees otbar 18 Partner deadlift 24 American kettlebell swings</p>	<p>15</p> <p>SKILL Pull ups / CTB / Muscle up 10'</p> <p>STRENGTH EMOM 10' EVEN: máx muscle ups (20") ODD: 40" hollow hold</p> <p>WOD AMRAP 3' (X4) 1'REST 5 Clean&jerk 10 TTb máx Wallballs EVERY ROUND (+1 REP)</p>	<p>16</p>
<p>17</p> <p>SKILL Pull ups / CTB / Muscle up 10'</p> <p>STRENGTH EMOM 10' EVEN: máx CTB/ muscle ups (20") ODD: 5 high box jump AMRAP 7' 10 Push ups 10m Farmer walk 10 Box step up 10m Farmer walk 1'REST AMRAP 7' 1-2-3-... Thrusters Burpees otbar</p>	<p>18</p> <p>SKILL Jerk 10'</p> <p>STRENGTH EMOM 10' EVEN: 5 Shoulder press ODD: 10 Back rack lunges FOR TIME 20-15-10-5 Wallballs cal Row Thrusters Pull ups</p>	<p>19</p> <p>SKILL Clean 10'</p> <p>STRENGTH EMOM 10' COMPLEX 1 squat clean + 1 hang squat clean + 1 push press AMRAP 15' 3 rope climb 6 wallclimbs 9 pistol squats 12 cal row 15 burpees 18 lunges</p>	<p>20</p> <p>SKILL Row 10'</p> <p>WOD EMOM 10' EVEN: 20/15 cal row ODD: 30" plank AMRAP 15' 10 HPU 5 power snatch 20 push ups 5 power clean 30 squats 5 push press</p>	<p>21</p> <p>SKILL HPU/Handstandwalk 10'</p> <p>STRENGTH EMOM 10' even: 5 deficit HPU odd: 30" máx m. handstandwalk.</p> <p>WOD 4 RFT 5 front squat 5 push press 10 back rack lunges 10 cal row 15 pull ups 15 box jump TIME CAP 16'</p>	<p>22</p> <p>SKILL Snatch 10'</p> <p>STRENGTH EMOM 10' EVEN: 5 power snatch ODD: 30" wallsit</p> <p>PARTNER WOD 3RFT 5 wallclimbs 10 syncro burpees otb 15 partner deadlift 20 american kettlebell swings 25 syncro lunges oh 30 cal row</p>	<p>23</p>
<p>24</p> <p>SKILL Jerk 10'</p> <p>WOD AMRAP 7' Ladder Deadlift + hang power clean + push jerk 1+1+1 1+1+2 1+1+3 ... AMRAP 15' 6 pistols squats 8 ctb 10 cal row 12 deadlift 14 kettlebell swing 16 wallballs</p>	<p>25</p> <p>SKILL Clean 10'</p> <p>STRENGTH 10 RM squat clean AMRAP 7' 4 deadlift 8 TTb 1'rest AMRAP 7' 15 kettlebell swings 15 burpees otb</p>	<p>26</p> <p>SKILL Row 1x2' (2' rest) 2x1' (1' rest) AMRAP 20' 5 power snatch 10 HPU 20m walkinlunges 15 cal row</p>	<p>27</p> <p>SKILL pull ups / ctb / muscle up 10'</p> <p>STRENGTH FOR TIME 100 pull ups every time you brake 20 squats TIME CAP 10' 21-15-9 cal row deadlift burpees otbar</p>	<p>28</p> <p>SKILL Snatch 10'</p> <p>STRENGTH 10 RM squat snatch AMRAP 7' 3 squat snatch 6 burpees otb 9 TTb 1'REST AMRAP 7' 3 clusters 6 strict pull ups 9 oh lunges</p>	<p>29</p> <p>SKILL HPU/Handstandwalk 10'</p> <p>STRENGTH FOR TIME 50 HPU EVERY TIME YOU BRAKE 20 lunges TIME CAP 10' AMRAP 15' 10 thrusters 30 DU 15 pull ups 30 sit ups</p>	<p>30</p>