

# CALENDARIO WORKOUT OF THE DAY

# SEPTIEMBRE 2019

# aqua

sportclubs&spa

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<p><b>2</b></p> <p><b>SKILL</b> Split jerk</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 3 Split jerk ODD: 30" Handstand hold</p> <p><b>PARTNER WOD</b> FOR TIME</p> <p>10 wall climb 20 box step over syncro 30 burpees otbox syncro 40 partner deadlift 50 pull ups (1 work, 1 hang) 40 cal row 30 syncro A, KB swing 20 syncro KB push press 10 wall climb</p>	<p><b>3</b></p> <p><b>SKILL</b> Kipping/butterfly</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 10 Strict pull ups / ctb ODD: 10 back rack lunges</p> <p><b>WOD 15'</b> 5 deadlift 10 HPU 15 KB snatch 20 goblet squat</p>	<p><b>4</b></p> <p><b>SKILL</b> Double under</p> <p><b>WOD A)</b> FOR TIME 2 RFT 500m row 100 DU Time cap: 10'</p> <p><b>WOD B)</b> "GRACE" + "KELLY" FOR TIME 30 Clean&amp;Jerk THEN 5 RFT 400m run 30 box jump 30 wallballs Time cap: 30'</p>	<p><b>5</b></p> <p><b>SKILL</b> Snatch</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 5 Hang power snatch ODD: 8 Strict TTB</p> <p><b>WOD</b> AMRAP 7' 16 goblet squat 8 burpees to target 1' Rest AMRAP 7' 10m oh lunges 3 clusters</p>	<p><b>6</b></p> <p><b>SKILL</b> HPU</p> <p><b>STRENGTH</b> 5 SETS 10 strict HPU 10 2 KB box step over Time cap: 6'</p> <p><b>WOD</b> AMRAP 8' (X2) 0-4' 1 rope climb 3 wallclimb 5 pistol squats 4-8' 2 KB devil press 4 KB thrusters 6 KB snatch 2' Rest</p>	<p><b>7</b></p> <p><b>SKILL</b> Clean</p> <p><b>STRENGTH</b> EMOM 5'</p> <p>EVEN: 5 squat clean ODD: 40" hollow hold</p> <p><b>WOD</b> AMRAP 20' 10 clean&amp;jerk 200m row 10 hang power clean 200m run 10 push press 30 DU</p>	
<p><b>9</b></p> <p><b>SKILL</b> Clean</p> <p><b>STRENGTH</b> 15' RM Clean&amp;Jerk AMRAP 3' X 5 (1' rest) A-B-A-B-A A) 5 clean&amp;jerk 50% 10 wallballs B) 5 hang power clean 10 box jump over</p>	<p><b>10</b></p> <p><b>SKILL</b> Split jerk</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 2 push press + 2 push jerk + 2 split jerk + (OH plate hold) ODD: Rest</p> <p><b>PARTNER WOD</b> AMRAP 20'</p> <p>20 TTB (squat hold) 30 Cal row 20 Thrusters (OH plate hold) 30 Cal run</p>	<p><b>11</b></p> <p><b>SKILL</b> Kipping/butterfly</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 5-8 weighted pull ups ODD: 10 pistol squats</p> <p><b>FOR TIME</b> 500. row THEN 21-15-9 deadlift burpees otbox KB snatch KB box step over THEN 500m run</p>	<p><b>12</b></p> <p><b>SKILL</b> Double under</p> <p><b>WOD A)</b> AMRAP 15' 20 Du 10 Cal row 5 Burpees otbox 5' Rest <b>WOD B)</b> AMRAP 20' "Cindy" 5 pull ups 10 push ups 20 air squats</p>	<p><b>13</b></p> <p><b>SKILL</b> Snatch</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 5 power snatch ODD: 30" backrack lunges</p> <p>AMRAP 15' 5 OHS 10 TTB 40m sled push</p>	<p><b>14</b></p> <p><b>SKILL</b> HPU</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 5 strict D.HPU ODD: 5 deadlift 75% EMOM 4'</p> <p>10 HPU + 10 Box jump over 1' rest <b>FOR TIME</b> 1000m row T.C 4' 1' Rest AMRAP 4' 3 clusters 8 burpees otbar 1' Rest <b>FOR TIME</b> 1000 run T.C 4'</p>	
<p><b>16</b></p> <p><b>SKILL</b> HPU</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 8-10 strict HPU ODD: 8-10 back rack lunges</p> <p><b>WOD</b> AMRAP 7' 8 ctb 4 thrusters 1' rest AMRAP 7' 200m run 10 push press 1' rest AMRAP 7' 6 CTB 3 thrusters 3 push press</p>	<p><b>17</b></p> <p><b>SKILL</b> Clean</p> <p><b>WOD</b> EMOM 10'</p> <p>squat clean + hang squat clean + front squat increase weight every 2 rounds AMRAP 2' X 6 (2' rest) 1 "Macho man" 6 burpees otbar max cal row/run</p>	<p><b>18</b></p> <p><b>SKILL</b> Split jerk</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 8 shoulder press ODD: 3 push jerk + 3 split jerk</p> <p><b>WOD</b> AMRAP 3' X 6 (1' rest) (A-B) A) 40 m KB farmer walk 20m KB oh lunges max sled push B) 7 TTB 7 HPU 14 air squats</p>	<p><b>19</b></p> <p><b>SKILL</b> Kipping/butterfly</p> <p><b>STRENGTH</b> EMOM 10'</p> <p>EVEN: 8" isometric + 5 pull ups + 8" eccentric ODD: 10 pliometric box jump</p> <p><b>WOD</b> FOR TIME 70 cal row 60 box jump over 50 hang power clean 40 KB swing 30 push press 20m handstand walk 10 bar muscle up</p>	<p><b>20</b></p> <p><b>SKILL</b> Double under</p> <p><b>WOD A)</b> ANNIE (50-40-30-20-10) DU Sit ups Time cap: 10' - 5' Rest</p> <p><b>WOD B)</b> DIANE 21-15-9 Deadlift HPU Time cap: 10' - 5' Rest</p> <p><b>WOD C)</b> FRAN (21-15-9) Thrusters Pull ups Time cap: 10'</p>	<p><b>21</b></p> <p><b>SKILL</b> Snatch</p> <p><b>WOD</b> EMOM 10'</p> <p>EVEN: 5 hang squat snatch ODD: 30" squat hold 6 RFT 5 OHS 10 TTB 15 burpees to target 20 goblet squat</p>	
<p><b>23</b></p> <p><b>SKILL</b> Snatch</p> <p><b>WOD</b> EMOM 10'</p> <p>1 squat snatch increase weight every 2 rounds AMRAP 0-6' 3 hang power snatch 6 TTB 9 air squats 6-12' 3 ohsquat 6 burpees otbar 9 medball sit ups 12-18' 3 squat snatch 15 cal row 18-21' Máx push ups</p>	<p><b>24</b></p> <p><b>SKILL</b> HPU</p> <p><b>WOD</b> EMOM 10'</p> <p>EVEN: 5 strict HPU + 5 HPU ODD: 40" hollow hold 5 RFT 50 DU 40m farmer walk 30 kb swing 20 wallballs 10 ctb</p>	<p><b>25</b></p> <p><b>SKILL</b> Clean</p> <p><b>WOD</b> EMOM 10'</p> <p>1 squat clean increase weight every 2 rounds FOR TIME 60 DU 30 hang power clean 60 cal row 30 push jerk 60 cal run 30 thrusters</p>	<p><b>26</b></p> <p><b>SKILL</b> Split jerk</p> <p><b>STRENGTH</b> EMOM 7'</p> <p>3 power clean + 3 shoulder press + 3 split jerk</p> <p><b>PARTNER WOD</b> FOR TIME 1000 run 8X 10 pull ups 10 KB snatch 1000m row 8X 10 TTB 10 KB thruster 200 DU 8X 10 HPU 10 goblet squat</p>	<p><b>27</b></p> <p><b>SKILL</b> Kipping/butterfly</p> <p><b>WOD</b> EMOM 10'</p> <p>EVEN: 10 Strict pull ups / ctb ODD: 10 back rack lunges</p> <p>AMRAP 4' X 4 (1' rest) (A-B-A-B) A) 20 cal row 15 burpee box jump over max. clusters B) 20m OH lunges 15 KB, A. swing max. wallballs</p>	<p><b>28</b></p> <p><b>SKILL</b> Double under</p> <p><b>WOD A)</b> AMRAP 10'</p> <p>100m run + 10 DU 200m. run + 20 DU 300m. run + 30 DU 400m run + 40 DU ...</p> <p>5' Rest <b>WOD B)</b> "DT" 5 RFT 12 deadlift 9 hang power clean 6 push jerk Time cap: 10' - 5' Rest</p> <p><b>WOD C)</b> 100 KB box step up Time cap: 8'</p>	
<p><b>30</b></p> <p><b>SKILL</b> Double under</p> <p><b>WOD A)</b> EMOM 15'</p> <p>30 DU 15 Cal row 15 Cal skill mill</p> <p><b>WOD B)</b> "MARY" AMRAP 20'</p> <p>5 HPU 10 Pistol squats 15 Pull ups 10 ctb</p>						