

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<p>2</p> <p>SKILL Snatch</p> <p>CONDITIONING 4X 30" ON 30" OFF 3 hang power snatch 3 oh squats 2' rest 4X 30" ON 30" OFF 3 hang squat snatch 3 oh squats</p> <p>WOD AMRAP 7' 9/7 cal row 6 box jump over 3 thrusters 1' rest AMRAP 7' 20/15 cal row 20 box jump over max. thrusters</p>	<p>3</p> <p>SKILL HW</p> <p>WOD 4 RFT 20 WB 15 a. KB swing 10 front rack lunges</p>	<p>4</p> <p>SKILL Kipping</p> <p>STRENGTH EMOM 8' 8 s.CTB 5 h. box jump</p> <p>WOD AMRAP 15' 200. run 10 HPU 5 deadlift</p>	<p>5</p> <p>SKILL Clean</p> <p>STRENGTH EMOM 8' 1 squat clean + 1 h. squat clean</p> <p>WOD FOR TIME 50/35 cal row 40 KB. box step up then 5 RFT 5 pull ups 10 push ups 15 air squats then 40 box jump 500 m run</p>	<p>6</p> <p>SKILL Jerk</p> <p>STRENGTH EMOM 5' 5 push press EMOM 5' 5 push jerk</p> <p>WOD AMRAP 20' 0-5' 10 TTB 5 thrusters 5-10' 10/7 cal row 6 burpees othrow 10'15 1 rope climb 5 thrusters 15-20' 10/7 cal row 6 burpees othrow</p>	<p>7</p> <p>STRENGTH EMOM 16' 8 back rack lunges 30 sit ups 5 h. box jump 25 push ups</p> <p>WOD 5 RFT 6 BMLU /8ctb /10pu 10 clean Jerk 50 DU</p>	<p>8</p> <p>PARTNER WOD AMRAP 8' 20 WB (1+1) 20 push up 20 sit ups 2' rest AMRAP 8' 200m run 20 burpees box jump 2' rest AMRAP 8' 10 pull ups / hold 14m kb oh luge/ kb oh hold 2' rest AMRAP 8' Complex syncro 3 deadlift 3 power clean 3 push jerk 20 cal row</p>
<p>9</p> <p>STRENGTH EMOM 16' .10 deadlift .10 ring dips .5 h. box jump .30 sit ups</p> <p>WOD 5 RFT 5 squat snatch 10 pull ups 15 WB EVERY MIN. 3 burpees</p>	<p>10</p> <p>SKILL Snatch</p> <p>STRENGTH EMOM 8' 1 power snatch 1 h. power snatch</p> <p>WOD AMRAP 7' 10 HPU 30 DU 1' rest AMRAP 7' 10/8 cal row 2 rope climb</p>	<p>11</p> <p>SKILL HW</p> <p>WOD 2 RFT 30/24 cal row 30 TTB 30 WB 15 burpees otbox</p>	<p>12</p> <p>SKILL Kipping</p> <p>STRENGTH AMRAP 6' 1-2-3. strict pull ups jumping squats</p> <p>WOD AMRAP 15' 200m run 10 HPU 20 KB swing</p>	<p>13</p> <p>SKILL Clean</p> <p>CONDITIONING EMOM 8' 4X 30" ON 30" OFF 3 power clean 3 front squats 2' rest 4X 30" ON 30" OFF squats clean</p> <p>WOD 60 cal 50 goblet squat 40 medball sit ups 30 burpees otbox 20 pistols 10 rope climb</p>	<p>14</p> <p>SKILL Jerk</p> <p>STRENGTH EMOM 10' 1 split jerk</p> <p>WOD AMRAP 20' 50m sled push 10 TTB 20m oh lunge</p>	<p>15</p> <p>WOD A) FOR TIME 5-10-15-10-5 box jump over push ups A. KB swing time cap 7'</p> <p>WOD B) FOR TIME 5 RFT 6 thrusters 2 rope climb time cap 7'</p> <p>WOD C) EMOM 20' 15/10 cal row 100m run 10 burpees otbox 40m sled push</p>
<p>16</p> <p>SKILL Jerk</p> <p>STRENGTH EMOM 10' 1 push press + 2 push jerk 25 sit ups</p> <p>WOD AMRAP 20' 100m run 20 TTB 15 A. KB swing 10 KB box step over</p>	<p>17</p> <p>STRENGTH RM deadlift</p> <p>WOD 4 RFT 20 cal row 3X 8 front squats 6 b.f.b</p>	<p>18</p> <p>SKILL Snatch</p> <p>CONDITIONING EZMOM 10' 10 power snatch 10 b.f.b</p> <p>WOD AMRAP 7' 8 pull ups 16 1KB thrsuter 1' rest AMRAP 7' 30m sled push 20 push ups</p>	<p>19</p> <p>SKILL HW</p> <p>WOD 5 RFT 10 box jump over 10 TTB 5 RFT 10 cal row 20m oh lunges</p>	<p>20</p> <p>SKILL Kipping</p> <p>STRENGTH EMOM 10' 10 s. pull ups 10 KB. box step up</p> <p>WOD AMRAP 15' 5 front squats 5 push press 100 run 5 clean Jerk 5 thrusters 50 DU</p>	<p>21</p> <p>SKILL Clean</p> <p>STRENGTH EZMOM 1 squat clean 1 hang squat clean 8 front squats</p> <p>WOD 30-20-10 cal row pull ups WB</p>	<p>22</p> <p>PARTNER WOD FOR TIME 1000m row 4X 10 power snatch 20 TTB 30 WB 1000m run 4X 10 clean jerk 20 KB box step over 30 push ups</p>
<p>23</p> <p>SKILL Clean</p> <p>CONDITIONING AMRAP 6' 1 Power Clean 1 Hang Squat Clean 1 Front Squat every round + 1 rep.</p> <p>WOD 21-15-9 Deadlift Cal row HPU between rounds 50 DU</p>	<p>24</p> <p>SKILL Jerk</p> <p>STRENGTH EMOM 4' 5 push press 2' rest EMOM 4' 3 split jerk</p> <p>WOD AMRAP 20' 10 TTB 10 goblet squat 10 box jump over 10 push ups 100m run</p>	<p>25</p> <p>STRENGTH EMOM 16' 5 Deadlift 8 s.CTB 5 H. box jump 15 Ring dips</p> <p>WOD FOR TIME 10-15-20-15-10 cal row pull ups thrusters</p>	<p>26</p> <p>SKILL Snatch</p> <p>STRENGTH EMOM 5' 1 squat snatch 1 hang squat snatch 1 OH squat EMOM 5' 1 squat snatch</p> <p>WOD AMRAP 7' 1 rope climb 3 squat snatch 1' rest AMRAP 7' 20 WB 20 sit ups</p>	<p>27</p> <p>SKILL HW</p> <p>WOD 3RFT 15/10 cal row 15 A. KB swing 100m run 15 KB lunges 10 burpees otKB 15 KB box step over t.c: 20'</p>	<p>28</p> <p>SKILL Kipping</p> <p>STRENGTH EMOM 10' 10 s. chin ups 20 sit ups + hollow hold</p> <p>WOD AMRAP 15' 200 m run 15 HPU 5 hang power clean</p>	<p>29</p> <p>For time WOD A) 4 RFT 300m row 200m run 10 burpees t.c: 8' WOD B) 21-15-9 Pull ups thrusters t.c: 8' WOD C) FOR TIME 50 A. kb swing 50 KB box step up t.c: 8'</p>
<p>30</p> <p>SKILL Kipping</p> <p>STRENGTH EMOM 10' 5 s. pull ups + 10 push ups + 15 air squats</p> <p>WOD AMRAP 15' 10 power snatch 20 WB 30m sled push</p>						