

CALENDARIO WORKOUT OF THE DAY

SEPTIEMBRE 2020



LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
	<p>1</p> <p>WOD 1 AMRAP 8' 10/8 Cal 10 box jump over</p> <p>WOD 2 AMRAP 8' 70m run N. 3-5 14 plate GTH</p> <p>WOD 2 AMRAP 8' 5 pull ups 10 HPU 15 air squats</p>	<p>2</p> <p>SKILL SNATCH</p> <p>EMOM 10' SNATCH PULL POWER SNATCH 3 OH SQUATS</p> <p>WOD 6 RFT 3 power snatch 10 medball sit ups 3 OH squat 10 2 KB/DB lunges</p>	<p>3</p> <p>STRENGTH HPU BOX JUMP</p> <p>EMOM 10' EVEN: 8-12 S.HPU ODD: 6 HEAVY BOX JUMP</p> <p>WOD 1 AMRAP 7' 10 TTB 10 KB box step over</p> <p>WOD 2 AMRAP 7' 4 Thrusters 6 burpees otbar</p>	<p>4</p> <p>SKILL JERK</p> <p>EMOM 4' PUSH PRESS PUSH JERK SPLIT JERK</p> <p>EMOM 4' PUSH JERK SPLIT JERK</p> <p>EMOM 4 1 SPLIT/PUSH JERK</p> <p>WOD AMRAP 15' 5 Clean&jerk 10 OH lunges 15 push ups 20 DU</p>	<p>5</p>	<p>6</p>
<p>7</p> <p>WOD 1 4RFT 100m run 8 cal row 6 burpees otrow time cap 8'</p> <p>WOD 2 5 RFT 8 TTB 12 goblet squat time cap 8'</p> <p>WOD 2 6 RFT 5 DL 7 box jump 9 push ups Time cap 8'</p>	<p>8</p> <p>SKILL JERK</p> <p>EMOM 6' 1 COMPLEX 1 PUSH PRESS 3 PUSH JERK 1' rest</p> <p>4 RONDAS CADA 90" 5 CLEAN JERK 20 AIR SQUATS</p> <p>WOD AMRAP 15' (4' on - 1' off) 5 push jerk 10 WB 15 lunges</p>	<p>9</p> <p>STRENGTH DEADLIFT SHOULDER PRESS</p> <p>EMOM 10' EVEN: 7-5-3-3-3 DL ODD: 6-6 KB/DB Shoulder press</p> <p>WOD AMRAP 7' 6 pull ups 8 A KB swing 10 pistols AMRAP 7' 5 thrusters 30 DU</p>	<p>10</p> <p>SKILL CLEAN</p> <p>EMOM 10' 1 Clean pull 1 Squat clean 3 front squats</p> <p>WOD EMOM 15' 5 squats clean 20' box jump over 20 HPU</p>	<p>11</p> <p>SKILL SNATCH</p> <p>EMOM 6' 3 snatch pull Go for a heavy rep of squat snatch + hang squat snatch time cap 8'</p> <p>WOD FOR TIME 5 OH squats 10 burpees otbar 15 DB/ KB C&jerk time cap 15'</p>	<p>12</p>	<p>13</p>
<p>14</p> <p>SKILL SNATCH</p> <p>EMOM 6' 1 snatch pull 1 muscle snatch 1 oh squat EMOM 6'</p> <p>WOD AMRAP 7' 6 CTB 10 DB snatch 14 OH lunges AMRAP 7' 3 power snatch 10 WB 30 DU</p>	<p>15</p> <p>STRENGTH S.HPU FRONT RACK LUNGES</p> <p>EMOM 10' EVEN: 6-10 S.HPU ODD: 8 Front rack lunges</p> <p>WOD AMRAP 8' 1-2-3-4... clusters burpee otbar. AMRAP 8' 8 HPU 10 box jump over 12 KB swing</p>	<p>16</p> <p>SKILL CLEAN</p> <p>EMOM 10' 5-5-4-4-3-3-2-2-1-1 Squat clean</p> <p>WOD EMOM 15' 8 front squats + 6 burpees otbar 15 DB/KB box step up 15 DB/KB clean&jerk</p>	<p>17</p> <p>SKILL JERK</p> <p>EMOM 4' 8 shoulder press</p> <p>EMOM 4' 6 push press EMOM 4' 4 push jerk</p> <p>WOD 3 RFT 10 C&jerk 20 WB 30 A. KB swing Time cap 15'</p>	<p>18</p> <p>WOD 1 AMRAP 8' 40m sled push 10 2 DB/KB push press</p> <p>WOD 2 AMRAP 8' 2-4-6-... TTB burpees otbox</p> <p>WOD 2 AMRAP 8' 10/8 Cal row 5 power clean TG</p>	<p>19</p>	<p>20</p>
<p>21</p> <p>STRENGTH HEAVY BOX JUMP SHOULDER PRESS</p> <p>EMOM 10' EVEN: 6 H. box jump ODD: 8 shoulder press</p> <p>WOD AMRAP 8' 12 HPU 6 front squats 12 sit ups AMRAP 8' 30 KB box step over 30 KB/DB OH lunges</p>	<p>22</p> <p>SKILL SNATCH</p> <p>EMOM 10' 4-4-4-3-3-3-2-2-1-1 Squat Snatch</p> <p>WOD 1' ON - 1' OFF . max Squat snatch . max WB . max DB/KB snatch . max burpee otbox. x2</p>	<p>23</p> <p>SKILL JERK</p> <p>EMOM 6' 1 COMPLEX push press + push jerk + split jerk 8'</p> <p>Go for a heavy rep of power clean + push jerk + split jerk</p> <p>WOD 2 RFT 5 clean & jerk 30 box jump over 5 clean & jerk 30 KB swing 5 clean & jerk</p>	<p>24</p> <p>WOD 1 FOR TIME 4 RFT 8 BMU/CTB/PU 15/12 cal Time cap 8'</p> <p>WOD 2 FOR TIME 300m run 30 DB/KB snatch 200m run 20 DB/KB snatch 100m run 10 DB/KB snatch time cap 8'</p> <p>WOD 3 5 RFT 1 "macho man" 30 DU time cap 8'</p>	<p>25</p> <p>SKILL CLEAN</p> <p>EMOM 6' 1 clean pull 1 squat clean 1 hang squat clean Go for a heavy rep of 1 squat clean + 1 hang squat clean + 3 front squats</p> <p>WOD AMRAP 4' 4 hang squat clean 8 S.HPU 1' rest AMRAP 4' 4 hang power clean 8 KB/DB step up 1' rest AMRAP 4 4 thrusters 8 pistols</p>	<p>26</p>	<p>27</p>
<p>28</p> <p>SKILL JERK</p> <p>RM clean&jerk</p> <p>EMOM 15' 3 clean&jerk 80% RM 15 burpees otbar 20 goblet squat</p>	<p>29</p> <p>SKILL CLEAN</p> <p>EMOM 10' 1 complex 1 hang power clean 1 power clean 1 hang squat clean 1 squat clean</p> <p>WOD AMRAP 8' 5 clean&jerk 10 TTB AMRAP 8' 10 DB/KB h.C&J 20 DU</p>	<p>30</p> <p>WOD 1 21-15-9 CTB thrusters time cap 8'</p> <p>WOD 2 AMRAP 8' 80m run N. 3-5 10 burpees</p> <p>WOD 2 AMRAP 8' max cal row. every minut 10 kb/db h.snatch</p>				