

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
				1	2	3
				FESTIVO		
4	5	6	7	8	9	10
<p>SKILL JERK</p> <p>GO FOR A HEAVY REP OF H.SQUAT CLEAN + PUSH JERK + SQUAT CLEAN + SPLIT JERK</p> <p>WOD FOR TIME 1 complex 60% 40 WB 2 complex 40 A. KB swing 3 complex 40 push ups 4 complex 40 KB OH lunges 5 complex</p>	<p>SKILL SNATCH</p> <p>EMOM 4' MUSCLE SNATCH HANG POWER SNATCH POWER SNATCH OH SQUAT</p> <p>EMOM 4' HANG POWER SNATCH POWER SNATCH OH SQUAT</p> <p>EMOM 4' POWER SNATCH OH SQUAT</p> <p>WOD AMRAP 4 5 hang power snatch 10 burpees otbar 2'rest</p> <p>AMRAP 4 4 power snatch 8 box jump over 2'rest</p> <p>AMRAP 4 3 oh squats 6 burpees otbox</p>	FESTIVO	<p>SKILL CLEAN</p> <p>3' 10 SQUAT CLEAN 2' 30" 8 SQUAT CLEAN 2' 6 SQUAT CLEAN 1' 30" 4 SQUAT CLEAN 1' 2 SQUAT CLEAN</p> <p>WOD AMRAP 15' 5 power clean 10 db/kb push press 15 KB/DDB OH lunges 20 air squats</p>	<p>WOD 1 AMRAP 8' 8 WB 6 TTB 4 BURPEES TT</p> <p>WOD 2 AMRAP 8' 100m run/row 10 kb swing 10 goblet squat</p> <p>WOD 3 AMRAP 8 5 push jerk 10 kb box step up 30 DU</p>		
11	12	13	14	15	16	17
<p>SKILL CLEAN</p> <p>EMOM 10' CLEAN PULL HANG POWER CLEAN POWER CLEAN FRONT SQUAT</p> <p>WOD AMRAP 4 3 squats clean 30 DU 2'rest</p> <p>AMRAP 4 3 h. squat clean 6 burpees otb 2'rest</p> <p>AMRAP 4 6 front squats 12 push ups</p>	<p>WOD 1 4 BMU 4 thrusters 4 burpees otbar</p> <p>WOD 2 200 m. run/row 20 db/kb snatch</p> <p>WOD 3 10 medball box step over 15 medball sit ups 20 medball lunges</p>	<p>STRENGTH 5X2'30" 8-6-4-4-4 DL + 30" PUSH UPS</p> <p>WOD AMRAP 7 100m run/row 8 DL 6 burpees otbar</p> <p>AMRAP 7' 10 KB swing 8 KB box step over 6 TTB</p>	<p>SKILL SNATCH</p> <p>GO FOR A HEAVY REP OF SQUAT SNATCH + 3 OH SQUATS</p> <p>WOD 5 RFT 30 DU 15 WB 5 squat snatch</p>	<p>SKILL JERK</p> <p>EMOM 4' POWER CLEAN PUSH PRESS PUSH JERK SPLIT JERK</p> <p>EMOM 4' POWER CLEAN 3 PUSH JERK</p> <p>EMOM 4' POWER CLEAN 2 SPLIT JERKS</p> <p>WOD AMRAP 15 3 Clean Jerk 6 burpees otbox 9 Medball sit ups</p>		
18	19	20	21	22	23	24
<p>SKILL SNATCH</p> <p>WOD EMOM 10' 4-4-3-3-2-2-1-1-1-1 HANG SQUAT SNATCH</p> <p>AMRAP 15' 10 hang power snatch THEN 2-4-6-8 burpees A.KB swing then 20 KB box step over</p>	<p>SKILL JERK</p> <p>30 CLEAN&JERK</p> <p>WOD 21-15-9 DL box jump over 2' REST</p> <p>9-15-21 thrusters burpees otbar</p>	<p>WOD 1 AMRAP 8' 3-6-9-12 HPU Pull ups</p> <p>WOD 2 AMRAP 8' 300m run/row 50 DU</p> <p>WOD 3 AMRAP 8' 1 DT 20 air squats</p>	<p>STRENGTH E2MOM 10' 8 FRONT RACK LUNGES + 8*8 KB/DB SHOULDER PRESS</p> <p>WOD AMRAP 7' 300m run/row THEN 1-2-3-4 thrusters burpees otbar</p> <p>AMRAP 7' 30 KB box step up then 5 TTB 5*5 KB Clean&jerk</p>	<p>SKILL CLEAN</p> <p>EMOM 6' H. HANG SQUAT CLEAN HANG SQUAT CLEAN SQUAT CLEAN FRONT SQUAT + 9' GO FOR A HEAVY REP OF 2 SQUAT CLEAN TnC</p> <p>WOD 17' AMRAP 1' on 1' off max complex 60% PR Db/kb snatch burpees Otbox</p>		
25	26	27	28	29	30	31
<p>WOD 1 AMRAP 8' 20 DU 15 WB 10 TTB</p> <p>WOD 2 AMRAP 8' 100 m run/row 5 thrusters</p> <p>WOD 3 AMRAP 8' 10 burpees otbox 20 kb/db snatch</p>	<p>STRENGTH EMOM 15' 10 S.HPU, 5 DL, 10 H.ROCKS + 10 VSITUPS</p> <p>WOD AMRAP 7' 8 pull ups 6 DL 8 push ups</p> <p>AMRAP 7' 500m run/row THEN 10 plate CTO 10 burpees TP,</p>	<p>SKILL CLEAN</p> <p>GO FOR HEAVY REP OF 4 POWER CLEAN TnC</p> <p>WOD FOR TIME 4 COMPLEX 60% PR 10 KB box step up 10 KB OH lunges</p> <p>3 COMPLEX 70% PR 20 KB box step up 20 KB OH lunges</p> <p>2 COMPLEX 80% PR 30 KB box step up 30 KB OH lunges</p> <p>1 COMPLEX 90% PR 40 KB box step up 40 KB OH lunges</p> <p>T.C 15'</p>	<p>SKILL JERK</p> <p>EMOM 10' 4-4-3-3-2-2-1-1-1-1 SQUAT CLEAN+ SPLIT JERK</p> <p>WOD AMRAP 15' 9-3 5 squats clean 10 burpees otbar 3-6 5 STOH 10 medball sit ups 6-9 5 clean&jerk 10 WB 9-12 5 STOH 10 medball sit ups 12-15 5 squats clean 10 burpees otbar</p>	<p>SKILL SNATCH</p> <p>AMRAP 10' 30 DU 15 POWER SNATCHES</p> <p>WOD FOR TIME 30 box jump 15 OH squats 30 push ups 10 OH squats 30 WB 5 OH squats 30 WB 10 OH squats 30 push up 's 15 OH squats 30 box jump</p>		