

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
			1 SKILL Clean WOD AMRAP 7' 5 BMU 10/8 CAL 5'REST AMRAP 7' 6 THRSUTERS 10 BURPEES OTB 14 DB OH LUNGES	2 FESTIVO	3	4
5 FESTIVO	6 STRENGTH EMOM 15' . 8-6-4-4-4 DL . 10 S.HPU . 15 V SIT UPS WOD AMRAP 7' 8-6-4-2 THRUSTERS PULL UPS 5'REST AMRAP 7' 10/8 CAL 10 DEVIL PRESS 10 MB SIT UPS	7 SKILL Snatch WOD 5 RFT 3squat snatch 6 burpees otbar 9 sit ups 12 db thrusters 36 DU	8 SKILL Jerk WOD AMRAP 7' 10 HPU 10// CAL AMRAP 7' 6 clean&jerk 10 A. kb swing 14 goblet squats	9 WOD 1 AMRAP 8' 2-4-6-8... TTB WB A.KB SWING WOD 2 AMRAP 8' 2-4-6-8... DB BOX STEP UP DB SNATCH DB OH LUNGES WOD 3 AMRAP 8' MAX CAL ROW EVERY MINUT 8 BURPEES OTROW	10	11
12 SKILL Clean WOD 4 RFT 10-8-6-4-2 squat clean Between rounds: 10 box jumo over 10 devil press	13 WOD 1 AMRAP 8' 10 CTB/PULL UPS 10 DB H,C,J 10 GOBLET SQUAT WOD 2 AMRAP 8' 6 BURPEES OTBOX 10 A.KB SWING 14 kb LUNGES WOD 3 AMRAP 8' 1 MACHO MAN 10/8 CAL ROW	14 STRENGTH EMOM 15' . 8-6-4-4-4 DL . 10 S.PULL UPS . 30" RUSSIAN TWIST WOD AMRAP 7' 8 TTB 16 KB SWING 5'REST AMRAP 7' 8 BACK RACK LUNGES 8 BURPEES OTBAR 10/8 CAL	15 SKILL Snatch WOD AMRAP 15' 4 oh squats 8 box jump 12 oh lunges 16 push ups	16 SKILL Jerk WOD EMOM 16' . 15 pull ups . 15/12 cal . 5 clean&jerk . 15 burpees otbar	17	18
19 STRENGTH EMOM 15' EMOM 15' . 8-6-4-4-4 DL . 6-8 D.S.HPU . 15 + 15 lateral plank WOD 21-15-9 Thrusters db step up burpees otbox Db snatch between rounds 50 DU	20 SKILL Jerk WOD AMRAP 7' 10 back rack lunges 14 air squats 5'REST AMRAP 7' 10/8 cal 10 pull ups 10 db squat clean	21 SKILL Clean RM WOD EMOM 20' . 20 HPU . 15/12 cal . 5 squat clean . max m run. . rest	22 WOD 1 AMRAP 8' 15 TTB 10/8 CAL ROW 10 DB THRUSTERS WOD 2 AMRAP 8' 10 KB BOX STEP OVER 10 PUSH UPS 10 A.KB SWING WOD 3 AMRAP 8' 30 DU 20 SIT UPS 10 BURPEES	23 SKILL Snatch RM WOD FOR TIME 30 box jump 30 push ups 30 kb oh lunges 30 kb h.snatch 30 sit ups 30 burpees otbar between rounds 4 squat snatch.	24	25
26 SKILL Jerk RM WOD EMOM 16' . 20 TTB . 13/10 cal . 6 push jerk . 15 A.kb swing	27 SKILL Snatch WOD AMRAP 15' 3 power snatch 6 burpees otbar 9 oh lunges 12 box step over	28 WOD 1 AMRAP 8' 6 BMU 12 THRUSTERS WOD 2 AMRAP 8' 20 A. KB SWING 20 OH LUNGES WOD 3 AMRAP 8' 15/12 CAL ROW 12 DB CLEAN&JERK	29 STRENGTH EMOM 15' 8-6-4-4-4 DL 10 S.PULL UPS 130" RUSSIAN TWIST WOD FOR TIME 21-15-9 Back rack lunges DB snatch Burpees otbar DB step up	30 SKILL Clean WOD AMRAP 7' 4 squats clean 8 HPU 12 sit ups 5'REST AMRAP 7' 15/12 cal row 8 devil press		