

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO
<p><b>3</b></p> <p><b>WOD 1</b> AMRAP 7' 10/8 cal 8 burpees otr 6 thrusters</p> <p><b>WOD 2</b> AMRAP 7' 10 db step up 10 db h.clean.jerk 10 goblet squat</p> <p><b>WOD 3</b> AMRAP 7' 8 pull ups 8 wb 16 mb lunges</p>	<p><b>4</b></p> <p><b>STRENGTH</b> EMOM 15' 3-3-3-3-3 DL 10-15 s.HPU 20 v sit ups</p> <p><b>WOD</b> AMRAP 7' 40 DU 20/15 cal</p> <p><b>AMRAP 7'</b> 5 hang power clean 10 box jump over 15 push ups</p>	<p><b>5</b></p> <p><b>SKILL</b> Snatch</p> <p><b>EMOM 16'</b> 20 TTB 4 squat snatch 13/10 cal 15 burpees otbar</p>	<p><b>6</b></p> <p><b>SKILL</b> Clean</p> <p><b>AMRAP 12'</b> 3 squat clean 6 devil press 9 oh lunges 12 db box step over</p>	<p><b>7</b></p> <p><b>SKILL</b> Jerk</p> <p><b>FOR TIME</b> 10-8-6-4-2 CLEAN JERK</p> <p>Between rounds: 10 burpees otbar 10 db hang snatch 10 MB sit ups</p>	<b>8</b>	<b>9</b>
<p><b>10</b></p> <p><b>SKILL</b> Jerk</p> <p><b>WOD</b> EMOM 16' 150 run 10 push press 15/12 cal 6 BMU</p>	<p><b>11</b></p> <p><b>SKILL</b> Clean</p> <p><b>WOD</b> <b>FOR TIME</b> 21-15-9 Power clean burpees otbar db clean jerk db oh lunges</p> <p><b>T.C 14'</b> then 6' RM squat clean</p>	<p><b>12</b></p> <p><b>STRENGTH</b> EMOM 15' 3-3-4-4-4 DL 10 S.TTB 20 Spermans</p> <p><b>WOD</b> <b>FOR TIME</b> 100 DU 50 push ups 25 front squats 50 push ups 25 front squats 100 DU 50 air squats 25 burpees 50 air squats 25 burpees 100DU</p>	<p><b>13</b></p> <p><b>SKILL</b> Snatch</p> <p><b>WOD</b> <b>AMRAP 15'</b> 6 hang power snatch 12 devil press 18 db hang squat clean 24 MB sit ups</p>	<p><b>14</b></p> <p><b>WOD 1</b> AMRAP 7' 15/12 cal 12 kb swing 12 goblet squat</p> <p><b>WOD 2</b> AMRAP 7' 6 burpee box jump over 10 db snatch 14 oh lunges</p> <p><b>WOD 3</b> AMRAP 7' 3 wallclimb 6 burpees TT 9 pull ups</p>	<b>15</b>	<b>16</b>
<p><b>17</b></p> <p><b>SKILL</b> Snatch</p> <p><b>WOD</b> EMOM 16' 20 HPU 12-15 burpee box jump over 30 sled push 3 squat snatch</p>	<p><b>18</b></p> <p><b>WOD 1</b> AMRAP 7' 10/8 cal 10 db snatch 10 ctb</p> <p><b>WOD 2</b> AMRAP 7' 3-6-9..... box jump kb swing</p> <p><b>WOD 3</b> <b>FOR TIME</b> 5 DT</p>	<p><b>19</b></p> <p><b>SKILL</b> Clean</p> <p><b>WOD</b> AMRAP 15' 5 squat clean 10 devil press 15 box step over 30m DU</p>	<p><b>20</b></p> <p><b>SKILL</b> Jerk</p> <p><b>WOD</b> <b>FOR TIME</b> 40 box jump over 30 KB oh lunges 20 burpees obtar 10 heavy clean jerk 20 burpees otbar 30 KB oh lunges 40 box jump over</p>	<p><b>21</b></p> <p><b>STRENGTH</b> EMOM 15' . 4-4-4-4-4 DL . 10 S.Pull ups . 30" russian twist</p> <p><b>AMRAP 7'</b> 20 WB 15/12 cal</p> <p><b>AMRAP 7'</b> 20 db clean jerk 20 db step over'</p>	<b>22</b>	<b>23</b>
<p><b>24</b></p> <p><b>SKILL</b> Clean</p> <p><b>WOD</b> 5 RFT 10 hang power clean 10 burpee box jump 10 A. kb swing 10+10 oh lunges TC 15'</p>	<p><b>25</b></p> <p><b>SKILL</b> Jerk</p> <p><b>WOD</b> AMRAP 12' 20 goblet squat 1 macho man 20 push ups 1 macho man 20 MB sit ups 1 macho man</p>	<p><b>26</b></p> <p><b>WOD 1</b> AMRAP 7' 8 HPU 6 TTB 4 burpees TT</p> <p><b>WOD 2</b> AMRAP 7' 10 box jump over 10 thrusters 10 sit ups</p> <p><b>WOD 3</b> 15/12 cal 40 DU</p>	<p><b>27</b></p> <p><b>STRENGTH</b> EMOM 15' 4-4-5-5-5 DL 10-15 s.HPU 10 v sit ups + 10 hollow rocks</p> <p><b>EMOM 16'</b> 150 m run 15/12 cal 50 DU 15 burpees otbar.</p>	<p><b>28</b></p> <p><b>SKILL</b> Snatch</p> <p><b>WOD</b> <b>FOR TIME</b> 30-20-10 Db / kb oh squat db /kb push press Db/kb step up</p> <p>Every 90" power snatch.</p>	<b>29</b>	<b>30</b>
<p><b>31</b></p> <p><b>STRENGTH</b> EMOM 15' 5-5-5-5-5 DL 5-10 CTB 25" lateral plank + 25" lateral plank</p> <p><b>FOR TIME</b> 30 DL 30 burpees otbar 30 front rack lunges 30 box jump over 30 thrusters 30 devil press</p>						