

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SÁBADO	DOMINGO	
			1	2	3	4	
				<p>SKILL CLEAN</p> <p>AMRAP 7' 2-4-6... WB TTB Burpee TT</p> <p>AMRAP 7' 4 squat clean 8 2db/kb push press 120m run/150m row</p>			
5	6	7	8	9	10	11	
<p>SKILL CLEAN</p> <p>FOR TIME 21-15-9 Power clean burpees otbox db h. clean&jerk</p> <p>between rounds 50 MB sit up.</p>	<p>STRENGTH EMOM 15' 5 DeadLift TnC @80%+ 5-10 Strict Pull Ups 30" Hollow Rocks</p> <p>WOD Every 3' for 5 Rounds: 30 Double Unders 20 Thrusters (@35% C&J) 10 Barbell Bent Over Row</p> <p>*10 Mountain Climbers After Each Exercise</p>	<p>SNATCH DAY SKILL 12' 3 Rounds For Quality 8 Muscle Snatch 8 Snatch Balance 8 OHS 8 Squat Snatch</p> <p>EMOM 8' 3 Squat Snatch @40% - 70%</p> <p>- Rest 2' -</p> <p>EMOM 10' Even: 3 Squat Snatch @70% Odd: 8-10 Burpees Double Jump</p>	<p>METCON DAY SKILL: T2B</p> <p>AMRAP 7' 10 HSPU 10 Dumbell Snatch UB</p> <p>- Rest 3' -</p> <p>AMRAP 7' 150 m run 15 T2B</p> <p>- Rest 3' -</p> <p>AMRAP 7' 15/12 Calories Row 10 Kb Goblet Squat</p>	<p>ACCESORY WORK: 5 Rounds For Quality or 20' 20 Banded Face Pulls 20 Shoulder Taps in Plank Position 20" Hand Stand Hold 20" Hang Hold 300m Air Runner</p> <p>(En grupos de 7-8 personas x estación)</p> <p>WOD 1' On / 30" Off x 6 Rounds (Total: 9')</p> <p>1st. Max. Kipping Pull Ups 2nd. Max. Meters Run in the Ground 3rd. Max. Kettlebell Swings</p>			
12	13	14	15	16	17	18	
<p>STRENGTH (15') 5 x 10 Front Squats Rest 2'</p> <p>Fine Tune: Power Snatch + T2B</p> <p>WOD FOR TIME (TC: 12') 15-12-9 Power Snatch @60% 20 Double Unders 15-12-9 T2B</p>	<p>BARBELL DAY Skill: Hang Power Clean + Push Jerk</p> <p>WOD "DT" (= 5 Rounds of) 12 DeadLift 9 Hang Power Cleans 6 Push Jerks</p> <p>*At the end of each round: 30 Wall Balls</p>	<p>EMOM 36' (45" OF WORK) 1st. High Box Jumps 2nd. Strict Hand Stand Push Ups 3rd. Jumping Lunges 4th. Bar Muscle Ups (Sc: Dips en Barra) 5th. Calories Row 6th. Rest</p>	<p>STRENGTH DAY Partner Work - 3 Rounds Each 10 Hip Thrust (R + L) 10 Back Extension 5-10 Nordic Curls</p> <p>WOD 3 Rounds For Time 15 Strict Pull Ups 15 V-Ups 30 Back Squat (Barbell) 15 Push Ups 15 Burrolls</p>	<p>METCON DAY Fine Tune: Bar Muscle Up</p> <p>AMRAP 12' 9 Burpee Box Jump Over 6 Dumbell Thruster 3 Ring Muscle Up (Sc: 9 Kipping Pull Ups)</p> <p>- Rest 4' -</p> <p>AMRAP 12' 10 Devil Press 10 DB Step Ups 10 Hang DB Snatch</p>			
19	20	21	22	23	24	25	
<p>FUNNY DAY (Chipper)</p> <p>Skill: Rope Climb</p> <p>WOD - TC: 32' Go down... and UP! 50 Wall Balls 40 Burpees 30 KB Swings 20 V-Ups 10 DB Man Makers</p> <p>After each exercise: 1 Rope Climb Sc: 2 Rope Climb from the floor</p>	<p>STRENGTH Strict Press 5x5 Every 2'30" Increase weight in each round</p> <p>WOD AMRAP 3': 15 Squat Cleans @60%+ 15 SH2OH @60%+ Max. Back Squats - 2' Rest -</p> <p>AMRAP 3': Max. Meters Run / Max. Meters Row - 2' Rest -</p> <p>Repeat it Again!</p>		<p>SKILL All work in SH2OH Split Jerk</p> <p>WOD "Weightlifting Pyramid" EMOM 13' 5-4-3-2-1-1-1-2-2-3-4-5 Clean and Jerk</p> <p>COOL DOWN: 10 Reps with the coach Empty Barbell</p>	<p>STRENGTH EMOM 20': 1st. 5 Back Squats 2nd. 10-15m Broad Jump 3rd. 10 Squat Jump 4th. 30" Wall Sit 5th. Rest</p> <p>WOD (12') 2-3 Rounds for Quality: M Walking Lunges 12 Dumbell Snatch 10 Wall Balls 8 Strict T2B 6 Strict Pull Ups 4 Strict HSPU</p>			
26	27	28	29	30	31		
<p>STRENGTH DeadLift 5 x 10 @75%+</p> <p>Between Rounds Banded Hip Extension Sled Push</p> <p>WOD FOR TIME: 21-15-9 DeadLift Box Jumps</p> <p>*At the end of each round: 2 Rope Climbs</p>	<p>SKILL Hand Stand Walk</p> <p>WOD 3 ROUNDS FOR TIME: 10m Hand Stand Walk 20 Kipping Pull Ups 30 Air Squats 20 HSPU 10m OHW Lunges (KB)</p>	<p>METCON DAY AMRAP 4' 5 Thrusters (@35% C&J) 7 Burpees OTB - 3' Rest -</p> <p>AMRAP 4' 5 Squat Snatch (@35% CnJ) 30 Double Unders - 3' Rest -</p> <p>AMRAP 4': 5 OHS (@35% CnJ) 10/7 Cal. Row - 3' Rest -</p> <p>AMRAP 4' 5 Clean and Jerks (@35% CnJ) 10 T2B</p>	<p>ACCESORY WORK - CORE WORK</p> <p>+</p> <p>HIGH INTENSITY WOD</p>	<p>TEST WOD</p>			