



PROGRAMACIÓ MAIG

BY ASTRID GALIMANY

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<p>04</p> <p>STRENGTH:</p> <p>BACK SQUAT 12' PARA BUSCAR 3RM</p> <p>WOD:</p> <p>AMRAP 12' 10 BACK SQUATS (60/40KG) 15 TOES TO BAR 20 CALORIES ROW</p>	<p>05</p> <p>SKILL:</p> <p>HAND STAND WALK</p> <p>WOD:</p> <p>3 RONDAS:</p> <p>400M RUN 10M HSW (SC: 5 WALL WALKS) 15 HSPU</p>	<p>06</p> <p>HALTERO:</p> <p>SNATCH CADA 90'' X 6 RONDAS 2RM (SIN FALLAR, NO T&G)</p> <p>WOD:</p> <p>21-15-9 POWER SNATCH (40/30KG) 30 WALLBALLS</p>	<p>07</p> <p>CARDIO PARTY:</p> <p>EVERY 4' X 4 ROUNDS: 200M ROW 10 THRUSTERS 15 BURPEES OVER THE BAR</p> <p>- 4' REST -</p> <p>EVERY 4' X 4 ROUNDS: 200M SKIERG 10 CLEAN AND JERKS 10 BURPEE BOX JUMP OVER</p>	<p>08</p> <p>SKILL:</p> <p>RING MUSCLE UP</p> <p>WOD:</p> <p>5 RONDAS: 2 RMU (SC: 4 PULL UPS + 4 DIPS) 40 DOUBLE UNDERS 10 KB SNATCH (24/16KG)</p>		
<p>11</p> <p>HALTERO:</p> <p>CLEAN & JERK CADA 90'' X 6 RONDAS: 2RM (NO T&G)</p> <p>WOD:</p> <p>5X 1'30'' ON / 30'' OFF</p> <p>20 CHEST TO BAR MAX. CLEAN AND JERK (AL 80% DE 2RM)</p>	<p>12</p> <p>STRENGTH</p> <p>DEADLIFT 12' PARA BUSCAR 3RM</p> <p>WOD:</p> <p>"DIANE"</p> <p>21-15-9: DEADLIFT (100/70KG) HSPU</p>	<p>13</p> <p>SKILL:</p> <p>BAR MUSCLE UP</p> <p>WOD:</p> <p>AMRAP 12' :</p> <p>3 BMU 6 BOX JUMP OVERS 9 WALL BALLS 12 CALORIES SKIERG</p>	<p>14</p> <p>CORE WORK:</p> <p>3/4 RONDAS:</p> <p>6-10 FRONT LEVERS 12 V-UPS 12 RUSSIAN TWIST 30'' L-SIT HOLD</p> <p>- 1' DESCANS -</p> <p>WOD:</p> <p>AMRAP 20' : 800M RUN 30 WALKING LUNGES 20 PUSH UPS 10 V-UPS</p>	<p>15</p> <p>STRENGTH:</p> <p>PUSH PRESS 8' PARA BUSCAR 3RM</p> <p>THEN... 3 ROUNDS: 2+2 TURKISH GET UP 12 LATERAL RAISES 12 FACE PULLS</p> <p>WOD:</p> <p>"FRAN"</p>		
<p>18</p> <p>SKILL:</p> <p>KIPPING / BUTTERFLY PULL UPS</p> <p>WOD:</p> <p>3 ROUNDS:</p> <p>1000M RUN / ROW / SKIERG 20 PULL UPS 20 T2B</p>	<p>19</p> <p>PARTNER WOD:</p> <p>40 DOUBLE UNDERS (EACH) 30 KETTLEBELL SWINGS (EACH) 30 SQUAT CLEANS (A REPARTIR) [60/40KG]</p> <p>40 DOUBLE UNDERS (EACH) 20 KETTLEBELL SWINGS (EACH) 20 SQUAT CLEANS (A REPARTIR) [70/55KG]</p> <p>40 DOUBLE UNDERS (EACH) 10 KETTLEBELL SWINGS (EACH) 10 SQUAT CLEANS (A REPARTIR) [80/60 KG]</p>	<p>20</p> <p>ENDURANCE WORK:</p> <p>4 ROUNDS:</p> <p>2' WORK (1' ROTACIÓ) X 3 MÁQUINAS</p> <p>*BUSCAMOS RITMO, CONSTANCIA, MANTENER MISMOS METROS CADA VEZ QUE TOCAMOS LA MISMA MÁQUINA.</p>	<p>21</p> <p>STRENGTH</p> <p>BENCH PRESS 12' PARA BUSCAR 3RM</p> <p>WOD:</p> <p>5 ROUNDS FOR TIME:</p> <p>10 FLOOR PRESS 10 PENDALY ROWS 10 DEVIL PRESS</p>	<p>22</p> <p>HALTERO</p> <p>SNATCH EMOM 10' : 1 SQUAT SNATCH @85-90%</p> <p>WOD:</p> <p>AMRAP 10'</p> <p>5 OHS (40/30KG) 10 BURPEES OVER BAR 15 HANG SNATCH</p>		
<p>25</p> <p>UPPERBODY WORK:</p> <p>3/4 RONDAS:</p> <p>12 Z-PRESS 12 DEFICIT PUSH UPS 12 BÍCEPS CURLS 12 PRESS FRANCES</p> <p>- 1' DESCANS -</p> <p>WOD:</p> <p>100 DOUBLE-UNDERS 60 DUMBBELL DEADLIFTS 100 DOUBLE-UNDERS 45 DUMBBELL HANG POWER CLEANS 100 DOUBLE-UNDERS 30 DUMBBELL PUSH JERKS</p>	<p>26</p> <p>STRENGTH:</p> <p>FRONT SQUAT 12' PARA BUSCAR 3RM</p> <p>WOD:</p> <p>AMRAP 10' :</p> <p>8 FRONT SQUATS (70% 1RM) 16 C2B PULL UPS 24 CALORIES MACHINE</p>	<p>27</p> <p>HALTERO</p> <p>SKILL: SPLIT JERK EMOM 10' : 1 CLEAN AND JERK @85-90%</p> <p>WOD:</p> <p>3 ROUNDS:</p> <p>40M BURPEE BROAD JUMP 10 SH20H 10 WALL CLIMBS</p>	<p>28</p> <p>SKILL:</p> <p>TOES TO BAR</p> <p>WOD:</p> <p>5 ROUNDS:</p> <p>15 T2B 20M KETTLEBELL FRONT-RACK CARRY 15 BOX JUMP-OVERS 20M KETTLEBELL FRONT-RACK CARRY</p> <p>REST 1'</p>	<p>29</p> <p>TEST WOD 26.2</p> <p>AMRAP 10' 20 DOUBLE UNDERS 15 DEADLIFTS (100/70 KG) 6 BAR MUSCLE UPS</p> <p>- REST 2' -</p> <p>AMRAP 10' 20 BOX JUMP OVER 12 HANG SQUAT CLEAN (60/40 KG) 9 CHEST TO BAR PULL-UPS</p> <p>- REST 2' -</p> <p>AMRAP 10' 20 DOUBLE UNDERS 9 SHOULDER TO OVER-HEAD (60/40 KG) 12 T2B</p>		

