

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Back Squat 5 x5		Endurance	Becnhmark	Pull Ups: 5x5	Clean+Hang Clean Every 90" x 10 @65%+
3 Rounds 8 – 12 Seated good mornings 15 – 20 Cyclist squats 15 – 20 Tibialis raises 12 – 20 Calf raises	For Time: 100 Toes to Bar 100/80 Cal Bike* *Ev 2', starting at 00:00 - 8 burpees the line	2 Intervals (4' REST) 200m Run 30/25 cal Row 300m Run 40/32 Cal Row 200m Run 30/25 cal Row	HELENA 3 Rounds: (TC 20') 400m Run 12 Bar Muscle Ups 21 Db Snatch (22'5/15kg)	AMRAP 10' 30 Kb SDHP (32/24) 20m bottoms-up KB carry (20/12) 10 Hollow Rocks	For Time: (TC 12') 50 Power Clean (60/40) 45 Box Jump Over 40 Shoulder to Overhead