

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Power Clean 3x3 E90" 3x2 E75" 3x1 E60"					
	Back Squat: 5x4 @82%+	Pull ups: 5 x 4	Endurance	FRIDAY TEAMS	
					For time: 15 deadlifts (50/35kg) 15 push jerks 12 deadlifts (60/43kg) 12 push jerks 9 deadlifts (70/50kg) 9 push jerks 6 deadlifts (80/60kg) 6 push jerks
3 Rounds: (TC 15') 400m Run 10 Power Clean (80/60kg)	EMOM 8': 1) 8-12Romanian DL 2) 45" Hollow Hold	3 Rounds: (TC 18') 40 WallBall Shots 20 Toes to Bar 10 Ring Rows	6 Rounds: (TC 25') 32/26 Cal Bike 10 Shuttle Run 1' Rest	AMRAP 20': 40 Burpees over worm 20 Synchro Pull Ups (1 Rest) 10 Worm Thrusters	3 deadlifts (90/65kg) 3 push jerks