

02/02/2026	LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
FUERZA	Back Squat: 5x5 @80%+	Snatch Complex: PS + HPS + SB + OHS Ev 2' x 6 @60%	Fastest Scenario	Pull Ups: 5x5	Partner Endurance	ISO
METCON	EMOM 8': 1) 8-12 ! Leg Banded Deadlift 2) Hollow Hold	3 Sets of 3'30" ON : 90" OFF 20 Toes to Bar 16 Power Snatch (43/29kg) Max Bar Facing Burpee	10 Deadlift (100/70) 20 WallBall 40 Double Unders	21-15-9 for time: Dual DB box step-overs (22'5/15kg) Chest-to-bar pull-ups	For Time: (TC 25') 100/80 Row Cal 800m Synchro Run 90/68 Ski Cal 800m Synchro Run 80/55 Cal Bike	30' EMOM - Chin up hold: 20-30" - Top ring hold: 30" - L-sit hold: 20-30" - Bottom Ring hold: 20-30" - HS hold: 30" - Rest