

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
	Power Snatch 3x3 E90" 3x2 E75" 3x1 E60"	Strict Press: 5x4@82%		Endurance	SKILLS: Skin the Cat
Every 5:00 x 5 rounds: 3 bench presses 400m run – Score the load and time for each round.	5 rope climbs 12 Snatch (75/55kg) 4 rope climbs 9 Snatch 3 rope climbs 6 Snatch 2 rope climbs 3 Snatch 1 rope climb 1 Snatch	EMOM 12': 1) 2 Push Press @ 75-80% 2) 10 Supinated Ring Rows 3) 45" Wall squat Hold	2 Rounds: 5 Wall Walks 15 Toes to Bar 15 Hang Power Clean (60/40kg) 5 Wall Walks 15 Toes to Bar 20 Deadlifts 5 Wall Walks 15 Toes to Bar 25 Burpees over the Bar - REST 3' -	Every 90" x 16: 1) 26/21 Cal Bike 2) 28/23 Cal Row 3) 11 Shuttle Run 4) 25 Air Squats + Plank Hold	For time: 35-25-15 V-Ups 16-16-16 Burpees over sandbag 50m-40m-30m Bear Hug Carry