LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Strict Press: 5 x 2	Endurance	Power Clean x 2 Ev. 90" x 8 sets		Chin Ups: 5 x 2	PARTNER SATURDAY
	A. Every 2:00 x 4 sets: 30"max cal Ski Erg Rest until 10:00, and then,				20 Rounds (TC 20') 6 Burpee Over the bar
5 rounds (TC 15') 4 wall walks 8 Dual Kb Push Press (24/16kg) 48 double-unders	B. 5 rounds: (TC 15') 200m run 10 Burpee Pull Up	AMRAP 10': 1 clean (85/55kg) 1 bar muscle-up *After each round, add 1 rep.	6 Sets of 2' On : 1' Off 15 WallBall shots 10 Toes to Bar Max Cal Bike	5 Rounds: (TC 12') 10 Pull Ups 8 Burpee over SB 6 x 7'5m SB Bear Hug Carry	5 Deadlift (50/35kg) 4 Hang Power Clean 3 Thrusters