

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
EMOM 10': 1) 7-10 Strict Leg Raises 2) 20 Calf - Tibialis For time: (TC 10') 100 double-unders 20 toes-to-bars 80 double-unders 20 toes-to-bars 60 double-unders 20 toes-to-bars 40 double-unders 20 toes-to-bars 20 double-unders 20 toes-to-bars	Press: 5 x 5 @ 80%+ For Time (TC 12') 1-2-3-4-5-6-7-8-9-10 Push press (45/30kg)* *After every round, 5 Shuttle Run	Endurance A. EMOM 10': Max Apnea Burpees B. EMOM 12' 4 Shuttle Run 6 Box Jump Max Cal Bike	Partner Thursday AMRAP 20' "If you go, I go" 8 Chest to Bar 10/8 Cal Bike 12 Wallbal Shots	Snatch + Hang Snatch: Ev 90" x 10 3 Sets of 4' On: 30" Off 300m Run, then AMRAP: 5 Bar Muscle Up 7 Power Snatch (35/20) 9 Bar Facing Burpees	40" On: 20" Off EMOM 24' 1) Hip Extension 2) Handstand Hold 3) Legless Rope Climb 4) Rest