

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Partner Endurance 3 Sets of 10' On : 3' Off	Ring Dips: 5 x 4	Fastest Scenario	Deadlift 5x4 @82%+	Clean&Jerk Ev 2' x 7 (2+1)	
A1. Max Cal Row – Non-working partner holds a plank.					
A2. Max Cal Bike – Non-working partner holds hanging from a bar.	AMRAP 8': 2 Wall Climbs 2 Ring Muscle Ups	For Time: 8 Dual-DB box step-overs (22.5/15 kg) 16 Alt DB snatches 48 double Unders	3 rounds: birddog : 12/side Cossak squat 8/side Band pull Apart x 15-20	4 Rounds: (TC 12') 15 Bar Facing Burpees 10 Thrusters (50/35kg)	Every 3:00 for 5 sets: 200-m run 9 OHS (60/45kg) 12 Box Jump Over
A3. Max Cal Ski – Non-working partner holds Bear Hug.	*Add 1 rep after each round				