LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
HSPU: 3 x Max Strict HSPU	Hang Santch + OHS x 2 Ev. 90" x 8 sets	Endurance	Deadlift 5x2	Intervals	
3 Rounds: (TC 18') 500m Run 200m Suitcase Carry (24/16kg) 10 Strict HSPU	ISABEL For time: (TC 10') 30 Snatches (61/43kg)	5 Rounds: (TC 30') 24/20 Cal Row 20/16 Cal Ski 16/12 Cal Echo (W 1 : R 1)	3 Rounds 8 – 12/side Bulgarian goblet split squat 8 – 12/side Band single arm pulldown 30-seconds/side DB Off-set carry (front rack + suitcas	2 Rounds (TC 25') 40 DB Power Snatch (22'5/15kg) 35/30Cal Bike 30 Chest to Bar	Partner CHAD1000X For time (TC 45') 1,000 weighted box step-ups (35/45 lb) (20/20 in)