

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Strict HSPU: 5 x 5	clean & jerk: Ev. 90" x 8: (2+1) @ 65%+	Bar Muscle Up	Deadlift 5x5	Endurance	Strongman
AMRAP 12: 2 HSPU 2 DB front-rack reverse lunges (15/22.5 kg) 2 chest-to-bar – Add 2 reps of each movement every round	For Time: (TC 16') 10-10-8-8-6-6 Squat Clean (60/45) Sh2OH Bar Facing Burpees	10 rounds: (TC 12') 3 Bar muscle-ups 4 box jumps (61/76 cm)	3-4 Rounds 6-8 Front Rack Box Step Up 30-45" Sorenson Hold 30-45" Hollow Hold	8 (alt) x 3' On : 1' Off A1. 500/450m row Max KB swings (24/32 kg) A2. 450/400m Ski Max KB swings (24/32 kg)	EMOM 25': 1) Left Turkish get up 2) SB Over the Bar 3) Right TkGUP 4) Sled Pull 5) REST