

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
Front Squat: 5 X 6	Endurance	Power Clean EMOM 10': 1 @ 65%+	SHSPU: 5 X 6	Intervals (3 each)	EMOM 10': 1) 15 Good Morning (20/15kg) 2) 40" Banded Hip Thrust Hold
3 Rounds for Q: 8/side ATG Lunges 15-20 Hamstring Curl 20"/side Copenhagen	400m Run 400m SkiErg 400m Run 25 -1 arm Ring Rows 400m Run 40m Burpee Broad Jump 400m Run 400m Row 400m Run 100m Farmers Carry (24/16) 400m Run 50m Lunges 400m Run 50 Wall Balls	AMRAP 15': 20 Chest to Bar 40 Double Unders 5 Power Clean (80/50kg)	10-9-8-7-6-5-4-3-2-1 (TC 12") A-Jumps (x2) Handstand push-ups	A1. AMRAP 2 15/12 Cal bike 12 DB Snatches, alt @ 22.5/15kg 9 Hand release push-ups — Rest 1:00 before A2 — A2. AMRAP 2 5 Wall walks 10 DB C&J alt 15 DB Box step-ups — Rest 2:00 before A1 —	5 rounds of 2" On : 2" Off AMRAP 2: 10 shuttle runs Max Burpee Pull Up