

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Endurance A. For time: (TC 23') 2,000-m row 10:00 rest 1:00 max-cal Echo bike B. Accumulate: 1' front plank 1' right side plank 1' left side plank	Power Clean: EMOM 10' 1 Rep @65%+ For time: (TC 12') 30 Deadlift (70/50kg) 30 Power Clean 30 Deadlift	 PARTNER WOD 3 Rounds: (TC 35') 90 Wallball 80-cal Ski 70 sit-ups – One partner works while the other rests.	Skills: RMU 4 Sets of 2' On : 2' Off 16 alt DB Snatch (22'5/15kg) 5 shuttle runs Max Ring muscle-ups	Front Squat EMOM 9': 1) Cyclist Squats 2) Calves Tibialis 3) Copenhagen Hold	STRONGMAN: Yoke Carry (15') EMOM 24' 1) 30" Yoke Carry 2) 30" Strict Pull Ups 3) 30" Heavy DB Push Press 4) Rest