

LUNES	MARTES	MIÉRCOLES	JUEVES	VIERNES	SABADO
Power Clean EMOM 10': 1 @ 65%+	Endurance	Front Squat: 5 X 6	SHSPU: 5 X 6	STRONG DAY a. Yoke Carry in 15'	EMOM 10': 1) 15 Good Morning (20/15kg) 2) 40" Banded Hip Thrust Hold
5 sets of 3' On: 1' Off 3 power cleans (61/43) 6 push-ups 9 air squats	For Time: (TC 40') 1200m Run 10m Burpee Broad Jump 1000m Run 20m Burpee Broad Jump 800m Run 30m Burpee Broad Jump 600m Run 40m Burpee Broad Jump 400m Run 50m Burpee Broad Jump	3 Rounds for Q: 8/side ATG Lunges 15-20 Hamstring Curl 20"/side Copenhagen	10-9-8-7-6-5-4-3-2-1 (TC 12') Pull-ups Handstand push-ups	4 rounds: (TC 15') 5 D-Ball Clean (70/50) 20m Dual D-Ball Carry 200m Run	5 rounds: AMRAP 2: 10 shuttle runs Max knees-to-elbows — Rest 2'