

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
RM Front Squat	Push Jerk: EMOM 12': 1@65%+ 7 Rounds: 12 C2B 9 Shoulder 2 OH (60/40kg) 9 Burpees over bar	"The Standard" (CFG 2019 E12) For time (TC 20') 30 Clean and jerk @ 60/42.5kg 30 Ring muscle-up 30 Snatch @ 60/42.5kg	Ring Dips: 5-5-3-3-3-1-1-1 50 Box Jump Over 100 Wallball shots 50 Box Jump Over	Endurance A. Test: Test de Cooper (AMRAP 12' Max m Run) B. 3 Rounds: 60" V-Ups 30" Rest 45" SB Bearhug carry 30" Rest 30" Hollow Rocks Rest as needed	Glute Circuit AMRAP 10': 15 Goblet Squat 15 Push Ups 15 Russian Swing 15 T2B