

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
<p>Front Squat: 5x4 @82%+</p> <p>3 Rounds</p> <p>8/side ATG Split squat</p> <p>6 – 10 Glute ham raise</p> <p>30"/side DB Overhead carry</p> <p>20-30" L-sit</p>	<p>Endurance</p> <p>For Time: (TC 28')</p> <p>4 x 800m Run</p> <p>3' Rest</p>	<p>PARTNER WOD</p> <p>5 rounds: (TC 25')</p> <p>40 Alt DB snatches (32'5/22'5 kg)</p> <p>30 box jump-overs</p> <p>– Resting partner hangs from the pull-up bar.</p>	<p>Thruster:</p> <p>3 x 3 @ 75%+</p> <p>2 x 6 @ 65-75%</p> <p>1 x 12 @ AHAFa</p> <p>3 Rounds of: (TC 14')</p> <p>10 Thrusters (45/30kg)</p> <p>15 Toes to Ring</p> <p>50 Double Unders</p>	<p>Strict Chin Ups: 5 x 4</p> <p>AMRAP 10'</p> <p>12 Pull Ups</p> <p>6 Strict HSPU</p> <p>12/9 Cal Skierg</p>	<p>EMOM 10':</p> <p>Max Apnea Burpees</p> <p>EMOM 12':</p> <p>1) 3 Shuttle Run + 12 Wallball Shots</p> <p>2) 20-15 Cal Bike Erg</p>