

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
Endurance	Front Squat: 5x2	Ring Dips: 5 x 2	Split Jerk: Ev 75" x 10: 2 @65%+	ANDI	PARTNER WOD
3 Sets of 10 intervals				For time: (TC 25')	
0:30 @ hard pace	3 Rounds @ 2-3 RIR	EMOM 15:	4 Rounds: (TC 15')	100 hang power snatches (20/29 kg)	AMRAP 20:
0:15 @ rest	8/side Powell raises	Min 1: 3-5 Ring muscle-ups	4 Power Cluster (80/55kg)	100 push presses	50 cal bike
	10 Plank DB drag	Min 2: Max- alt DB snatches (15/22.5 kg)	8 Shuttle Run	100 sumo deadlift high pulls	100 KB swings (24/32 kg)
– 3:00 to run 400m b/w Sets	12-18 Hip extension	Min 3: Rest	16 Pull Ups	100 front squats	20 wall walks