

| LUNES | MARTES | MIERCOLES | JUEVES | VIERNES | SABADO |
|---|--|---|--|--|--|
| Strength: Back squat 5x2 @86%+ | Snatch Complex: 3 position Power Snatch 8 x 90" @ 65% | EMOM 10' 1) 2 Legless Rope climb 2) 40" Superman Hold | Endurance | Friday Partner | SKILL: Handstand Walk |
| EMOM 9' - 40" L-Sit - 40" Banded Hamstrings Curl - High Box Jump x 5 | For time: (TC 10') 10-8-6-4-2 Power Snatch(70/45 kg) 100-80-60-40-20 Double-unders | For Time (TC 12') 12-14-16-18-20 Chest to Bar 20-18-16-14-12 Burpee Box Step Up | 3 rounds for time: (TC 30') 800m run 60 air squats 40 Handrelease Push Up | For time (TC 30') 100 cal air bike 80 V-ups 6:00 accumulated pull-up bar hang 80 V-ups 100 cal air bike | AMRAP 20' 400m Run 4 x 7'5m Handstand Walk 40m Walking Lunges |