

LUNES	MARTES	MIERCOLES	JUEVES	VIERNES	SABADO
pull ups: 5 x 3	Endurance	Every 75" ^{***} x 10 Snatch Pull + Low Hang Snatch	Back squat 5x3 @84%+	Partner Friday	
	EMOM 30': 1) 24/18 Cal Row 2) Rest 3) 22/16 Cal Bike 4) Rest 5) 18-12 Burpees over line 6) Rest		3 Rounds: 8-10/side1 Leg Deadlift 15-20 Calves/Tibialis 6-8/side ATG Lunges 40" Hollow Hold	12 rounds: (TC 24') 12/9 Cal row 10 burpees 8 Dual DB power cleans (22.5/15 kg) – Partners alternate rounds for 6 rounds each	3 Rounds: (TC 25') 600m Run 30 Db Box Step Up (25/17.5kg) 15 Db Devil Press
AMRAP 12': 15 V-Ups 15 Chest to Bar 30 Air Squats		5 rounds (TC 8') Run 60m 6 Snatch (60/40kg)			