

Training 1	Training 2	Training 3	Training 4	Training 5	Training 6	Training 7
A) Warm Up MOBILITY	A) Warm Up MOBILITY	A) Warm Up MOBILITY	A) Warm Up MOBILITY	A) Warm Up MOBILITY	A) Warm Up MOBILITY	A) Warm Up MOBILITY
3 Sets: 5 Front Squat 5 Sprawls 5 Shoulder Press 10 Kipping	Tabata 20"-10" (x2) Back Extension DU/SU Pull Rope Shoulder Taps	3 Sets: 4 Power Snatch 6 Step Ups 10" Hang L-Sit Hold	1x30"ONx15" OFF Knee to Chest Handstand Hold Lunges Plank	Tabata 20"-10"(x2) Good Morning Kipping Deadlift Air Squats	3 Sets: 6 Power Clean 6 STOH 6 Step Up 50m Run	B) WOD For time in Pairs: 10 Rounds I go you go 12 T2B 12 KB swings
B) Strength/Weightlifting 3 Sets: 1 Complex: 1 Power Clean + 2 Thrusters + 3 Front Squats 70-75% de RM Thruster	B) Strength/Weightlifting 4 Sets: 6 Bench Press 1-2 LLRC/RC	B) Strength/Weightlifting Every 2'x3 (6') 3 Power Snatch 70-75% 4 High BJ	B) Strength/Weightlifting 3 Sets: 12 Cyclist Squat KB/DB 8/8 Burgarian Squat	B) Strength/Weightlifting EMOM 12' 1) 5,4,3,2 Deadlift NO T&G (Aumentando carga en cada set) 2) 8/8 DB. Row 3) 30" ISO Squat	B) WOD For time in Pairs: 400m run Synchro 100 DB.Box Step Up 1x22'5/15 400m run Synchro 50 Power Clean 60/40kg 400m run Synchro 50 STOH 400m run Synchro 100 DB Box Step	40/35/30 cal row/echo 5 Rounds 15 Front Squat 50/35kg 10 Burpee over the bar Synchro
3-6 Weighted Strict Pull Ups/Strict Pull Ups	C) WOD 3 Rounds For Time: 10 Alt.Devil press 1x22'5/15kg 1 Rope Climb 80 DU 1 Rope Climb 20 Push Ups 1 Rope Climb	C) WOD 4x4'ON/2' OFF 1) 10 BBJO 15 T2B 20 WB 9/6kg Max Power Snatch 50/35kg	C) WOD 500m Run		50 STOH 400m run Synchro 100 DB Box Step	40/35/30 cal row/echo
C) WOD Amrap 14' 8 Thrusters 40/30kg 4-8-12-16... Burpees Over the Bar 10 C2B 4-8-12-16... BJ	S1: 140 SU Time Cap: 16 Minutes	2) 8 Power Snatch 10 BBJO 15 T2B Max WB	3 Rounds: 4 WW 24 BW Lunges alt.	C) WOD Amrap 10' 5 BMU 5 Deadlift (80/55) 10 Air Squats	Box 50cm.	10 Rounds I go you go 12 HSPU 24 DU
S1: Pull Ups		3) 20 WB 8 Power Snatch 10 BBJO Max T2B	500m Run	S1: 1-4 BMU/Goma S2: 7 C2B S3: 9 Pull Ups	Time Cap: 40 minutes	Time Cap: 45 minutes
		4) 15 T2B 20 WB 8 Power Snatch Max BBJO	S1: 10m HSW (2x5m) S2: 4 WW			S1: 50 SU
			Time Cap: 20 minutes			
			All Lunges are stationary (no walking)			