



AFFILIATE **CLASS** PROGRAM

	WARM UP	Power/Strength	WORKOUT
DAY 1	Buy in: 60 su 3 round: 10 squat 10 good morning 5 scap. pull up 5 bar swing Cash out: 30 du	EMOM 10' 30 du's + 3 squat clean Rx 90/70 kg Sc 70/50 kg Op 50/25 kg	3:00 on 2:00 off X 3 sets 30 wall ball 20 toes to bar/ktc Max db snatch alt.
DAY 2	500 m run Then 3 round: 10 reverse lunges 5 stand-up push up 5 ktb dl 5 russian swing	EMOM 15' A) 15/10 cal Row B) 5 back squat @70% C) active rest air squat	5 RFT 200 mt Run 15 kg am. swing* 10 strict hspu / kipping / box hspu *@24/16kg
DAY 3	3 ROUND: 10 step up box alt 10 squat 5 scap. pull up 5 bar swing 10 ring row	EVERY 2' X 10' 5 DL @70% - no touch&go-	2 SETS: 5 bar muscle up ** 15 db's front squat * - rest 1' - 15 db's front squat * 10 burpees box jump over 5 bar muscle up** - rest 2'- * 2 x 22.5 7 15 kg ** scaled: 10 c2b -pullup / 15 ring row

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DAY 4	2 ROUND: 1' row 10 squat 10 push up 10 db dl 10 db goodmorning 10 db press	5 SET: 30" wall sit 30" rest 30" max front sq @50% 30" rest	10 ROUNDS ALT A - B A - 12 dl 9 hang clean 6 stoh * B - 20 / 15 cal row * Rx 70/50 * SC 50/35 * OP 35/25
DAY 5	PVC general warm up + Tecnica snatch	EVERY 15" X 10' (40 rep) 1 power snatch @50%	3 SET: 30/20 cal assault bike 15 m walking lunges 3-2 rope climb -rest 2'- * 2 x db's 22,5/15 kg
DAY 6	4 ROUND: 100 m run 10 squat jump 10 pike push up 10 one leg v-up alt	-	TEAM OF 2 FOR TIME: 100 partner wall ball 80 synchro hang snatch 60 box jump I go u go 40 synchro ttb 20 thrusters I go u go 400 m run with a medball