



## **ENDURANCE**

### **Emom 12'**

1. 12 burpees
  2. 8 thrusters+ 6 tuck jumps
  3. 30 squat jump
- 3' rest

### **Amrap 16'**

- 10 devil Press con una garrafa
- 10 shuttle run burpees
- 8 hspu
- 8 garrafa swing
- 4 wall climb