



SÁBADO 08 DE AGOSTO ENDURANCEHOME

3x8' amrap

A) ladder 3-6-9-12...

Pistols

Burpees

Kb swing

B)3-6-9-12..

Thruster con garrafa

Burpees bastardo

Goblet squat garrafa

C) 3-6-9-12...

Knee to squat

Burpees over the line

hr push UPS

*1' rest entre cada amrap