



## **SABADO 29 DE AGOSTO**

### **ENDURANCEHOME**

#### **Emom 10'**

1. 15" skipping+20 squat jump
2. 15" skipping+40 mountain climbers

#### **Amrap 25'**

10 burpees

15 oh lunges 2 garrafas

10 burpees

20 gtoh con dos garrafas

\*Cada dos minutos 4 shuttle run+2 deck squat