



SABADO 22 DE AGOSTO

ENDURANCEHOME

A) Emom 12'

1' 20" skipping+ 6 shuttle run

2' 20 squat jump

B) for time

10 thrusters

5 burpees

1 wall climb

20 thrusters

10 burpees

2 wall climb

30 thrusters

15 burpees

3 wall climb

40 thrusters

20 burpees

4 wall climb

50 thrusters

30 burpees

5 wall climb

Inmediatamente después:

2' oh jumping lunges