

Week	Workout A		Workout B	
Lunedì	4 rounds 30" Hollow 45" Plank 1' rest	3 rounds 30 box Jumps 40 Push Ups 50 DB1 lunges	5 rounds 20" L-Sit 10mt HS walk	3 rounds 10 bar m Ups 20 Cal row 30 wall balls
Martedì	Ogni 90" x 9 - 15 KB2 Swings - 12/9 Cal row	12' AMRAP 10 DB2 Thrusters 10 Burpees	Ogni 90" x 9' 2 Clean Pull + Squat Clean	12' AMRAP 10 Thrusters 10 Burpees OTB
Mercoledì	WEEK 4 Press 3-3-3-3-3	4 rounds 2 laps Run 10 DB2 Clean & jerk 15 tose to bar	WEEK 4 Jerk 2-2-2-1-1	For time 2 laps Run 15-12-9-6-3 Clean @50/60/70/80/90 35/40/45/50/55
Giovedì	4 rounds 10" Pull up hold 15 ring row Rest 1'	12' EMOM - 18 wall balls - 18 KB Sumo Pull - 40 DU	4 rounds 16 pistol squat 10+10 one leg wall deadlift	12' EMOM - 15/12 Pull Ups - 15/12 Cal bike - 15/12 HSPU
Venerdì	Da 0' a 12' EMOM - 12/9 Cal Row - 12/9 Cal bike - 25 Sit Ups	Da 17' a 30' AMRAP 5 Devil press 1 Run 10 Pull Ups 10 DB2 Squat	Da 0' a 12' EMOM Muscle snatch + Drop snatch	Da 17' a 30' AMRAP 15 toes to bar 12 Burpees 9 Power snatch @60/40
Sabato	ENDURANCE	HERO WOD Murph	1 miglio corsa 100 Pull Ups 200 Push Ups 300 Air Squat 1 miglio corsa	
Domenica	ENDURANCE	CLOSED		