

| <b>Week</b>      | <b>Workout A</b>  |   | <b>Workout B</b>  |  |
|------------------|---|---|---|--|
| <b>Lunedì</b>    | 10' EMOM<br>- 15 Pull Ups<br>- 45" Chinese plank                                    | 16' AMRAP<br>15 Push Ups<br>20 V-Ups<br>12/9 Cal row  | 10' EMOM<br>- 4/8 HSPU strict<br>- 15/20 Push Ups           | 16' AMRAP<br>4 Bar Muscle Ups<br>14 Step Ups<br>16 GHD Sit Ups                     |
| <b>Martedì</b>   | Ogni 90" x 6<br>8 down e up<br>8 DB2 power Clean                                    | 6 rounds<br>10/7 Cal skieg<br>12 DB1 Hang p<br>snatch<br>14 DB1 step over                     | Ogni 90" x 6<br>5 Clean Pull                                | 10 rounds<br>2 power Clean @90/60<br>6 ring dip<br>10 wall balls                   |
| <b>Mercoledì</b> | WEEK 4<br>Pause front Squat<br>2-2-2-2-2  | 14' AMRAP<br>12 Wall ball<br>10 KB deadlift<br>8+8 Renegade row                               | WEEK 4<br>Front Squat<br>2-2-2-2-2                          | 14' AMRAP<br>5 Shoulder to overhead @60/40<br>15/12 Cal row<br>50 double unders    |
| <b>Giovedì</b>   | E2MOM x 5<br>12 Pistol Squat<br>10 Sumo Air Squat                                   | 5 rounds<br>10 Box Jumps<br>10 Pull Ups<br>20 Push Ups  | E2MOM x 5<br>6 Chin Ups<br>+<br>12 ring row                 | 6 rounds<br>8 HSPU<br>10 Pistol Squat<br>12 AM Swings                              |
| <b>Venerdì</b>   | Da 0' a 12'<br>Ogni 2'<br>16 lateral step<br>Jumps<br>12 box dip<br>12 plate snatch | Da 18' a 30'<br>EMOM<br>16 DB1 Thrusters<br>12 Burpees<br>16 AM Swings                        | Da 0' a 12'<br>Ogni 2 minuti<br>Snatch in 4"<br>2-2-2-1-1-1 | Da 18' a 30'<br>EMOM<br>12/9 Cal skieg<br>8 Hang power<br>snatch<br>12 Burpees OTB |
| <b>Sabato</b>    | ENDURANCE   | A coppie:<br>5 rounds<br>800 mt row<br>20 Clean & jerk<br>100 double unders<br>30 toes to bar |   |  |
| <b>Domenica</b>  | FUNCTIONAL<br>GYM   | 10 rounds<br>5 burpee Pull Ups<br>7 wall balls<br>9 med ball Sit Ups                          |   |  |