

Week	Workout A		Workout B	
Lunedì	10' EMOM - 40" Deficit Plank - 40" Overhead Squat hold	6 rounds 12/9 Cal row 8 Prisoners Burpees 6 renegade Push Ups	10' EMOM - 8 mt HS walk - 20" Pull Ups hold	8 rounds 12 Wall balls 6 ring dip 6 Push Ups
Martedì	Ogni 90" x 6 - 20/15 Cal row - 10 deadlift	15' EMOM - 16 DB1 Thrusters - 16 DB1 o lunges - 60 SU	Ogni 90" x 6 2 Snatch da sotto il ginocchio	15' EMOM - 8 snatch T&G - 12/8 Cal ski - Burpee box j
Mercoledì	WEEK 5 Pause front Squat 1 RM	16' AMRAP 10 Burpees 10 AM Swings 10/7 Cal ski 10 toes to bar	WEEK 5 Front Squat 1 RM	8 rounds 12/9 Cal row 5 Clean e jerk @70/45
Giovedì	E2MOM x 5 10+10 Bulgarian split Squat 15" one leg wall Squat hold	5 rounds 3 wall climbs 15 Box dip 15/11 Cal row	E2MOM x 5 rounds 2 peg board 10 dragon flag	5 rounds 14 pistol 12 AM Swings 10 HSPU
Venerdì	Da 0' a 12' Ogni 2' 12 DB snatch 12 Pull Ups	Da 18' a 30' 12 wall balls 12 Push Ups 12 DB1 step over	Da 0' a 12' EMOM 3-3-3-3-2-2-2-2-1-1-1-1 Hang power Clean	Da 18' a 30' 12 box j over 8 Thrusters 4 bar Muscle Ups
Sabato	ENDURANCE	A coppie: 5 rounds 100 DU 30 Pull Ups 20 DB1 Hang C&J 10 deadlift 100 V- Ups		
Domenica	FUNCTIONAL GYM	4 rounds 1000 mt row 15 floor press 15 Burpees 15 toes to bar		