

Week	Workout A		Workout B	
Lunedì	8' EMOM 15/11 Cal row 3 wall climbs	5 rounds 15 AM Swings 12 KB lunges 9 Pull Ups	5 rounds Bar Muscle Ups Max Reps ogni rounds rest 90"	6 rounds 12 DB2 lunges 10/8 Cal row 8 HSPU
Martedì	Ogni 90" x 6 10 Burpees 12 DB snatch	The veteran indoor Beginner 9 rounds 30 KB skip 11 Air Squat 11 Push Ups	Ogni 90" x 6 4 snatch pull Belle the Knee	The veteran indoor Intermediate 7 rounds 40 KB skip 11 DB2 Thrusters 11 Burpees
Mercoledì	WEEK 3 Floor press 5 x 6 rounds	12' EMOM - 12 DB Thrusters - 20 Rope Jumps + 10 v Ups - 12 Renegade row	WEEK 3 Press 5 x 6 rounds	12' EMOM - 7 p snatch - 21 Wall balls - 10 Box jumps + 7 st. Pull Ups
Giovedì	4 rounds 20 Crosshack Squat 12 Jumping lunges Rest 1'	15' AMRAP 15 box Jumps 15 TTB 15/11 Cal row	4 rounds 8+8 step down 10 Squat Jumps Rest 1'	15' AMRAP 25/20 Cal ski 50 DU 20 TTB
Venerdì	Da 0' a 12' AMRAP 11/7 Cal ski 15 box dip 20 DB death March	Da 18' a 30' Ogni 3' x 12' - 14 burpee box j + 12 DB1 cj - 30 wall balls + 15 med B Sit up	Da 0' a 12' Ogni 2' 5 Halting Clean deadlift 3"	Da 18' a 30' Ogni 3' x 12' - 500 mt row +8 p Clean - 16 burpee step Ups + 8 sto
Sabato	ENDURANCE	A coppie: 25' AMRAP 800mt row 40 toes to bar 20 Squat Clean Thrusters		
Domenica	FUNCTIONAL GYM	10 rounds 11 wall balls 7 Pull Ups 3 deadlift		