

Week	Workout A		Workout B	
Lunedì	10' EMOM - 10/6 only arm rower - 45" Plank	6 rounds 12 DB1 snatch 8 Toes to bar 40 DU	EMOM 10' 12/15 Kipping Pull Ups 40" Hollow	6 rounds 12 AM Swings 8 HSPU 10/7 Cal Row
Martedì	8' EMOM - 16 DB1 ov. Lunges - 10 Burpees box Jumps	5 rounds 10 DB2 p. Clean 10 DB2 Squat 10/7 Skierg	Ogni 90" x 6 Power snatch + snatch balance 1+3	12-9-6-3-1 Squat Snatch 21-15-9-6-3 Burpees
Mercoledì	WEEK 4 Floor press 5 x 6 rounds	12' AMRAP 3 Wall climbs 12/8 Cal row 15 V-ups	WEEK 4 Press 5 x 6 rounds	12' AMRAP 4 Bar Muscle ups 8 Deadlift @55/80 40 DU
Giovedì	4 rounds 10+10 pistol Squat 40" hip thrust hold 1' rest	Ogni 3' x 15 9 Pull ups 12 DB1 Thrusters 15 AM Swings	4 rounds 8 Glute Jamouai raises 30" Kb Squat hold Rest1'	Bad big boys Ogni 3' x 15' 6mt HS Walk 8/6 Cal skierg 10 Pistol Squat
Venerdì	Da 0' a 12' AMRAP 10 Wall balls 8/6 Cal Skierg 10 TTB	Da 18' a 30' 12 KB2 Sumo deadlift 12 Burpees 12 Ring row	Da 0' a 12' Ogni 2' Drop Clean 4-4-3-3-2-2	Da 18' a 30' 5 Clean e jerk 10 Chest to bar 15 Box Jumps over
Sabato	ENDURANCE	A coppie: 100 Thrusters 120 Cal Row 140 Push Ups 160 Weighted Sit up		
Domenica	FUNCTIONAL GYM	5 rounds 12/9 dip 8 front Squat @50/35 12/9 chin Ups 8+8 KB2 lunges		