

Week	Workout A		Workout B	
Lunedì	5 rounds 10 Bardell bent over row 20 hollow swing	6 rounds 6 Push Ups 9 Burpees 12 w Sit Ups 15 Air Squat	5 rounds 5 strict Pull Ups + max kipping Pull Ups 1' rest	6 rounds 4 strict HSPU 8 TTB 12/9 Cal row 15 Air Squat
Martedì	8' EMOM - 11/8 Cal ski - 15 KB su o high Pull	5 rounds 10 Pull Ups 16 DB1 split snatch 11/7 Cal row	Ogni 90" x 6 Power snatch + snatch balance 1+2	5 rounds 15 Wall balls 8 Snatch 10 Burpees
Mercoledì	WEEK 5 Floor press 2 RM	4 rounds max Reps 1' TTB 1' row 1' DB1 Thrusters 1' rest	WEEK 4 Press 1 RM	4 rounds max Reps 1" of box Jumps 1' of Cal ski 1' of Thrusters 1' rest
Giovedì	4 rounds 10+10 Bulgarian Squat 5+5 One leg box J	15' AMRAP 6 HSPU 8 DB1 devil press 12 wall balls	4 rounds 45" wall Squat hold 6 High box Jumps	15' AMRAP 3 bar Muscle up 10 DB1 devil press 10/7 Cal row
Venerdì	Da 0' a 12' AMRAP 11/8 Cal row 16 DB1 Clean e j 20 Air Squat	Da 18' a 30' 8 Renegade Push Ups 10 AM Swings 12 KB lunges	Da 0' a 12' Ogni 2' Drop Clean 3-3-2-2-1-1	Da 18' a 30' 3 Squat Clean 6 jerk 9 burpee box j
Sabato	ENDURANCE	A coppie: 25' AMRAP 20 Hang snatch 30 TTB 20 Clean e jerk 30 Cal row		
Domenica	FUNCTIONAL GYM	3 rounds 20 Pull Ups 40 Push Ups 60 Air Squat 80 DU		