

Week	Workout A		Workout B	
Lunedì	5 rounds 20 crosshack Squat 10+10 Pistol 30" V-hold	5 rounds 10 Toes to bar 10/7 Cal skieg 15 Push Ups 20 Step Ups	5 rounds 8 Glute ham raises 5 step down 30" hollow	5 rounds 15 Wall balls 2 Wall climbs 12 AM Swings 15 Weighted Sit Up
Martedì	8' EMOM - 12/8 Cal row - 14 KB1 OV. Lunges	Da 10 a 1 Power snatch Burpees OTB Cal skieg	9' EMOM Squat snatch 3-3-3-2-2-1-1-1	Da 18 a 2 DB1 Hang snatch DB1 ov lung Box jump over
Mercoledì	WEEK 1 Sumo deadlift 8 x 5	15' AMRAP 10 Wall balls 20 DB1 hang C&J 50 Single unders	WEEK 1 Sumo deadlift 6 x 5	15' AMRAP 7 Thrusters 9 Pull Ups 11/7 Cal skieg
Giovedì	10' AMRAP 8 HSPU /12 Push Ups 15 box dip	6 rounds 10 box Jumps 12 Sit Ups 14 ring row	10' AMRAP 11/7 Cal Skieg 5 Bar Muscle Ups / 10 Pull Ups	6 rounds 9 HSPU 10 TTB 11/7 Cal row
Venerdì	Da 0' a 12' OGNI 2' 6 KB arm row 6 swing 1 aram 6 Squat 6 Push press	Da 18' a 30' 10 Pull Ups 20 DB Thrusters 10/8 Cal row	Da 0' a 12' EMOM Clean e jerk	Da 18' a 30' 3 Power Clean 6 dip 9 Burpees 30 DU
Sabato	ENDURANCE	A coppie: 25' AMRAP 20 devil pres 30 wall balls 40 TTB 50 box Jumps		
Domenica	FUNCTIONAL GYM	4 rounds 10 Hang Clean 10 Burpees OTB 10 front Squat 10 CAL row 10 STO		