

Week	Workout A		Workout B	
Lunedì	Ferragosto	CLOSED		
Martedì	Ogni 90" x 9 - 20 Plate snatch - 20 Plate O. Lunges	Fran 21-15-9 Thrusters Pull Ups	Ogni 90" x 9' 1 power snatch + 1 snatch balance	4 rounds 20 DB2 Push press 20/15 Cal row
Mercoledì	WEEK 5 Press 1 rep max	5 rounds 2 laps Run 6 DB Hang Squat Clean 12 med ball Sit Ups	WEEK 5 Jerk 1 rep max	For time 10/7 Cal bike 7 Hang snatch 10 toes to bar 3 Overhead Squat
Giovedì	10' EMOM - 12/9 Cal bike - 15 KB Swings	12' AMRAP 10 Wall balls 10 Pull Ups 10 Burpees	10' EMOM 4/5 bar Muscle Ups	12' AMRAP 16 Step Ups 8 Burpee box h Jumps 8 HSPU
Venerdì	Da 0' a 12' EMOM - 12/9 Cal row - 8 Renegade Push Ups - 16 DB1snatch	Da 17' a 30' AMRAP 12 Toes to bar 12 Box Jumps over 12 DB1 Thrusters	Da 0' a 12' Ogni 2' 3 Hang Clean Pull + 1 Hang Squat Clean	Da 17' a 30' AMRAP 15/12 Cal row 9 Power Clean 6 Push press
Sabato	ENDURANCE	20' AMRAP 2 Muscle Ups 4 HSPU 8 AM Swings	Hero Wod nate	
Domenica	ENDURANCE	10 rounds 6 ring dips 8 burpee Pull Ups 10 V-Ups 200 mi run		