

Week	Workout A		Workout B	
<b>Lunedì</b>	4 rounds 10 one leg deadlift 15 leg raises 30" wall squat	6 rounds 6 renegade P. Ups 30 Double unders 16 DB1 OH lunges	4 rounds 16 jumping lunges 30" wall squat 16 leg raises	6 rounds 11/8 Cal row 6 power Clean 4 bar Muscle up
<b>Martedì</b>	10 EMOM - 10 DB2 snatch - 14 DB step ups	3' ON 1' rest x 4 10 Wall balls 8 Burpees box j 10 DB2 Push press	10' E2M Squat snatch 3-2-1-1-1	3' ON 1' rest x 4 8 Thrusters 10/8 Skierg 8 p snatch
<b>Mercoledì</b>	WEEK 2 Sumo deadlift 8 x 5	12' AMRAP 11/8 Cal row 8 DB2 Thrusters 11 TTB	WEEK 2 Sumo deadlift 6 x 5	12' AMRAP 15 Wall balls 7 Push press 10 Burpees
<b>Giovedì</b>	5 rounds 12 Dog Push Ups 30" Front raises plate hold	3 rounds 1' AMRAP 30" rest CAL skierg Air Squat Pull Ups V-Ups	5 rounds 8 Pull Ups strict 10 ring dip	3 rounds 1' AMRAP 30" rest CAL row TTB Air Squat Push Ups
<b>Venerdì</b>	Da 0' a 12' OGNI 2' 8 Burpees 8 KB Hang Clean 6 KB Thrusters	Da 18' a 30' 20 Push ups 10 Box Jumps 20 Step over	Da 0' a 12' E2M Clean e jerk To 1RM	Da 18' a 30' 10 Hang power C. 10/7 Skierg 6 Front Squat 6 HSPU
<b>Sabato</b>	ENDURANCE	A coppie: 3 rounds 60 Cal row 30 med ball Sit Up 60 Cal skierg 30 snatch		
<b>Domenica</b>	FUNCTIONAL GYM	4 rounds 20 wall balls 15 AM Swings 10 Burpees 15 TTB 5 wall climbs		