Week	Workout A		Workout B	
Lunedì	FESTA			
Martedì	Post Christmas WOD	In team OF 3 2 rounds 120 Wall balls 10 prisoneer Burpees synchro 90 Sit Ups 10 Prisoneer burpee synchro 60 DB Snatch	Post Christmas WOD	In team OF 3 2 rounds 90 Cal row 10 presoneer Burpees synchro 60 Hang p Clean 10 prisoneer Burpee synchro 30 bar Muscle Ups
Mercoledì	WEEK 4 Sumo deadlift 5 x 5	6 rounds 6 Devil press 6 DB2 Push press 18 DB lunges	WEEK 4 Sumo deadlift 3 x 5	6 rounds 12 Wall balls 9 Burpees 6 Push press
Giovedì	4 rounds 10 strict TTB 20 Bulgarian split Squat 30” KB2 overhead Hold	4 rounds 45” ON 15” OFF Cal skierg Goblrt Squat Wall climbs Box Jumps	5 rounds 5/8 Strict HSPU + Kipping HSPU Lavoro a cedimento Rest 90”	4 rounds 45” ON 15” OFF Pull Ups Lunges Ring/box dip Cal row
Venerdì	Da 0’ a 12’ OGNI 2’ 16 KB around body 8+8 KB swing 8+8 KB Push press	Da 18’ a 30’ 30 double unders 12/8 Cal row 12 Pull Ups 12 KB Squat Clean	Da 0’ a 12’ E2M High Hang Squat snatch 3-3-2-2-1-1	Da 18’ a 30’ 6 Squat snatch 12 Toes to bar 6 Thrusters 12/8 Cal skierg
Sabato	ENDURANCE	Indoor murph		
Domenica	FUNCTIONAL GYM	Capodanno Festa		