

Week	Workout A		Workout B	
Lunedì	4 rounds 16 Pistol Squat 10+10 One leg wall deadlift 10 Squat Jumps	14' AMRAP 15 Toes to bar 15 Push Ups 15 AM Swings 70 Rompe Jumps	4 rounds 10 Glute ham raises 10 BB Sq Jumps 30" plate Hollow	14' AMRAP 10 HSPU 2 Pegboard 20 Pistol 12/9 Cal row
Martedì	Ogni 90" x 6 - 15 DB2 bent over row - 12 Sumo high Pull	For time 50 DB1 Goblet Sq. 20/15 Cal row 30 DB1 Devil press 20/15 Cal row 50 DB1 goblet sq.	Ogni 90" x 6 4 Hang pull + 2 Hang Sq. clean	For time 30 Pull Ups 15 C & J @60/40 60 wall Balls 15 Clean e jerk 30 Pull Ups
Mercoledì	WEEK 5 Sumo deadlift 2 RM	Kalsu 2 100 wall balls *5 burpee ogni inizio del minuto	WEEK 5 Sumo deadlift 1 RM	Kalsu 100 Thrusters *5 burpee ogni inizio del minuto
Giovedì	4 rounds 15 Seated leg raises 30" Hollow 2 Wall climbs	4 rounds 45" ON 15" OFF Cal row Pegboard Step Ups V-Ups	5 rounds 8 Ring Dip 15 Push Ups 45" rest	4 rounds 45" ON 15" OFF Renegade row Cal ski Toes to bar Sq. Clean @60/45
Venerdì	Da 0' a 12' OGNI 2' 14 DB1 Hang snatch 14 DB1 Ov. lunges	Da 18' a 30' 8 DB Hang sq c. 8 Renegade Push Ups 16 Box jump over	Da 0' a 12' E2M 1 Snatch pull + 2 snatch below Knee	Da 18' a 30' 10 Overhead Squat 5 Bar Muscle Ups 50 Double unders
Sabato	ENDURANCE	A coppie 30' AMRAP 800 Mt row 30 Push press 60 AM swings 20 Front Squat		
Domenica	ENDURANCE	Holleyman 30 rounds 5 wall Balls 3 HSPU 1 power Clean		