

| Week | Workout A | | Workout B | |
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| Lunedì | 4 rounds 10+10 Step down 10 Glute ham raises 30" Chinese plank | 6 rounds 10-7 Cal skieg 8 Pull Ups 10 Pistol Squat 8 HSPU | Week 2 (Pull) 10' EMOM - 6/8 Strict Pull Ups - 12/15 Kipping Pull Ups | 5 rounds 12-9 Cal row 15 Push Ups 15 AM Swings 12 Box Jumps |
| Martedì | 12 EMOM - 8 Devil press - 12/15 Ring row o 10/12 Pull Ups | 15' AMRAP 6/5 cal row 8 V- Ups 10 Goblet Squat | Ogni 2' x 12' 2 Hang Power clean + 1 Squat Clean | 15' AMRAP 7 wall balls 5 TTB 1 power Clean |
| Mercoledì | WEEK 2 Back Squat 8-8-5-5-5 | 4 rounds 20 KB Sumo high pull 10/7 Cal skieg 20 jumping lunges | WEEK 2 Back Squat 6-6-4-4-4 | Diane 21-15-9 Deadlift HSPU |
| Giovedì | 4 rounds 20 Seated leg raises 10 inch warm 30" hollow hold | 7 rounds 9 Wall balls 6+6 Step Ups 2 Wall climbs | 4 rounds 1' weighted plank 1 pegboard 8 strict TTB | 7 rounds 3 Bar Muscle Ups 7 Thrusters 10/7 Cal row |
| Venerdì | Da 0' a 12' OGNI 2' 5 man Makers 12/8 Cal row | Da 18' a 30' 10 Burpees 10 DB2 Thrusters 10 Toes to bar | Da 0' a 12' E2M 2 power snatch + 3 Overhead Squat | Da 18' a 30' 6 Hang snatch 10/7 Cal skieg 6 Front Squat 10 Burpees |
| Sabato | ENDURANCE | A coppie 25' AMRAP 50 Cal row 30 Deadlift 50 Pull Ups 30 Dip | | |
| Domenica | ENDURANCE | 12' AMRAP 15 Push Ups 12 Wall balls 9 AM Swings 4' rest 12' AMRAP 12 DB2 Lunges 9 Toes to bar 6 DB2 Press | | |