

Week	Workout A		Workout B	
Lunedì	4 rounds 8+8 Step down 10+10 Bulgarian split Squat 30" wall Squat	14' AMRAP 12/9 Cal row 16 DB1 hang C&J 20 Med balls Sit ups	Week 4 (Pull) 10' EMOM - 15/20" Pull Ups hold - 4/8 Strict pull Ups	14' AMRAP 12 wall balls 6 Power Clean 3 Bar Muscle ups
Martedì	5 rounds 10/8 Cal skieg 15 AM Swings	6 rounds 12 Wall balls 8+8 Renegade row 50 Rompe Jumps	Ogni 90" x 6 round 2 power Clean Build Up to an heavy double	6 rounds 12 /7 Cal row 9 TTB 6 Thrusters
Mercoledì	WEEK 4 Back Squat 6-6-4-4-4	4 rounds 12 Burpees 20 DB snatch 12 Pull ups	WEEK 4 Back Squat 5-5-3-3-3	Isabel 30 Snatch @60/45
Giovedì	4 rounds 15 Seated Leg raises 1' weighted plank	5 rounds 30 lunges 20 Push ups 10 TTB	4 rounds 5/7 Weighted toes to bar med ball 1' weighted plank	5 rounds 20 box jump over 10 HSPU 15 Push ups
Venerdì	Da 0' a 12' OGNI 2' 14/10 Cal row 8 BB sumo high Pull	Da 18' a 30' 16 DB1 Thrusters 12 DB1 devil press 8 box Jumps	Da 0' a 12' E2M 2 Hang Squat snatch Build up	Da 18' a 30' 8 Overhead Squat 15/11 Cal row 8 Ring dip
Sabato	ENDURANCE	A coppie 25' AMRAP 30 Cal skieg 30 Pull ups 30 Squat Clean 30 Box Jumps		
Domenica	ENDURANCE	11' AMRAP 100 DU 10 devil press 3' rest 11' AMRAP 30 Air Squat 15 TTB 3 wall climbs		