

Week	Workout A		Workout B	
Lunedì	4 rounds 20 Crosshack Sq. 20 One leg wall deadlift 20 russian swings	14' AMRAP 12/8 Cal row 12 Med ball Sit up 9 Burpees 9 renegade row	Week 5 (Pull) 7 rounds 4/6 L-pull Ups Rest 1'	14' AMRAP 12 Box jump over 12/8 Cal skierg 9 TTB 9 strict HSPU
Martedì	10' EMOM - 16 DB1 hang Clean & jerk - 16 DB2 step Ups	4 rounds 5 Wall climbs 20 DB/KB2 deadlift 100 single unders	Ogni 2' x 5 round Clean 1RM	4 rounds 10 burpee step Up 10 renegade Push Ups 10 Push press
Mercoledì	WEEK 4 Back Squat 1RM	Jackie re test 1000 mt row 50 Thrusters 30 Pull Ups	WEEK 5 Back Squat 1RM	Fran re test 21-15-9 Thrusters Pull Ups
Giovedì	Test max time hold of plank	20' AMRAP 12 Push Ups 10 box Jumps 8 TTB	8' EMOM 1 minuto massimi TTB Negli altri minuti cercare di tenere la metà	20' AMRAP 12/8 cal row 20 Lunges 8 Ring dip
Venerdì	Da 0' a 12' E2M 5 Man makers 15 Wall Balls	Da 18' a 30' 10/7 Cal skierg 15 AM Swings 20 V-Ups	Da 0' a 12' E2M Snatch Build up to 1 RM	Da 18' a 30' 20 Wall Balls 10 Snatch @40/25 5 Bar Muscle Ups
Sabato	ENDURANCE	A coppie 25' AMRAP 20 Hang p Clean 20 Push press 40 Burpees 40 Pistol squat		
Domenica	ENDURANCE	11' AMRAP 10 Pull Ups 20/15 cal row 3' rest 11' AMRAP 12 AM Swings 12 KB Ov. Lunges 24 Sit Ups		