

Week	Workout A		Workout B	
<b>Lunedì</b>	4 rounds 30" Overhead hold 20 Stationary dips 10 Glute ham raises	14' AMRAP 10 strict pull Ups 15/12 Cal row 20 Push Ups	Week 1 Bar Muscle up EMOM 10' 3/5	14' AMRAP 12 KB ov. Lunges 10 ring dip 8 burpee box Jumps
<b>Martedì</b>	10' EMOM - 12 DB1 Ov Lunges - 12/8 cal skierg	5 rounds 10 Burpees 16 DB snatch 10 Toes to bar	Ogni 90" x 6 round 3 Muscle snatch + 3 snatch balance	5 rounds 15/11 Cal row 12 Wall balls 6 power snatch @60/40
<b>Mercoledì</b>	WEEK 1 Push press 6-6-4-4-2-2 Ogni 2'	Karen 150 wall Balls	WEEK 1 Split/jerk 5-5-3-3-2-2 Ogni 2'	DT 5 rounds 12 deadlift 9 Hang p. Clean 6 jerk
<b>Giovedì</b>	4 rounds 10+10 one arm ring row 20/30" HS hold 20/30" bar hold	20' time cap 10 rounds 8 AM Swings 8 V-Ups 8/6 Cal row	4 rounds 30" Plank laterale 30 Chinese plank 1 leg	10 rounds 8 Pistol Squat 6 Toes to bar 4 HSPU
<b>Venerdì</b>	Da 0' a 12' E2M 12/8 Cal skierg 8 DB Squat Clean	Da 18' a 30' 20 DB1 Hang C&J 10 box dips 10 Box Jumps 10 DB1 step Ups	Da 0' a 12' E2M 4 Clean Pull	Da 18' a 30' 30 DU 15/11 Cal row 6 Hang Squat Clean 1 Pegboard
<b>Sabato</b>	ENDURANCE	A coppie 25' AMRAP 20 Devil press 30 Thrusters 40 Cal row 50 Med ball Sit Ups		
<b>Domenica</b>	ENDURANCE	11' AMRAP 12/8 Cal bike 8 Toes to bar 12 Push Ups 3' rest 11' AMRAP 4 Deadlift 6 Chin Ups 8 Burpees		