

Week	Workout A		Workout B	
Lunedì	4 rounds 45" HS hold 12+12 Bulgarian split Squat Rest 1'	15' EMOM TTB Push Ups Cal bike X max Reps	Week 3 Complete 30 Bar Muscle up AFAP	15' EMOM Wall Balls HSPU DU X max Reps
Martedì	10' EMOM - 15 DB2 squat - 30" DB2 Overhead hold	Da 10 a 1 Wall Balls Cal row * 5 Burpees ogni rounds	Ogni 90" x 6 round 1 power snatch + 2 snatch balance	Da 10 a 1 Power snatch Cal skierg * 10 box Jumps ogni rounds
Mercoledì	WEEK 2 Push press 5-5-3-3-1-1 Ogni 2'	5 rounds 12 plate snatch 12 plate step Ups 50 single unders	WEEK 3 Split/jerk 3-3-2-2-1-1 Ogni 2'	5 rounds 6 Overhead Squat 9 toes to bar 12/8 Cal bike
Giovedì	4 rounds 10+10 leg wall deadlift 12/9 Cal row	23.2 15' AMRAP 5 Burpee Pull Ups 7,5mt + 7,5mt shuttle Run Aumenta 5 burpee Pull Up ogni round	4 rounds 10 Glute ham raises 10 Strict HSPU	23.2 15' AMRAP 5 Burpee Pull Ups 7,5mt + 7,5mt shuttle Run Aumenta 5 burpee Pull Up ogni round
Venerdì	Da 0' a 12' EMOM - 10 DB1 Devil press - 11/8 Cal bike	Da 18' a 30' 12 box jump over 12 DB1 Thrusters 12 AM Swings	Da 0' a 12' E2M Da 0 a 6 3 Clean Pull Da 6 a 12 trova 1RM Thrusters	Da 18' a 30' 12/9 Cal row 9 Hang power Clean 6 Thrusters
Sabato	ENDURANCE	A coppie 25' AMRAP 40 Cal bike 40 DB1 hang C&J 40 Cal ski 40 wall Balls		
Domenica	ENDURANCE	11' AMRAP 9 ring dip 7 box Jumps 5 deadlift 3' rest 11' AMRAP 12/9 Cal row 10 renegade Push Up 8 TTB		