

Week	Workout A		Workout B	
Lunedì	8' EMOM - 10 DB2 hang C&J - 20 DB2 cross lunges	18' AMRAP 8/6 Cal row 6 Pull ups 10 Push ups 10 V-ups	Week 4 8' EMOM 3/8 bar Muscle Ups	18' AMRAP 7/5 Cal bike 10 Push ups 10 V-ups 5 Strict Pull ups
Martedì	Ogni 90" x 6 round - 10 DB2 devil press - 14/10 Cal bike	5 rounds 12 wall Balls 10(each) renegade row 8 down e ups deadlift 2DB	Ogni 90" x 6 round 1 power snatch + 2 snatch balance	5 rounds 6 Hang power snatch @50/30 9 Burpees 12/9 cal row
Mercoledì	WEEK 2 Push press 4-4-2-2-1-1 Ogni 2'	12' AMRAP 2 rounds 5 wall walks 50 single unders 15 poi 12 snatch 2 rounds 20 h.r. Push ups 50 SU 9 poi 6 snatch	WEEK 4 Split/jerk 3-3-2-2-1-1 Ogni 2'	23.3
Giovedì	4 rounds 20 step down 15 Weighted sit Ups	8 rounds 7/5 Cal skierg 8 DB snatch 9 box Jumps 10 DB1 Thrusters	4 rounds 12+12 Jumping bulgarian split Squat 24 weighted crosshack Squat	8 rounds 7 Box Jumps 8 TTB 9 wall Balls 1 Pegboard
Venerdì	Da 0' a 12' EMOM - 10 DB2 Clean - 11/8 Cal row	Da 18' a 30' 10 Burpees 10 DB2 Push press 10 TTB	Da 0' a 12' E2M Clean Pull + Hang Squat Clean 3+1 touch e go	Da 18' a 30' 9/7 Cal skierg 7 Pull Ups 5 Clean e jerk
Sabato	ENDURANCE	A coppie 4 rounds 30 Cal row 30 Cal bike 30 Ring row 30 Ring dips		
Domenica	ENDURANCE	25' AMRAP 400 mt Run 15 sit Ups 10 Push Ups 5 Pull Ups		