

Week	Workout A		Workout B	
Lunedì	4 rounds 10 Row ABS 30" Weighted hollow	4 rounds 45" ON 15" OFF - Pull Ups - Cal skierg - Step over - Burpee	Week 5 Find you max un broker bar Muscle Ups	4 rounds 45" ON 15" OFF - HSPU - CAL BIKE - TTB - WALL BALLS
Martedì	EMOM 10 - 13/10 Cal row - 2/3 Wall climbs	5 rounds 8 DB2 Devil press 10 box jump over 12 Lunges	In 10' trova il tuo massimale di snatch	5 rounds 12/8 Cal row 9 Ring dip 6 Power snatch
Mercoledì	WEEK 5 Push press Find your 1 RM	12' AMRAP 12 Wall Balls 16 DB1 snatch 12 TTB	WEEK 4 Split/jerk Find your 1 RM	12' AMRAP 5 Power Clean 12/9 Cal skierg 15 Burpees
Giovedì	4 rounds 10 Bodyweight leg extension 30"+30" One leg wall Squat	5 rounds 12/8 Cal skierg 15 Squat Jumps 15 Push Ups 15 Ring row	4 rounds 10 Bodyweight leg extension 30"+30" One leg wall Squat	5 rounds 21 Box Jumps 15 AM Swings 12 Pull Ups 9mt HS walk
Venerdì	Da 0' a 12' EMOM - 10/7 Cal bike - 12/15AM Swings - 45" Plank	Da 18' a 30' 10 KB c&j 30 Sit Ups 50 rompe Jumps	Da 0' a 12' E2M Trova il massimale di Clean	Da 18' a 30' 50 DU 15/10 Cal row 7 cluster
Sabato	ENDURANCE	A coppie 4 rounds 2 hill sprint 20 Pull Ups 30 Thrusters 40 Cal row		
Domenica	ENDURANCE	25' AMRAP 400 mt row 10 Floor press 30 Sit Ups 5 deadlift		