Week	Workout A		Workout B	
Lunedì	For time 40 box dips 2’ hollow 40 step down 2’ superman	5 rounds: 10 hindu Push Ups 15 weighted sit up 20 ov. Lunges	Week 1 For time 40 ring dips 2’ hollow 40 pistol squat 2’ superman	5 rounds: 10 mt handstand walk 10 toes to bar 20 alt DB snatch
Martedì	E2MOM 10 min: 15/12 cal skierg 12 box jump over	40 wall Balls 20 DB C&J 20 wall Balls 10 DB C&J 20 wall Balls 20 DB C&J 40 wall Balls	E2MOM 10 min: 3 high hang power clean + 1 high hang squat clean	500 mt row 20 hang C&J 250 mt row 10 h C&J (heavyer) 250 mt row 20 H. C&J (deload) 500 mt row
Mercoledì	WEEK 1 Deadlift 10-10-8-8-8	EMOM 5-6-7-8-9... until you fail - thrusters - Burpees	WEEK 1 Deadlift 8-8-6-6-6	EMOM 5-6-7-8-9... until you fail - thrusters - pull ups
Giovedì	5 rounds 8 one leg wall deadlift 6 chin ups 40 ‘’ plank	3 rounds: 30 double unders 12 step Ups 12 push ups rest 2’ then 100 double unders 80 step Ups 80 push ups	7 rounds 5 HSPU strict 5 high box jumps 30” plank	3 rounds: 30 double unders 12 KB1 ov. Lunges 12 push ups rest 2’ then 100 double unders 70 KB1 ov. lunges 70 push ups
Venerdì	Da 0’ a 12’ EMOM 12 AM Swings 10/8 Cal bike 12 TTB	Da 18’ a 30’ 6 devil press 9 Pull Ups 12/8 Cal row 15 V-Ups	Da 0’ a 12’ Ogni 2’ 5 Hang power snatch	Da 18’ a 30’ 20 wall balls 10/7 Cal ski 10 Overhead Squat 5 bar Muscle up
Sabato	ENDURANCE	Murph		
Domenica	ENDURANCE	Bulger: 10 rounds 150 mt Run 7 Chest To Bar 7 Front Squats 7 Handstand Push Ups		