

Week	Workout A		Workout B	
Lunedì	5 rounds 15 Seated leg raises 8 Goblet Squat 5" in buca	14 AMRAP 14/10 Cal row 20 med ball Sit Ups 20 DB1 snatch	Week 2 5 rounds 20" L-Sit 10 Ring dips	14 AMRAP 4 Bar Muscle Ups 8/6 Cal bike 12 DB1 snatch
Martedì	E2MOM 10 min: 8 DB2 Squat Clean 12 Burpees	5 rounds of: 8 renegade Push Ups 10 box jump over 12 wall Balls	E2MOM 10 min: 2 high hang power clean + 2 high hang squat clean	7 rounds of: 4 power Clean 7 box jump over 9 TTB
Mercoledì	WEEK 1 Deadlift 8-8-6-6-6	4 rounds 40" on 20" off cal row Pull Ups V-ups Step Ups	WEEK 1 Deadlift 6-6-4-4-4	4 rounds 40" on 20" off Push press Cal skierg BB lunges burpees
Giovedì	9' EMOM - 12 nordic curl - 11/8 Cal bike - 3/4 Wall climbs	12' AMRAP 6 Pull Ups 9 ring/box dip 12 pistol squat 15 mt farmer carry	9' EMOM - 16 pistol - 20 crosshack Squat - 2 pegboard	12' AMRAP 6 Chest to bar 9/6 Cal bike 12 Push Ups 15 wall Balls
Venerdì	Da 0' a 12' AMRAP 16 1 arm KB swing 16 KB Thrusters 32 Double unders	Da 18' a 30' 16 KB2 reverse lunges 11/8 Skierg 10 Tose to bar	Da 0' a 12' Ogni 2' 3 Hang power snatch	Da 18' a 30' 250/200 mt row 6 Squat snatch 6 strict HSPU
Sabato	ENDURANCE	A coppie 1 mile row 50 hang sq. clean 50 floor press 1 K run 50 hang p clean 50 floor press		
Domenica	ENDURANCE	20' AMRAP 10 wall balls 10 V-Ups 10 Pull Ups 200 mt run increase 5 wall balls every rounds		