

| Week             | Workout A   |   | Workout B   |   |
|------------------|---|---|---|---|
| <b>Lunedì</b>    | 4 rounds<br>1' Chinese plank<br>10+10 Bulgarian split Squat             | A coppie<br>20' AMRAP<br>400 Run<br>20 Pull Ups<br>30 V-Ups<br>40 AM Swings                   | Week 4<br>5 rounds<br>6 Weighted ring dips<br>16 pistol Squat         | A coppie<br>20' AMRAP<br>400 Run<br>30 Pull Ups<br>30 HSPU<br>30 KB2 Squat        |
| <b>Martedì</b>   | EMOM 10 min:<br>- 8/10 Renegade Push Ups<br>- 15 Sit ups                | 5 rounds<br>9/7 Cal bike<br>12 DB snatch<br>9 box jumps<br>12 ring row                        | E2MOM 10 min:<br>1 high hang power clean +<br>1 high hang squat clean | 5 rounds<br>12 Wall balls<br>6 Clean<br>12/8 Cal row<br>6 Jerk                    |
| <b>Mercoledì</b> | WEEK 3<br>Deadlift<br>4-4-2-2-2   | 6 rounds<br>9 wall Balls<br>9/7 Cal bike<br>9 DB2 Hang Clean<br>9 Sit Ups med ball            | WEEK 4<br>Deadlift<br>4-4-2-2-2                                       | 6 rounds<br>6 Thrusters<br>6 Burpees<br>6 Pull Ups<br>6 TTB                       |
| <b>Giovedì</b>   | 5 rounds<br>20" L-Sit bar<br>40" plank                                  | 15' AMRAP<br>400mt row<br>10 Burpees<br>10 HSPU o 15 Push ups                                 | 4 rounds<br>12+12 1leg wall deadlift<br>10mt HS Walk                  | 15' AMRAP<br>12/8 Cal bike<br>4 Bar Muscle Ups<br>8 box jumps<br>40 double unders |
| <b>Venerdì</b>   | Da 0' a 12'<br>EMOM<br>- 10/8 Cal skierg<br>- 12 TTB<br>- 12 DB2 lunges | Da 18' a 30'<br>300mt row<br>5 devil press<br>7 Pull Ups<br>9 goblet Squat                    | Da 0' a 12'<br>Ogni 2'<br>1 Hang power + 1 Hang Squat snatch          | Da 18' a 30'<br>200 run<br>4 power snatch<br>6 Overhead Squat<br>8 HSPU           |
| <b>Sabato</b>    | ENDURANCE   | A coppie<br>25' AMRAP<br>2 hill sprint<br>20 Hang p Clean e jerk<br>30 Wall Balls<br>40 V-ups |   |   |
| <b>Domenica</b>  | ENDURANCE   | 6 Rounds<br>30 Air Squats<br>19 Power Cleans<br>7 Strict Pull-Ups<br>400 meter Run            |   |   |