

| Week | Workout A | | Workout B | |
|------------------|--|--|--|--|
| Lunedì | Rowing session 10 rounds 40" ON 40" off | 14' AMRAP 10/8 Cal bike 3 wall walks 15 AM Swings | Week 1 Ogni 2' x 6 rounds 12/15 HSPU | 2 rounds 750/600 mt row 15 bar Muscle Ups 40 DB2 lunges |
| Martedì | EMOM 9': - 8/10 KB 1 on leg deadlift - 8/10 KB Z-press - 8/10 Cal bike | Ogni 3' x 15' 15/12 Cal row 16 DB1 snatch | OGNI 90" x 6 Tempo snatch 4" da terra 2 reps | Ogni 3' x 15' 30 double unders 20 wall Balls 8 snatch |
| Mercoledì | WEEK 1 Front Squat 5-5-5-5-5 | Da 10 a 1 Wall balls Pull Ups 50 rompe Jumps | WEEK 1 Overhead Squat 5-5-5-5-5 | Da 10 a 1 Thrusters Cal skieg 1 hill sprint |
| Giovedì | 5 rounds 3 wall climbs 16 crosshack Squat 16 leg raises | 3 rounds 10 renegade Push Ups 15 burpee box Jumps 30 KB2 Front rack lunges | 5 rounds 8 chin Ups 16 crosshack Squat 16 leg raises | 5 rounds 10 TTB 10 Burpees 10/8 Cal bike 8+8 DB1 Hang Clean e jerk |
| Venerdì | Da 0' a 12' EMOM - 11/8 Cal skieg - 10 DB2 Squat - 14 DB2 Clean | Da 18' a 30' 400 mt Run then: 5 man Maker 10 TTB 20 DB1 thrusters | Da 0' a 12' Ogni 2' 3 Squat Clean | Da 18' a 30' 400 mt Run then: 6 Hang power Clean 8 dip 10 box Jumps |
| Sabato | ENDURANCE | A coppie 2k row 1 mile Run 120 DB Thrusters 80 TTB 40 strict Pull Ups 20 devil press | | |
| Domenica | ENDURANCE | Mc Ghee 20' AMRAP 5 deadlift 13 Push Ups 9 box Jumps | | |