

<b>Week</b>	<b>Workout A</b>		<b>Workout B</b>	
<b>Lunedì</b>	Rowing session 6 rounds 1' ON 1' OFF	A coppie 20' AMRAP 40 DB1 snatch 20 Pull Ups 40 pistol Squat 20 burpees	Week 2 Deficit HSPU 7 rounds 6 reps	a coppie 20' AMRAP 20 Cal bike 30 TTB 40 lunges 50 DB1 H snatch
<b>Martedì</b>	EMOM 9' - 12 KB2 deadlift - 30/40" KB2 hold - 16 KB2 lunges	EMOM 11/8 Cal skieg 20/16 Wall Balls 10/8 V-Ups + 10/8 box Jumps	OGNI 90" x 6 Tempo snatch 4" da terra 2 reps	EMOM 12/9 Cal row 10 Thrusters 10 Push press
<b>Mercoledì</b>	WEEK 2 Front Squat 4-4-4-4-4	14' AMRAP 300mt Run 12 TTB 8 renegade Push Ups	WEEK 2 Overhead Squat 4-4-4-4-4	14' AMRAP 300mt Run 12 Pull Ups 6 Snatch
<b>Giovedì</b>	5 rounds 8 Ring / 12 box dip 1' Elevated feet plank	3 rounds 30 Cal row 20 AM Swings 10 Cal bike	5 rounds 15" Pull Ups hold 1' Elevated feet plank	3 rounds 10 bar Muscle Ups 20 Burpee step Ups DB2 30 wall Balls
<b>Venerdì</b>	Da 0' a 12' EMOM - 1 hill sprint - 16 DB1 H snatch - 16 DB2 floor press	Da 18' a 30' 10 burpees 10 DB2 Squat 20 DB1 Hang C&J	Da 0' a 12' Ogni 2' 3 Squat Clean	Da 18' a 30' 7/9 cal bike 3 Clean e jerk @70/50 9 TTB
<b>Sabato</b>	ENDURANCE	CHIUSI		
<b>Domenica</b>	ENDURANCE	CHIUSI		