

Week	Workout A		Workout B	
Lunedì	Rowing session 3 rounds a coppie 500mt row I go u go		Week 3 Deficit HSPU 12' E2M 8/10 HSPU + 8/10 ring dip	ELITIUM 2.0 20' AMRAP A coppie 20 cal bike 20 DB2 Thrusters 20 TTB 20 DB1 devil press
Martedì	EMOM 12' - 15 Hip Thrust - 8+8 Z press - 50" plank	Da 20 a 2 10/7 Cal skieg DB1 lunges DB1 snatch	OGNI 2' x 12' Pause snatch 5" below the Knee 2 reps	da 1 a 10 Cal bike Snatch Pull Ups
Mercoledì	WEEK 3 Front Squat 3-3-3-3-3	12' EMOM Hill sprint 15 AM Swings 6/8 box j + 10/12 Push Ups	WEEK 3 Overhead Squat 3-3-3-3-3	12' EMOM 12/8 hill sprint 6 deadlift + 6 burp. 12 toes to bar
Giovedì	5 rounds 30" hollow 15 Seated leg raises 15 dog Push ups	4 rounds 25 Wall Balls 20 ring row 15 TTB 15' time cap	5 rounds 20" L-Sit 15 Seated leg raises 10 Chest To bar	4 rounds 10 mt HS walk 20 Cal row 30 pistol Squat 15' time cap
Venerdì	Da 0' a 12' EMOM - 13/10 Cal row - 12 KB2 deadlift - 16 KB1 Push pr.	Da 18' a 30' 10 burpees 10 DB2 step Ups 10 DB2 renegade row	Da 0' a 12' Ogni 2' 2 Squat Clean Touch e go	Da 18' a 30' 2 hill sprint 8 Hang p. Clean 4 Bar Muscle Ups
Sabato	ENDURANCE	A coppie 20' AMRAP 2 hill sprint 30 power Clean 20 burpee Pull Ups 30 Push press		
Domenica	ENDURANCE	Ogni 8' x 24' 15/20 Cal bike 300 mt Run 15/20 Cal skieg 30 Swings		