

Week	Workout A		Workout B	
<b>Lunedì</b>	Rowing session 3 rounds 2' ON 2' OFF  I go u go	5 rounds 12 Wall balls 10 DB2 push press 8 burpee Box Jumps 2 Wall climbs	Week 4 12' EMOM Strict HSPU	5 rounds 10/8 cal row 10 Pull Ups 10 pistol 10 burpees
<b>Martedì</b>	EMOM 12' - 15 romanian KB deadlift - 15 KB1 Front raises - 15 ring row	14' AMRAP 9/7 Cal bike 12 Sumo high pull 9/7 Cal skierg 12 TTB	OGNI 2' x 12' Pause snatch 5" below the Knee 2 reps	14' AMRAP 10/8 Cal ski 6 Hang Snatch 15 Wall Balls 10 box Jumps
<b>Mercoledì</b>	WEEK 4 Front Squat 2-2-2-2-2	3' ON 1 OFF X 4 2 Hill sprint 10 Pull Ups 12 DB1 snatch	WEEK 4 Overhead Squat 2-2-2-2-2	3' ON 1 OFF X 4 2 Hill sprint 10 Push press 12 AM Swings
<b>Giovedì</b>	4 rounds 10 strict TTB 20 commandos 30" HS hold	7 rounds 8/7 cal row 10 Push Ups 12 lunges	4 rounds 8 mt HS walk 2 peg board 20 weight. Sit Ups	7 rounds 3 bar Muscle Ups 5 snatch @50/35 7/6 Cal bike
<b>Venerdì</b>	Da 0' a 12' EMOM - 15 KB2 row - 14 kb1 Bulgarian - 13 AM Swings	Da 18' a 30' 300mt Run 12 DB2 Thrusters 15 V-Ups	Da 0' a 12' Ogni 2' 2 Squat Clean Touch e go	Da 18' a 30' 300mt Run 10 power Clean 10 Thrusters @45/30
<b>Sabato</b>	ENDURANCE	A coppie 20' AMRAP 20 Cal bike 20 deadlift 40 TTB 40 HSPU		
<b>Domenica</b>	ENDURANCE	3 rounds 800 mt row 40 Push Ups 400 mt Run 20 Pull Ups		