

Week	Workout A		Workout B	
Lunedì	Test row 2k	5 rounds 16 V-ups 12 KB Swings 16 KB lunges 12 box Jumps	Week 5 Max strict HSPU Max kipping HSPU	5 rounds 12 TTB 12 KB Swings 12 BB lunges 12 Box Jumps
Martedì	EMOM 12' - 16 KB crosshack Squat - 16 KB russian 1 arm - 15 KB Skull crusher	4' ON 1' OFF 10 Burpees 14 DB Hang snatch 10 TTB	In 12' Trova il massimale di snatch	4' ON 1' OFF 9/7 Cal bike 9 Pull Ups 6 Snatch @60/40
Mercoledì	WEEK 5 Front Squat 1 RM	For time 60 wall Balls 50 Push Ups 40 Pull Ups 30 Cal bike	WEEK 5 Overhead Squat 1 RM	For time: 40 Cal row 30 Thrusters 20 bar Muscle Ups 100 double unders
Giovedì	6 rounds 10 Dog Push Ups 30" Hollow 10 Weighted Sit Ups	12' EMOM 4/5 Wall climbs 25 Air Squat 14/11 Cal row	6 rounds 5 Strict Pull Ups 30" Hollow 10 Weighted Sit Ups	12' EMOM 10/8 Cal skierg 6 Deadlift + 12 Push Ups 16 Pistol Squat
Venerdì	Da 0' a 12' EMOM - 9 Renegade row - 8 Step Ups - 45" hollow	Da 18' a 30' 9/7 Cal skierg 10 DB2 Thrusters 10 DB1 devil press 50 Rope jumps	Da 0' a 12' In 12' Squat Clean 1 RM	Da 18' a 30' 10 Burpees OTB 10 Hang power Clean 10 Ring dip 10 wall Balls
Sabato	ENDURANCE	A coppie 20' AMRAP 20 Box jumps 30 Cal row 20 Snatch 30 Pull Ups		
Domenica	ENDURANCE	3 rounds 100 rope jumps 20 Cal skierg 20 Thrusters 50 Sit Ups 10 devil press 10 BB lunges		