

Week	Workout A		Workout B	
Lunedì	Week 1 10' EMOM 6/12 Push Ups + Double unders Same minute	5 rounds 10/8 Cal row 10 Pull ups 20 Lunges 20 V-ups 16' time cap	Week 1 6 rounds 5/7 Strict Pull + 8/10 TTB Unbroken!!!	5 rounds 9 HSPU 9/7 Cal skierg 12 Wall Balls 12 DB snatch 16' time cap
Martedì	EMOM 12' - 8/10 Tempo 5" KB2 deadlift - 12/14 KB Pull no swing - 12/15 Bodyw. leg extension	14' AMRAP 8/6 Cal skierg 20 DB1 Squat Clean 8 renegade Push ups	Ogni 2' x 12' 2 Clean Pull + 2 Hang Squat Clean + 1 Squat Clean	14' AMRAP 6 Power Clean 12/9 Cal row 12 ring dip
Mercoledì	WEEK 1 Press 10 x 5 rounds	4 rounds 20 DB1 Thrusters 20 TTB 20 Box Jumps	WEEK 1 5 rounds 3 Push press + 3 Push jerk	10' AMRAP 9 Pull Ups 7/6 Cal bike 5 deadlift @100/65 Speed!
Giovedì	4 rounds 16 One leg wall deadlift 16 Pistol Squat 30" hollow	12' EMOM - 8 x (8+1) mountain climbs da burpees - 20 Wall Balls - 16 DB1 Hang Clean e jerk	4 rounds 10 Nordic curl 20 Step down 30" L-Sit hold	12' EMOM - 4/6 burpee bar Muscle Ups - 10 Thrusters - 50/60 Double unders
Venerdì	Da 0' a 12' EMOM - 20 DB Hang snatch - 15 Pull Ups - 10/7 Cal bike	Da 18' a 30' 300 mt run 12 DB2 Push press 12 DB2 step Ups	Da 0' a 12' EMOM2 power snatch + 3 Overhead Squat	Da 18' a 30' 300 mt run 8 Hang snatch @45/30 12 TTB
Sabato	ENDURANCE	A coppie 20' AMRAP 20 Cal skierg 30 Thrusters 20 burpee step Ups DB2 40 TTB		
Domenica	ENDURANCE	4 rounds 15 Cal row 30 Push Ups 10 deadlift 20 Pull Ups 100 Rope Jumps 30' TIME CAP	OPEN GYM NO COACH!	