

| Week | Workout A | | Workout B | |
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| Lunedì | Week 2 10' EMOM 8 DB1 snatch + D. U. | 5 rounds 10/8 Cal skieg 10 TTB 20 Air Squat Burpees | Week 2 EMOM 10' 4/6 Strict Pull + 9/12 Push Ups | 12' EMOM 8 power Clean 9 mt HS walk 12/9 Cal bike |
| Martedì | EMOM 12' 12 KB Sit Ups - 14 KB Thrusters - 16 KB swing 1 arm | 5 rounds 8 Devil press 2 Wall climbs 16 Lunges 12 V-Ups | Ogni 2' x 12' 2 Clean Pull + 2 Hang Squat Clean + 1 Squat Clean | 4 rounds 20 Wall Balls 5 Bar Muscle Ups 10 Push jerk 5 burpee Box Jumps |
| Mercoledì | WEEK 2 5 rounds 8 Press | 4 rounds 15/12 Cal row 15 Wall Balls 15 KB2 Deadlift | WEEK 2 5 rounds 2 Push press + 3 Push jerk | 5 rounds 2 hill sprint 10 Thrusters 10 toes to bar 30 Double unders |
| Giovedì | 4 rounds 12 Strict TTB 16 jumping lunges 20" Ring dip hold | 15' AMRAP 10/8 CAL bike 30 DU 10 Thrusters | 4 rounds 3/4 Strict ring Muscle Ups 12 plyo box j over 12 pistol | 15' AMRAP 15 AM Swings 12 KB ov. Lunges 9 HSPU |
| Venerdì | Da 0' a 12' EMOM - 8/10 Renegade Push Ups - 10/12 DB2 step ups - Plank 45" | Da 18' a 30' 2 hill sprint 10 Pull Ups 10 DB2 snatch | Da 0' a 12' EMOM2 1 power snatch + 3 Overhead Squat | Da 18' a 30' 12/9 Cal row 12-9-6-3 Squat snatch @40/50/60/70 |
| Sabato | ENDURANCE | A coppie 20' AMRAP 300 mt run 20 snatch 30 Cal row 20 bar Muscle Ups | | |
| Domenica | ENDURANCE | 4 rounds 12 burpees 12 TTB 12 BB lunges 12 Hang Clean 2 hill sprint 30' TIME CAP | | |