

Week	Workout A		Workout B	
<b>Lunedì</b>	5 rounds 30" Handstand hold 8 Pike Push Ups	15' EMOM - 12 Pull Ups - 16 box Jumps over - 20 Sit Ups med ball	7/8 rounds 5 No se to wall HSPU	15' EMOM - 7 Burpee step Ups - 2 rope climbs - 1 hill sprint
<b>Martedì</b>	Ogni 90" x 6 - 1/2 hill sprint - 20 DB1 Snatch	3 rounds 10 DB2 Thrusters 10 Tops to bar 3 rounds 6 devil press 12 Cal row	Ogni 90" x 6 1 Squat snatch To 1 RM	3 rounds 10 Thrusters 50 double unders 3 rounds 10 power snatch 10 box Jumps
<b>Mercoledì</b>	WEEK 3 Deadlift 4-4-4-4-4	4 rounds 400 mt Run 15 GHD Sit Ups 15 wall balls	WEEK 4 Deadlift 2-2-2-2-2	4 rounds 400 mt Run 12 Toes to bar 12 HSPU
<b>Giovedì</b>	9' EMOM - 12+12 One leg deadlift - 45" wall Squat - 10+10 bulgarian split Squat	4 rounds 15 Burpees 20 DB1 hang C&J 3 wall climbs	8' EMOM 6/8 Chin Ups 8/10 ring curl  Opzione 2 tecnica HSPU	4 rounds 21/18 Cal row 14 DB snatch 7 strict Pull Ups
<b>Venerdì</b>	Da 0' a 12' EMOM - 8/10 Cal skierg - 15 AM Swings - 12 KB1 Thruster	Da 17' a 30' AMRAP 12 AM Swings 12 goblet Squat 12 ring Push Ups 12 Cal row	Da 0' a 12' E2M 1 power Clean & jerk	Da 17' a 30' AMRAP 8 Hang Clean e jerk 8 back squat 10/8 Cal ski 20 GHD Sit Ups
<b>Sabato</b>	ENDURANCE	Hero Wod The Don	For time: 66 deadlift 66 box Jumps 66 KB Swings 66 Knee to Chest 66 Sit Ups 66 Pull Ups 66 Thrusters 66 wall balls 66 burpee 66 double unders	
<b>Domenica</b>	OPEN GYM	No wod		