

Week	Workout A		Workout B	
Lunedì	5 rounds 8 Seated press 12 KB romanian deadlift	For time 50 wall balls 40 step Ups KB 30 renegade Push Ups 40 V-ups 500 mt row	5 rounds 8 HSPU 12 romanian deadlift	For time: 500 mt row 40 pistol 30 clean 40 Pull Ups 500mt skierg
Martedì	Ogni 2' x 10' 6 shuttle Run 20mt 16 DB snatch	4 rounds 15 burpees 12 DB1 Ov lunges 3 wall climbs	Ogni 2' x 10' 1 power snatch + 2 Overhead Squat	4 rounds 15 burpee otb 7 Squat snatch 3 wall climbs
Mercoledì	Back Squat 3-3-3-3-3 Rest 2'	12' AMRAP 10/8 Cal skierg 10 AM Swings 10 TTB	Back Squat 3-3-3-3-3 Rest 2'	12' AMRAP 10 box jump over 6 Hang power Clean 4 Bar m Ups
Giovedì	4 rounds 12/12 pallof press 10/10 Bulgarian split Squat	7 rounds 9 Thrusters 30 DU	4 rounds 4/5 Strict Pull Ups con 3" hold top ogni reps 10/10 Bulgarian split Squat	7 rounds 12 Wall Balls 9 Toes to bar
Venerdì	Da 0' a 12' EMOM - 10 Pull Ups - 12/9 Cal row - 16 goblet Squat	Da 18' a 30' 10 Box Push Ups 12 Box Jump ov 14 DB1 Hang C&J	Da 0' a 12' EMOM 1 Clean Pull + 1 Hang Squat Clean	Da 18' a 30' 8 Thrusters 12/9 Cal row 8 Ring dip
Sabato	ENDURANCE	25' AMRAP A coppie 400 mt Run 20 power clean 20 burpees 40 Cal skierg		