

Week	Workout A		Workout B	
Lunedì	4 rounds 10 Nordic curl 8/8 One leg deadlift 30" Hang bar hold	4 rounds 2 hill sprint 15 box Jumps 15 Pull Ups	4 rounds 30" weighted Chinese Plank 15 Plyo box Jumps 10 mt HS walk	4 rounds 2 hill sprint 15 AM Swings 15 TTB
Martedì	Ogni 2' x 12' 10 DB2 Hang Squat Clean Thrusters 40 DU	For time 1000 mt Run 15-12-9 Deadlift @80/60-95/70-110/ 80 1000 mt row	Ogni 2' x 12' 4 Hang Clean Pull + 1 Power Clean	For time 1000 mt row 12-9-6 Power Clean @70/50-85/60-100/ 70 1000 mt Run
Mercoledì	Push Press Ogni 90" x 8 rounds 5 reps	3 rounds 10 prisoner burpees 20 DB1 Hang C&J 30 DB1 lunges	Press Ogni 90" x 8 rounds 10-8-8-5-5-8-8-10	3 rounds 10 burpees box Jumps 20 DB1 Hang C&J 30 DB1 lunges
Giovedì	3 rounds 1' Weighted plank 15/20 box dip 30" Sumo Squat hold	12 EMOM 16 Step Ups 12/9 Cal ski 12/16 TTB	4 rounds 10 Chin Ups 30" Hollow 10 Ring dip	12 EMOM 16 Pistol 12/16 HSPU 8 Deadlift
Venerdì	Da 0' a 12' E2M 3 man Makers 12/9 Cal row	Da 18' a 30' 3 Wall climbs 12 Wall balls 12 DB snatch	Da 0' a 12' E2M 4 Snatch lift off Directly into 1 Hang Snatch	Da 18' a 30' 15 Wall balls 5 Snatch 5 Bar Muscle Ups
Sabato	ENDURANCE	30' AMRAP A coppie 400 mt Run 20 Thrusters 40 Pull Ups 20 devil press DB1		