

Week	Workout A		Workout B	
Lunedì	4 rounds 12/15 Strict bar leg raises 30mt KB Farmer Carry Front rack	For time 300mt Run 50 Pull Ups 300mt Run 100 Push Ups 300 Run 150 Air Squat	4 rounds 12/15 Strict bar leg raises 30mt Farmer Carry Front rack	For time 300mt Run 30 bar Muscle Ups 300mt Run 50 HSPU 300 Run 70 pistol
Martedì	Ogni 2' x 12' 8/10 BB Good morning 12 Ring row	13' AMRAP 6 Devil press 9 TTB 12 Wall balls	Ogni 2' x 12 2 Hang Clean Pull + 2 Squat Clean below Knee	13' AMRAP 6 Hang power Clean 9 TTB 12 Wall balls
Mercoledì	Push Press Ogni 90" x 8 rounds 4 reps	12' EMOM - 15 sumo deadlift high Pull - 12/9 Cal ski - 12 Box Jumps	Press Ogni 90" x 8 rounds 8-6-6-3-3-6-6-8	12' EMOM - 10 Deadlift - 12/9 Cal row - 10 Ring dip
Giovedì	4 rounds 8/10 Pike Push ups 16/20 Weighted crossack Squat	5 rounds 8 DB Thrusters 10/8 Cal row 10 AM Swings	4 rounds 5/6 Nose to wall HSPU 16/20 Weighted crossack Squat	5 rounds 8 Thrusters 8 Devil press 12 box Jumps
Venerdì	Da 0' a 12' E2M 2 Hill sprint 16 DB Hang snatch	Da 18' a 30' 12 Overhead lunges 8 Prisoner Burpees 50 Rope Jumps	Da 0' a 12' E2M 3 Snatch deadlift + 2 Squat Snatch	Da 18' a 30' 4 Squat Snatch 8 Burpee Pull Ups 12/9 Cal skierg
Sabato	ENDURANCE	30' AMRAP A coppie 1000 mt row 30 Push press 30 TTB 40 front Squat (same load Press) 40 AM swings		