

Week	Workout A		Workout B	
Lunedì	3 rounds 45" Hollow 45" Feet elevated plank 1' Chinese plank	15' AMRAP 14 step down 14 DB snatch alt. 14 Push Ups	10' Strict ring Muscle Ups Technique	15' AMRAP 16 pistol Squat 14 DB snatch alt. 12 HSPU
Martedì	5 rounds 15 KB Squat Jumps 10 KB Front raises 10 KB biceps curl	12' EMOM - 10 DB2 squat Clean - 12/15 Pull Ups - 12/9 Cal row	In 12' Find: 1 RM power Clean	12' EMOM - 10 Hang power clean - 18 Wall Balls - 12/9 Cal Skierng
Mercoledì	Push Press Find 1RM	6 rounds 12 Wall Balls 12 AM Swings 1 Hill sprint	Press Find 1RM	6 rounds 8 Thrusters 1 Hill sprint 15/12 Cal row
Giovedì	4 rounds 20" Ring dip top hold 10 Strict TTB 12 hamstrings slyding curl	For time 30 Burpees 30 Deadlift 30 Toes to bar 30 DB2 Push press 30 DB2 lunges Cash out: 200 DU	4 rounds 6/8 chin Ups 12 Strict TTB 12 hamstrings slyding curl	For time 30 Burpees 30 Deadlift 30 Pull Ups 30 Ring dip 30 BB lunges Cash out: 200 DU
Venerdì	Da 0' a 12' E2M Devil press Cal row	Da 18' a 30' 20 DB1 Thrusters 2 Wall climbs 9/7 Cal skierng 20 KB Sumo high Pull	Da 0' a 12' E2M 1 RM snatch	Da 18' a 30' 12 Thrusters 5 bar Muscle Ups 5 Squat snatch 12/9 Cal row
Sabato	ENDURANCE	30' AMRAP A coppie 200mt Run 30 Push press 2 hill sprint 30 back Squat 20 burpees 30 TTB		