

<b>Week</b>	<b>Workout A</b>		<b>Workout B</b>	
<b>Lunedì</b>	5 rounds 8 chin Ups 30" HS hold 12 broad Jumps	15' EMOM - 12/9 Cal skierg - 16 DB1 snatch - 20 DB1 lunges	10' Strict ring Muscle Ups Technique	15' EMOM - 12 Pull Ups - 16 DB1 snatch - 20 DB1 lunges
<b>Martedì</b>	Ogni 3' x 15' 8/10 Z- press 8/10 Strict TTB 12/15 Hip thrust	4 rounds 15 wall balls 12 AM Swings 9 renegade Push Ups	Ogni 2.30' x 15' 2 Snatch Pull + 1 Hang power snatch + 1 Hang Squat snatch	4 rounds 15 wall balls 5 power snatch 10 Strict HSPU
<b>Mercoledì</b>	Ogni 2' x 12' Back Squat 3 reps	For time 50 Toes to bar 50 KB2 Deadlift 50 KB1 Push press 50/40 Cal row	Ogni 2' x 12' Overhead Squat 3 reps	For time 50 Toes to bar 50 Deadlift 50 DB1 press 50/40 Cal skierg
<b>Giovedì</b>	4 rounds 3 wall climbs 10 dog Push Ups 8/8 Bulgarian split Squat	12' AMRAP 10 Burpees 10/8 Cal skierg 30 Air Squat	4 rounds 10mt HS walk 8 Weighted dips 8/8 Bulgarian split Squat	12' AMRAP 10 Burpees 5 Bar Muscle Ups 10 Pistol Squat
<b>Venerdì</b>	Da 0' a 12' E2M 12/9 Cal row 16 DB Hang Clean & jerk	Da 18' a 30' 50 single unders 10 step Ups 10 DB2 Thrusters 10 Pull Ups	Da 0' a 12' E2M (1 Power Clean + 1 Front Squat) x 2	Da 18' a 30' 30 double undes 12/9 Cal row 6 cluster 3 rope climbs
<b>Sabato</b>	ENDURANCE	5 rounds A coppie 30 Toes to bar 20 Burpee Box Jumps 30 Cal row 20 Hang Clean & jerk		