

| Week | Workout A | | Workout B | |
|------------------|---|---|--|--|
| Lunedì | 5 rounds 3 wall climbs 40" lateral Plank each side | For time 100 Double unders 50 TTB 50 Front Squat 1000mt Run (row) | 10' Kipping ring Muscle Ups Technique | For time 100 Double unders 30 Squat Clean 30 Bar Muscle Ups 1000mt Run (row) |
| Martedì | Ogni 3' x 12' 8 devil Press 8 chin Ups 16 jumping lunges | 12' EMOM 16 AM Swings 10/8 Cal skierg 16 KB1 Thrusters | Ogni 2' x 12' 1 RM Hang power snatch + Hang Squat snatch | 12' EMOM 7 Power snatch 13/10 Cal row 21 Push Ups |
| Mercoledì | Ogni 2' x 12' Back Squat Massimale | 21-15-9 Wall Balls Burpees DB1 Hang Clean e jerk | Ogni 2' x 12' Overhead Squat Massimale | 21-15-9 Thrusters Burpees Toes to bar |
| Giovedì | 6 rounds 40" ON 20" OFF Push Ups Hollow | 5 rounds 10 Pull Ups 10 box Jumps 12/9 Cal row | 6 rounds 40" ON 20" OFF HSPU Hollow | 5 Rounds 2 legless rope climbs 7 deadlift 15 wall balls |
| Venerdì | Da 0' a 12' E2M 8/10 DB2 Squat Clean 2/3 wall climbs | Da 18' a 30' 20 Lunges 15 AM Swings 10 DB2 Push press | Da 0' a 12' E2M Massimale Squat Clean | Da 18' a 30' 12-9-6-3 @50-60-70-80 Hang power Clean & jerk 400/300 mt row |
| Sabato | ENDURANCE | 3 rounds A coppie 50 Wall balls 40 Pull Ups 30 Toes to bar 20 DB2 Devil press 1000 mt row | | |