

Week	Workout A		Workout B	
<b>Lunedì</b>	5 rounds 12 Ponated show angel 6/8 chin Ups// 10/12 ring row	12 EMOM - 12/9 Cal skierg - 20 goblet squat - 20 russian Swings	10' Handstand Technique	12' EMOM - 13/10 Cal row - 13 Thrusters - 13 Pull Ups
<b>Martedì</b>	Ogni 3' x 12' 10 romanian deadlift 10 high box Jumps 30" Handstand hold	16' AMRAP 10 Push Ups 12 DB Hang c & j 14 DB step Ups	Ogni 2' x 12' 5 Halting Clean deadlift + 1 power Clean	16' Amrap 3 Squat Clean 9 dip 18 box Jumps
<b>Mercoledì</b>	Ogni 2' x 12' Sumo deadlift 10-10-7-7-4-4	5 rounds 11/8 Cal row 3 Wall climbs 11 Tose to bar	Ogni 2' x 12' Sumo Deadlift 8-8-5-5-3-3	5 rounds 10/7 Cal skierg 3 Rope climbs 10 Front rack lunges
<b>Giovedì</b>	6 rounds 40" ON 20" OFF Row Sit Ups Cossack Squat Box dip	For time 40 Burpees 40/30 Cal skierg 60 DB press 60 Overhead lunges	4 rounds 40" ON 20" OFF TTB Pistol Squat Ring Muscle Ups/ L-Pull Ups	For time 40/30 Cal row 40 Burpees 40 HSPU 40 Overhead Squat
<b>Venerdì</b>	Da 0' a 12' E2M 15/12 Cal row 12/16 DB Hang snatch	Da 18' a 30' 6 Renegade Push Ups 9 Sumo high Pull 12 Wall Balls	Da 0' a 12' E2M 2 Power snatch + 3 snatch balance	Da 18' a 30' 4 bar Muscle Ups 8 Push press 12 Wall Balls
<b>Sabato</b>	ENDURANCE	4 rounds A coppie 10 Man Makers 20 Hang Power snatch 30 Box Jumps 40 Front Squat 500 mt skierg		