

<b>Week</b>	<b>Workout A</b>		<b>Workout B</b>	
<b>Lunedì</b>	4 rounds A coppie 20mt KB1 Overhead walk 20 mt Sled Push 1 rounds ognuno	15' AMRAP 16 V-Ups 12 Push Ups 8 devil press 1DB	10' Handstand Technique	15' AMRAP 12 TTB 9 Push jerk 6 devil press
<b>Martedì</b>	Ogni 3' x 12' 6 slam ball shouldering 15/11 Cal skieg	5 rounds 20 DB1 Thrusters 15 ring row 10 box Jumps	Ogni 2' x 12' 4 Halting Clean deadlift + 2 power Clean	6 Rounds 5 cluster 7 burpee Pull Ups 30 double unders
<b>Mercoledì</b>	Ogni 2' x 12' Sumo deadlift 10-10-7-7-4-4	For time 70 Wall balls 60 AM Swings 500 Mt row 40 Pull Ups	Ogni 2' x 12' Sumo Deadlift 8-8-5-5-3-3	For time 60 Wall Balls 50 hang power Clean 40 Ring dip 30 Cal skieg
<b>Giovedì</b>	6 rounds 40" ON 20" OFF Dog Push Ups Hollow Gorilla row	16' EMOM 12/15 Toes to bar 16/20 Lunges 12/15 DB Push press 50/70 Rope Jumps	4 rounds 40" ON 20" OFF Hamstrings curl Rope climbs Plank	16' EMOM Bar Muscle Ups Front Squat HS walks AM Swings
<b>Venerdì</b>	Da 0' a 12' E2M Floor press DB1 snatch	Da 18' a 30' A coppie 10 Shouldering ball 20 Burpees 30 Cal row 40 HSPU/pike Push Ups	Da 0' a 12' E2M 3 Power snatch + 2 snatch balance	Da 18' a 30'
<b>Sabato</b>	ENDURANCE	30' AMRAP A coppie 40mt sled push 20 power snatch 60 step Ups 30 renegade Push Ups		