

Week	Workout A		Workout B	
Lunedì	4 rounds 10/10 Step down 10 Strict TTB 20" Ring dip hold	10 rounds 8/7 Cal row 7 box jumps 6 burpees	10' Handstand Technique	10 Rounds 3 Bar Muscle Ups 5 Thrusters 7 Burpees
Martedì	Ogni 3' x 12' 8/8 One leg wall deadlift 16 Jumping lunges 16 Ring row	2 rounds 30 KB2 Deadlift 30 KB2 Squat 30 Pull Ups 30 Push Ups	Ogni 2' x 12' 3 reps 5" Knee pause power Clean (comincia sempre da terra)	2 rounds 30 Deadlift 15 Hang Squat Clean 15 Cal skierg 30 Push Ups
Mercoledì	Ogni 2' x 12' Sumo deadlift 8-8-5-5-3-3	16' EMOM 11/8 Cal ski 16/20 Hang Db snatch 16 Box jumps 16/20 Med ball Sit ups	Ogni 2' x 12' Sumo Deadlift 6-6-4-4-2-2	16' Emom 12/9 Cal row 12 Push press 6/8 Slam ball 40 Double unders
Giovedì	4 rounds 10/10 Commandos 20" L-sit hold 10/10 Renegade row	14' AMRAP 8 Ring dip 12 Step Ups 16 Wall balls	4 rounds 10 Ring dip 10 Pull Ups Strict 40" Hollow	14' Amrap 5 Strict HSPU 10 Pistol 15 Wall balls
Venerdì	Da 0' a 12' E2M 20 Hip thrust 20mt Sled Pull	Da 18' a 30' 12 DB1 Hang Clean e jerk 12 Overhead lunges 12 Toes to bar	Da 0' a 12' E2M 3 Power snatch + 2 snatch balance	Da 18' a 30' 12 toes to bar 6 Overhead Squat 12 AM Swings 8/7 Cal row only arms
Sabato	ENDURANCE	For time A coppie 80 Cal row 80 Thrusters 80 Pull Ups 80 Sumo high Pull 80 Cal ski		