

<b>Week</b>	<b>Workout A</b>		<b>Workout B</b>	
<b>Lunedì</b>	4 rounds 30mt Waiter's carry 20mt Sled Pull 1' Plank	For time 40 wall balls 40 box jumps 40 Push press 40 Push Ups 40 step Ups 40 wall balls	10' Handstand Technique	For time 40 wall balls 40 box jumps 40 HSPU 40 Push Ups 40 step Ups 40 wall balls
<b>Martedì</b>	Ogni 3' x 12' 10 Good morning 16 Gorilla row 30 Russian twist	14' AMRAP 9 DB2 power Clean 12 burpees 15 ring row	Ogni 2' x 12' 3 reps 3 Hang Squat Clean	14' AMRAP 6 power Clean 9/7 Cal row 12 Pull Ups
<b>Mercoledì</b>	Ogni 2' x 12' Sumo deadlift 8-8-5-5-3-3	5 rounds 12/9 Cal row 10 Toes to bar 8 DB2 Thrusters	Ogni 2' x 12' Sumo Deadlift 6-6-4-4-2-2	5 rounds 12/9 Cal ski 10 Toes to bar 8 Thrusters
<b>Giovedì</b>	4 rounds 1' Chinese Plank 12 Plate lateral raises 20 Cossack Squat	15' EMOM 12/9 Cal skierg 16/20 Lunges 6/7 Slam ball	4 rounds 10 Glute ham raises 10 Strict TTB 1' Plank	15' EMOM 6/7 Bar Muscle Ups 12 Burpees 6/7 Slam ball
<b>Venerdì</b>	Da 0' a 12' E2M 20 AM Swings 10 renegade Push Ups	Da 18' a 30' 10+10 DB snatch 20 Goblet Squat 10+10 DB press	Da 0' a 12' E2M 2 Power snatch + 2 Overhead Squat	Da 18' a 30' 4 Squat snatch 8 ring dip 12/9 Cal row
<b>Sabato</b>	ENDURANCE	30' AMRAP A coppie 1000mt row 10 slam ball 60 wall balls 30 Push press		