



Week	Workout A		Workout B	
<b>Lunedì</b>		Buon	Natale	
<b>Martedì</b>		For time A coppie 150 Wall balls 150 Push Ups 150 KB Swings 150 Box jumps 2000mt row		For time A coppie 2000 mt row 80 HSPU 70 Box jumps 60 Power Clean 50 Bar Muscle Ups
<b>Mercoledì</b>	Sumo deadlift Massimale	12' EMOM 12 DB2 Thrusters 11/8 Cal skierg 10 Burpee step Ups	Sumo Deadlift Massimale	12 EMOM 30 DU + 8 Push press 15 Toes to bar 10 Burpees step Ups
<b>Giovedì</b>	4 rounds 1' Chinese Plank 12 Plate lateral raises 20 Cossack Squat	5 rounds 10 Pull Ups 20 DB Hang Clean e jerk 30 Air Squat	HS walk Testare i progressi con massimi mt in camminata o ostacoli	6 rounds 10 Ring dip 20 Pistol Squat 3 Rope climbs (legless)
<b>Venerdì</b>	Da 0' a 12' E2M 8 Sumo high Pull 16 Jumping step Ups	Da 18' a 30' 12/9 Cal row 15 Toes to bar 12 Plate snatch	Da 0' a 12' E2M Power snatch + Overhead Squat	Da 18' a 30' 7 Hang power snatch 21 Wall balls
<b>Sabato</b>	ENDURANCE	30' AMRAP A coppie 1000 mt skierg 30mt sled Pull 50 Thrusters 70 Sit Ups		