

Week	Workout A		Workout B	
Lunedì		Felice	Anno Nuovo	
Martedì	Ogni 3' X 12' 10 Snatch grip romanian deadlift 40/60" Hip Thrust hold 10 Hindu Push ups	4 rounds 12 burpee box jumps 16 DB snatch 20 med ball Sit Ups	Ogni 90" X 12' 3-3-3-2-2-2-1-1 Squat snatch	4 rounds 9 Overhead Squat 12 burpee box jumps 15 Pull Ups
Mercoledì	6 rounds Push Press 8x3 5x3	14' AMRAP 15 wall balls 10 Pull Ups 5 slam ball	6 rounds Split/Push jerk 2 reps con tenuta 3" in ricezione	14' AMRAP 7 Thrusters 5 slam ball 3 Muscle Ups
Giovedì	4 rounds 10 Glute ham raises 20mt Sled Pull 30" HS hold	6 rounds 2' ON 1' OFF 7 Toes to bar 9 Box jumps 11 Push Ups	Pull Ups technique	6 rounds 2' ON 1' OFF 5 Strict HSPU 7 Toes to bar 9 Box jumps
Venerdì	Da 0' a 12' E2M 12/8 Cal row 16 DB Hang C&J	Da 18' a 30' 12/9 Cal ski 6 Devil press 12 Lunges 60 Single unders	Da 0' a 12' E2M Clean Pull 6-6-6-4-4-4	Da 18' a 30' 12/8 Cal row 12 Wall balls 6 Hang Clean e jerk 30 Double unders
Sabato	ENDURANCE	30' AMRAP A coppie 20 burpee Pull Ups 20 snatch 40 step Ups 40 cal row		