

Week	Workout A		Workout B	
<b>Lunedì</b>	AMRAP 10min: 10/8 Cal row only arms 45" Box Plank 20/30" box chinese Plank on hands	For time: 120 wall balls *every minute 5 burpees	10' tecnica Pull Ups butterfly e kipping	For time: 30 man makers *every minute 6 TTB
<b>Martedì</b>	12' EMOM - 11/8 Cal ski - 8+8 one leg deadlift - 12 skull crusher	15' AMRAP 20 AM swings 20 reverse KB lunges 20 Push Ups	Ogni 90" X 12' 2-2-2-2-1-1-1-1 3" Pause at Knee Power snatch	15' AMRAP 9 burpee box jumps 6 Overhead Squat 3 Rope climbs/6 Strict Pull Ups
<b>Mercoledì</b>	6 rounds Push Press 5x3 3x3	6 rounds 30" ON 15" OFF - Cal row - DB snatch alt. - Burpees	6 rounds Split/Push jerk 2 reps con tenuta 3" in ricezione	6 rounds 30" ON 15" OFF - Cal ski - Power snatch - Front Squat
<b>Giovedì</b>	4 rounds: 10 Rower Sit Ups 6 Renegade row (X braccio) 20mt sled Pull	10 rounds 2 Wall climbs 6 DB2 Thrusters 9 Box jumps over	6 rounds: 40 double unders 5 bar Muscle Ups	10 rounds 4 Deadlift 7 HSPU 10 Wall balls
<b>Venerdì</b>	Da 0' a 12' E2M 14/10 Cal skieg 6 Deadlift	Da 16' a 30' 16 DB Hang C&J 50 Rope Jumps 10 Toes to bar 20 DB1 step Ups	Da 0' a 12' E2M Clean Pull 4-4-4-2-2-2	Da 16' a 30' 6 Hang power Clean 9 Pull Ups 12/9 Cal row 15 Box jumps over
<b>Sabato</b>	ENDURANCE	30' AMRAP A coppie 10x10mt shuttle Run together 8 Slam ball 24 Cal row 12 Prisoner burpees 24 Shoulder to Overhead		