

Week	Workout A		Workout B	
Lunedì	AMRAP 12': 10/10 One leg wall deadlift 20 cossak Squat 30 Sit ups	18' AMRAP 27 DU 21 Air Squat 15/12 cal row 9 Pull ups	12' tecnica Rope climbs 12' EMOM 5/7 strict Pull ups	18' time cap 30 burpee box Jumps Then: 100 wall Balls 50 TTB 50 ring dip
Martedì	Ogni 90" X 12' - 24 KB lunges - 14 floor press	15' EMOM - 15 AM Swings - 15 wall Balls - 15 Push ups	EMOM 12 Ladder Squat snatch	15' EMOM - 6 power snatch - 12/9 cal ski - 12 BB lunges
Mercoledì	6 rounds Push Press 1 RM	4 rounds 300/250mt skierg 10 Deadlift 15 Box Jumps	6 rounds Split/Push jerk 1 RM	4 rounds 400/300mt row 10 power Clean 15 Box Jumps
Giovedì	5 rounds: 10/10 Bulgarian split Squat 15 Banded Good morning 15 Row Sit ups	For tim 100 DU 20 devil press 30 toes to bar 40/30 cal row 50 KB Step ups 60 DB snatch	5 rounds: 10/10 Bulgarian split Squat 15 Banded Good morning 30" L-Sit	For time 100 DU 20 devil press 30 deficit HSPU 40/30 cal skierg 50 KB Step ups 60 renegade row (30 x braccio)
Venerdì	Da 0' a 12' E2M 20mt Sled Push 6 Slam ball	Da 17' a 30' 10/8 Cal skierg 10 Burpees 10 Thrusters	Da 0' a 12' Massimale Power clean + Hang squat Clean	Da 17' a 30' 12-9-6-3 Bar Muscle ups 27-21-15-9 Thrusters
Sabato	ENDURANCE	30' AMRAP A coppie 40 Plate Overhead lunges 20 Hang power Clean e jerk 40 cal row 20 renegade Push ups 40 front squat 200 rope jumps		