

Week	Workout A		Workout B	
Lunedì	AMRAP 12': 10/10 Step down 1' Chinese plank 30" Weighted hollow	Cindy 20' AMRAP 5 Pull ups 10 Push ups 15 Air Squat	12' tecnica Rope climbs 12' EMOM 5/7 strict Pull ups	Heavy cindy 20' AMRAP 3 bar Muscle ups 6 Strict HSPU 12 pistol Squat
Martedì	Ogni 90" X 12' - 12 Romanian deadlift - 30mt Waiter carry	5 rounds 10 Burpees 12 Box step ups DB1 16 DB Hang C&J	E2M 12' 5 Power Clean touch e go	5 rounds 8 Push press 15/12 Cal row 10 Box Jumps
Mercoledì	Front Squat 5-5-5-3-3-3	For time 60/50 cal row 60 AM Swings 60 wall Balls 60 Push ups 60 Sit ups	Back squat 8-8-5-5-3-3	For time 50/40 cal ski 50 deadlift 50 wall Balls 50 Pull ups 50 med ball Sit ups
Giovedì	4 rounds 20 Diamond Push ups 30" HS hold 40 Russian twist	16' EMOM 12/15 Toes to bar 12 DB2 Thrusters 15 Box Jumps 12/9 Cal ski	4 rounds 8/10 Weighted ring dip 10 mt HS walk 40" Lateral Plank each side	16' EMOM 12/15 Toes to bar 10 Thrusters 15 Box Jumps 12/9 Cal row
Venerdì	Da 0' a 12' E2M 8 mountain climbers burpees(6+1) 15/12 cal row	Da 17' a 30' 20 DB snatch 3 Wall climbs 20 Lunges 30 DU	Da 0' a 12' E2M Hang Squat snatch 4-4-4-2-2-2	Da 17' a 30' 6 Slam ball 8 mountain climbers burpees(6+1) 8 Overhead Squat 10 HSPU
Sabato	ENDURANCE	30' AMRAP A coppie 12 Power Clean 32 Step ups 24 Pull ups 32 Floor press 6 Hill sprint (3 each)		