

Week	Workout A		Workout B	
Lunedì	AMRAP 12': 12 Hamstrings walking curl 20 Knee banded Squat 30 alt V-ups	16' EMOM - 15 toes to bar - 15/12 Cal skierg - 5 Slam ball - 15 Box Jumps over	12' tecnica Rope climbs 12' EMOM 5/7 strict Pull ups	16' EMOM - 15 toes to bar - 15/12 Cal row - 5 Slam ball - 15 Box Jumps over
Martedì	Ogni 90" X 12' - 12+12 KB 1 arm Swings - 40" KB2 hollow scissors	For time 25 DB2 Thrusters 100 Double unders 25 Burpees 50 Pull ups 25 Burpees 100 DU 25 DB2 Thrusters	E2M 12' 4 Power Clean touch e go	For time 25 Thrusters 100 Double unders 25 Burpees 50 Pull ups 25 Burpees 100 DU 25 Thrusters
Mercoledì	Front Squat 5-5-5-3-3-3	AMRAP 9 DB2 power Clean 15 Push ups 21/15 Cal row	Back squat 8-8-5-5-3-3	15' AMRAP 6 power Clean 12 HSPU 18/12 Cal bike
Giovedì	4 rounds 20 box dip 12/12 One leg wall deadlift	6 rounds 12/8 Cal bike 12 DB1 Devil press 12 Wall Balls	4 rounds 12/12 Step down 24 Push ups	6 rounds 12/9 Cal skierg 12 DB1 Devil press 12 Wall Balls
Venerdì	Da 0' a 12' E2M 10 Renegade push ups 16 DB1 Overhead lunges	Da 17' a 30' 8 Sumo high pull 2 Wall climbs 12 DB1 Hang C&J 15 Goblet squat	Da 0' a 12' E2M Hang Squat snatch 4-4-3-3-2-2	Da 17' a 30' 4 Power snatch 10 Ring dip 10 BB lunges 14/10 Cal row
Sabato	ENDURANCE	30' AMRAP A coppie 10 Deadlift 30 Toes to bar 30 Cal skierg 10 Slam ball 30 DB2 press		