

Week	Workout A		Workout B	
Lunedì	8' EMOM - 12 + 12 one leg wall deadlift - 6+6 Step down	5 rounds 8 burpee box Jumps 15 AM Swings 8 renegade row	8' EMOM - 10 glute ham raises - 50" wall Squat	5 rounds 30 DU 15 AM Swings 5 bar Muscle Ups
Martedì	5 rounds 6 DB2 Hang Clean 10 lunges DB2	AMRAP 12' 12/9 Cal row 3 Wall climbs 12 Goblet squat	Ogni 90" x 6 2 Halting Clean Deadlifts + 1 Clean	12' AMRAP 10 Burpees OTB 5 Clean & jerk 10 Toes to bar
Mercoledì	WEEK 2 Pause front Squat 3-3-3-3-3	AMRAP 6' 12 DB2 Thrusters 12 Toes to bar Rest 2' AMRAP 6' 12 DB2 P. snatch 12 Push ups	WEEK 2 Front Squat 3-3-3-3-3	AMRAP 6 12 Power snatch 12 HSPU REST 2 AMRAP 6' 12 Thrusters 12 Pull Ups
Giovedì	8' EMOM - 40" HS hold - 10 strict toes to bar	8 rounds 10 wall balls 8 Pull Ups 6 Deadlift	8' EMOM - 10 mt Handstand walk - 10 Strict toes to bar	8 rounds 4 devil press 8 Ring dip 16 Pistol Squat
Venerdì	Da 0' a 12' Ogni 2' 12 DB1 snatch 12 Burpee plate	Da 17' a 30' AMRAP 1 Hill sprint 12 DB OV lunges 21 DB1 Sit Ups	Da 0' a 12' EMOM - 1 Power snatch + 1 ov. Squat - 1 squat snatch	Da 17' a 30' AMRAP 250/200 mt row 5 Hang Squat snatch 15 GHD
Sabato	ENDURANCE	Hero Wod Oscar	23' AMRAP 9 devil press DB2 20 lunges DB2 9 Push press DB2 20 Sit Ups	
Domenica				