

Week	Workout A		Workout B	
<b>Lunedì</b>		Buona Pasquetta		
<b>Martedì</b>	E2MOM x 12': 5 KB2 swings 5 KB2 Squat 10 box jumps	For time: 1000/900 row 50 DB2 push press 30 burpees target	E2M 16' 1 power snatch + 2 snatch balance	For time: 100/900 mt row 40 push press 40 burpee otb
<b>Mercoledì</b>	Deadlift E2M x 14' 8-8-8-8-4-4-4	AMRAP 15min: 20 DB overhead lunges 15 DB2 p. clean 12/9 cal ski	Deadlift E2ghM x 14' 5-5-5-5-3-3-3	AMRAP 15min: 20m DB OH walk. lunges 10 deadlift 5 bar MU / 10 C2B
<b>Giovedì</b>	4 rounds 30" handstand hold 12 pronated snow angel 30" hollow	3' AMRAP 1' rest 30 double unders 15 air squat 12 push ups 9 v-ups	4 rounds 10 mt handstand walk 12 pronated snow angel 30" hollow	3' AMRAP 1' rest 30 double unders 12 push ups 10/8 cal bike 8 TTB
<b>Venerdì</b>	Da 0' a 12' EMOM 16 DB1 snatch 1 Hill sprint	Da 17' a 30' 10 pull ups 12/9 cal bike 10 sumo DL high pulls	Da 0' a 12' E2M 1Hang power clean + 1Hang Squat clean	Da 17' a 30' 10 sumo DL high pulls 12/9 cal ski 10 thrusters
<b>Sabato</b>	ENDURANCE	30' AMRAP A coppie 20 wall balls 20 toes to bar 200 mt run 30 wall balls 20 toes to bar 200 mt run .... Increase 10 wall Balls every rounds		