

Week	Workout A		Workout B	
Lunedì	Week 3 5 rounds 20" L-Sit hold 10 TTB 10 AM Swings	6' AMRAP 3' rest 6' AMRAP 1 hill sprint 12 Push ups 12 lunges	Week 3 5 rounds 30" hollow 10 AM Swings 10 mt HS Walk	6' AMRAP 3' rest 6' AMRAP 1 hill sprint 4 bar Muscle Ups 8 burpee DB2 step Ups
Martedì	Ogni 2' x 12' 12 KB2 sumo deadlift 12 KB2 curl	12 EMOM' - 13/10 Cal row - 16 DB1 snatch - 20 Sit Ups	Ogni 2' x 12' Snatch below the Knee 10cm da terra 3 reps	12' EMOM - 8 hang power snatch @50/35 - 11/8 Cal bike - 12 TTB
Mercoledì	WEEK 3 Ogni 2' x 10' Deadlift 4-4-4-4-4	14' AMRAP 2-4-6-8-10... Burpees DB Push press Goblet squat	WEEK 3 Ogni 2' x 10' Deadlift 4-4-4-4-4	14' AMRAP 2-4-6-8-10... Box Jumps Push press Pull Ups
Giovedì	4 rounds 1' Plank 16 step down	6 rounds 8/6 Cal skierg 10 Wall Balls 10 Tops to bar	4 rounds 10 Row Sit Ups 10 ring dips 16 Step down	6 rounds 20 Double unders 8 Thrusters 8 HSPU
Venerdì	Da 0' a 12' EMOM - 10/8 Cal bike - 12/15 Box Jumps - 8/10 Renegade push Ups	Da 17' a 30' 30 Rope Jumps 16 DB Hang CeJ 12/9 Cal row	Da 0' a 12' EMOM2 4-4-3-3-2-2 Squat Clean	Da 17' a 30' 10/8 Cal skierg 8 Hang power Clean 12 BB lunges
Sabato	ENDURANCE	A coppie 25' AMRAP 20 burpees box Jumps 20 Clean e jerk 300 Run 30 Pull Ups		
Domenica	ENDURANCE	25' AMRAP 12 Floor press 14 Tose to bar 16 Cal row 18 KB2 step Ups		