

Week	Workout A		Workout B	
Lunedì	Week 5 Max double unders in 5'	20' AMRAP 6 Push ups 12 V-Ups 18 lunges	Week 5 Max strict Pull Ups	Cindy 20' AMRAP 5 Pull Ups 10 Push ups 15 Air Squat
Martedì	Ogni 2' x 12' 8 DB2 power Clean 8 pause 3" DB2 squat	6 rounds 12 Wall Balls 10 Burpees 8 Sumo high Pull	Ogni 2' x 12' Trovare il massimale di Squat Clean	5 rounds 12/8 Cal bike 10 Hang power Clean 8 TTB
Mercoledì	WEEK 5 5 rounds Massimale Press	4 rounds 300 mt Run 18 DB1 snatch	WEEK 5 5 rounds Massimale Jerk o Push press	4 rounds 300 mt Run 9 power/Squat Snatch
Giovedì	4 rounds 15 box dip 8+8 box step down 30" weighted hollow	5' AMRAP rest 2 repeat 12/9 Cal row 10 DB2 Thrusters 8 Pull ups	4 rounds 10 Dip 8+8 Box step down 20" L-Sit	5' AMRAP rest 2 repeat 9 Thrusters 6 Burpees box j 3 Bar Muscle Ups
Venerdì	Da 0' a 12' EMOM - 10/8 Cal bike - 15 box Jumps - 10 toes to bar	Da 18' a 30' 12/9 Cal ski 16 DB1 Hang C&J 16 Overhead lunges	Da 0' a 12' EMOM2 Massimale snatch	Da 18' a 30' 15/11 Cal row 7 Overhead Squat HSPU
Sabato	ENDURANCE	A coppie 25' AMRAP 50 wall Balls 50 Push press 50 TTB 50 AM Swings		
Domenica	ENDURANCE	4 rounds 20/15 Cal row 10 Renegade Push ups 300 Run 20 weighted Sit Ups		