

Functional Training 4 Weeks

Settimana 1

Giorno	Esercizio / WOD
A	Front Squat con Kettlebell 4x8 Trazioni alla sbarra 4xMax EMOM 12': 8 Push Press manubri, 10 Box Jump, 12 Russian KB Swing
B	AMRAP 20': 10 Wall Ball, 8 Burpees, 12 Snatch alternati KB, 200 m Run Core finisher 3 giri: 15 V-up alternati, 20" Hollow Hold, 10 Toes to Bar
C	Bulgarian Split Squat con manubri 4x10 Chest to Bar / Pull Up stretti 4xMax 3 RFT: 12 Thruster con KB leggeri, 12 Box Jump Over, 12 Push-up pliometrici

Settimana 2

Giorno	Esercizio / WOD
A	Deadlift con KB pesante 5x5 Dip alle parallele zavorrate 5x8 EMOM 14': 5 Clean + 5 Front Squat KB doppi, 10 Jump Box, 12 American Swing
B	4 blocchi AMRAP 5' (1' rest) 1. 10 Wall Ball + 8 Burpees 2. 12 Snatch alternati KB + 100 m Run 3. 8 Push Press + 10 Box Jump 4. 15 Sit-up + 12 Toes to Bar
C	Complex con manubri 4 giri: 6 Power Clean + 6 Push Press + 6 Front Squat 3 RFT: 10 Pull-up, 12 KB Swing, 200 m Run

Settimana 3

Giorno	Esercizio / WOD
A	Front Squat pesante 5x3 Trazioni zavorrate 5x5 For Time: 21-15-9 Thruster KB doppi, Pull-up / Chest to Bar, Box Jump Over
B	EMOM 20': 12 KB Snatch alternati, 15 Wall Ball, 10 Burpees Over Med Ball, 200 m Run Core Ladder: 10-1 Toes to Bar + V-up alternati
C	4 giri (rest 90") 8 Jump Squat con manubri, 8 Push Press, 10 Box Jump alti, 12 KB Swing pesanti, 6 Pull-up esplosivi

Settimana 4

Giorno	Esercizio / WOD
WOD Chipper	For Time: 50 Wall Ball, 40 KB Swing, 30 Box Jump Over, 20 Pull-up, 10 Burpees Over Box

B	Deadlift pesante 5x3 Complex con KB doppi 5 giri: 5 Clean + 5 Front Squat + 5 Push Press Finisher: Tabata Hollow Hold + V-up
	CAMRAP 20': 10 Thruster, 10 Pull-up, 10 Box Jump, 10 Snatch alternati KB, 200 m Run