



CHANGE YOUR LIFE



LIBRO DEGLI ALLENAMENTI
#IOMIALLENOACASA

10_MARZO_2020

WOD DEL GIORNO

#IOMIALLENOACASA

WARM-UP

TABATA THIS:
PLANK HOLD
LUNGES
SITUPS

6 ROUNDS OF
10 PUSH-UPS
15 V-UPS
20 JUMPING SQUATS



CrossFit®



CHANGE YOUR LIFE

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY2



A) 2 ROUNDS :

50 SU (JD)
15 AIR SQUATS
50 SU (JD)
20 LUNGES

B) 3 ROUNDS :

10 GOOD MORNING *
10 BACK SQUATS *
10 COSSACK SQUATS *

C) 5 ROUNDS :

10 REPS OF 3" PAUSE SQUATS
— REST 1'00"

D) 3 ROUNDS (4'00" ON - 1'00" OFF)

20 BURPEES

**MAX ROUNDS : 5 H.R. PUSH-UPS
10 W. LUNGES ****

* MANICO DI SCOPA
** FARDELLO D'ACQUA

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 3

A) 2 ROUNDS
2'00" JUMP ROPE / J-J
40" PLANK HOLD
10 SQUATS
10 SIT-UPS
10 BACK EXTENSIONS



B) 4 ROUNDS :
10 GLUTE BRIDGE
20" SINGLE LEG GLUTE BRIDGE HOLD
20" SINGLE LEG GLUTE BRIDGE HOLD
10 SLICK FLOOR GLUTE BRIDGE CURLS

2'00" REST

C) 4 ROUNDS
10 V-UPS
20" HOLLOW POSITION
20" FLUTTERKICKS
10 HOLLOW BODY RUSSIAN TWISTS

2'00" REST

D) FOR TIME:
20-16-12-8-4
THRUSTERS
WEIGHTED SITUPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 4



**A) 15-12-9
OH SQUATS
SITUPS**

**B) 15-12-9
DU X 2
BURPEES**

**C) 15-12-9
GTOH
BURPEES OVER**

**D) 15-12-9
JUMPING LUNGE
BURPEES**

**E) 15-12-9
WEIGHTED STEP-UPS
BURPEES**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 5



A) 2 ROUNDS :

20 JUMPING JACK

10 AIR SQUATS

10 PUSH-UPS

10 SIT-UPS

B) 40' AMRAP:

50 MOUNTAIN CLIMBER

50 TABLE PULL-UPS

50 MOUNTAIN CLIMBER

50 PUSH-UPS

50 MOUNTAIN CLIMBER

50 SIT-UPS

50 MOUNTAIN CLIMBER

50 SQUATS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 6



A) TABATA THIS :

**PLANK HOLD
SQUAT**

B) 10-9-8-7-6-5-4-3-2-1 :

**BURPEES
THRUSTERS
BURPEES
SDHP
BURPEES
PRESS**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 7

A) 3 ROUNDS
2'00 JJ
10 SQUATS
10 SITUPS
10 PUSHUPS



B) 5 ROUNDS FOR TIME
20 AIR SQUATS
20 ALTERNATING LUNGES
10 ALTERNATING SPLIT SQUAT JUMPS
10 SQUAT JUMPS

1'00" REST

C) 5 ROUNDS
10 HOLLOW ROCKS
10 V-UPS
10 TUCK UPS
10" HOLLOW HOLD
1'00" REST

D) 5 ROUNDS
10 WIDE PUSH-UPS
10 NARROW PUSH-UPS
10 DIAMOND PUSH-UPS

1'00" REST

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 8



A) 3 ROUNDS - 30"ON -15"OFF

**SKIPPING JUMP
JUMPING JACK
MOUNTAIN CLIMBER
BURPEES**

**B) 30 ROUND FOR TIME OF
"POLPETTUZZA COMPLEX":**

**1 PRESS
2 FRONT SQUATS
3 THRUSTERS
2 FRONT SQUATS
1PRESS**

SPICE FACTOR : 5 BURPEES EVERY 2'00"

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 9

**A) ACCUMULATE 5'00" OF:
RUN/JUMP ROPE/JJ**



**B) 20-1
SQUATS
30" WALL SIT**

**20 SQUATS, 30" WALL SIT
19 SQUATS, 30" WALL SIT
18 SQUATS, 30" WALL SIT**

...CONTINUE THIS PATTERN UNTIL...

1 SQUAT, 30" WALL SIT

**C) 20-1
PUSH-UPS
SIT-UPS**

**20 PUSH-UPS, 1 SIT-UP
19 PUSH-UPS, 2 SIT-UPS
18 PUSH-UPS, 3 SIT-UPS**

...CONTINUE THIS PATTERN UNTIL...

1 PUSH-UP, 20 SIT-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 10



A) EMOM 9'

45" JUMP ROPE

19 SIT-UPS

19 SQUATS

B) EMOM 9'

45 " PLANK HOLD

19 TUCK-UPS

19 REVERSE LUNGES

C) 30' AMRAP

19 BURPEES

19 GOBLET SQUATS

19 GTOH

19 PUSH-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 11



A) 50-40-30-20-10 REPS OF:

**DOUBLE-UNDERS/JUMPING JACK
SIT-UPS**

B) 3 ROUNDS FOR TIME:

**50 WALKING LUNGES
50 AIR SQUATS
50 GLUTE BRIDGES**

C) 10-1

**BICEPS CURLS
PRESSES
PUSH-UPS**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 12



A) 3 ROUNDS OF:

**45" PLANK HOLD + 10 PLANK KTE
30" SIDE PLANK + 10 RAINBOW DIPS
30" SIDE PLANK + 10 RAINBOW DIPS**

1'00" REST

B) 5'00"

MAX BACK EXTENSIONS

C) 5'00"

MAX SUPERMAN HOLD

D) 15MIN AMRAP :

**10 CLUSTERS
10 FRONT BACK LUNGES
10 BURPEES OVER**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 13



8 TABATAS IN 39 MINUTES

1) TABATA SQUAT

1'00" REST

2) TABATA SITUPS

1'00" REST

3) TABATA PUSHUPS/PRESS

1'00" REST

4) TABATA THRUSTERS

1'00" REST

5) TABATA BENT OVER ROW

1'00" REST

6) TABATA SDHP

1'00" REST

7) TABATA TRICEPS DIPS/BICEPS CURL

1'00" REST

8) TABATA BURPEES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 14



A) 3 ROUNDS OF:

40 JUMPING JACKS

8 GOOD MORNINGS

8 SQUATS

8 HIGH-PULLS

8 PRESSES

B) AMRAP IN 40 MINUTES

5 BACKPACK DEADLIFTS

5 BACKPACK POWER CLEANS

5 BACKPACK FRONT SQUATS

5 BACKPACK PUSH PRESSES

5 BACKPACK SQUATS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 15

ACCUMULATE 3'00" OF :
SKIP-JJ- JUMP ROPE



THEN :
2 ROUNDS OF :
10 PUSHUPS
10 BENT OVER ROW
10 SIT-UPS

STRENGTH

PULL UPS OR TABLE ROWS 3 SETS × 6-10 REPS
LEV. 1: BENT OVER ROWS
LEV. 2: TABLE ROWS
LEV. 3: PULL-UPS

PUSH UPS 3 SETS X 6-10 REPS
LEV.1: KNEE PUSH-UPS
LEV.2: "REGULAR" PUSH-UPS
LEVEL 3: SLIDER PUSH-UPS

FOR TIME:
40-30-20-10
BACKPACK SWINGS
BACKPACK STEPUPS
BACKPACK SINGLE ARM OH SQUATS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 16



3 ROUNDS 45"ON -15"OFF
SKIPPING JUMPS
PLANK HOLD
MOUNTAIN CLIMBERS
SITUPS

3 ROUNDS 45"ON -15"OFF
AIR SQUATS
LUNGES
COSSACK SQUATS
WALL SIT

3 ROUNDS 45"ON -15"OFF
PUSH-UPS
PUSH PRESS
BENT OVER ROW
BICEPS CURLS

3 ROUNDS 45"ON -15"OFF
BURPEES
DU
THRUSTERS
REST

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 17



FOR TIME :

40 JUMPING JACKS

4 EIGHT-COUNT BODYBUILDERS

40 JUMPING JACKS

8 EIGHT-COUNT BODYBUILDERS

40 JUMPING JACKS

12 EIGHT-COUNT BODYBUILDERS

40 JUMPING JACKS

16 EIGHT-COUNT BODYBUILDERS

4 ROUNDS

10 WEIGHTED FRONT SQUATS

10 JUMPING SQUATS

10 PAUSE AIR SQUAT

2'00" REST

10'AMRAP

10MIN AMRAP:

10 BACKPACK STRICT PRESS /SIDE

10 OVER THE BACKPACK BURPEES

10 ONE ARM BACKPACK SWINGS /SIDE

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 18



A) 12' EMOM:

30" JUMPING SKIP

30" SQUATS

30" PLANK HOLD

30" SWING

B) FOR TIME:

1 TO 10 TO 1 REPS

(PYRAMID WITH MULTIPLIERS

1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1) OF:

1 BURPEE

2 MOUNTAIN CLIMBERS

3 SIT-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 19



A) EMOM 12'

60 SINGLE UNDERS
8 AIR SQUATS + 8 SITUPS

B) EMOM 12'

8 WEIGHTED LUNGES (+2 EACH ROUND)
8 WEIGHTED SQUATS (+2 EACH ROUND)

C) EMOM 12'

8 FEET ELEVATED PUSH-UPS (+2 EACH ROUND)
8 PUSH PRESS (+2 EACH ROUND)

D) EMOM 12'

8 GTOH (+2 EACH ROUND)
8 UP & DOWN (+2 EACH ROUND)

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 20



A) 3 ROUNDS

1'00" JUMPING JACK

10 SQUATS

10 SIT-UPS

10 PUSH-UPS

B) FOR TIME (WITH A PARTNER)

CASH-IN: 100 BURPEES

100 WEIGHTED SQUATS

90 DEADLIFTS

80 HAND RELEASE PUSH-UPS

70 STEP-UPS

60 V-UPS

50 SWING

40 SDHP

30 PUSH PRESSES

20 WEIGHTED LUNGES

10 THRUSTERS

CASH-OUT: 100 BURPEES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 21

CORE _ 3-5 ROUNDS OF:

40" SUITCASE HOLD

20 SIT-UPS

20 FLUTTERKICK

20 LEG LIFTS

40" SUITCASE HOLD

20" PLANK

20" HOLLOW

20" HOLLOW ROCKS



LEGS _ 3-5 ROUNDS OF:

40" SUMO SQUAT HOLD

20 SQUATS

20 LUNGES

20 SIDE LUNGES

40" GLUTE BRIDGE HOLD

20" JUMPING SQUATS

20" JUMPING LUNGES

20" JUMPING JACKS

UPPER BODY _ 3-5 ROUNDS OF:

40" OVERHEAD HOLD

20 LATERAL RAISES

20 FRONTAL RAISES

20 BENT OVER LATERAL RAISES

40" STRAIGHT ARM PLANK

20" WIDE PUSH-UPS

20" PUSH-UPS

20" DIAMOND PUSH-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 22

A) 3 ROUNDS

1'00" JUMPING JACKS

5 BROOMSTICK POWER CLEAN

5 BROOMSTICK FRONT SQUATS

5 BROOMSTICK PRESSES

5 BROOMSTICK BACK SQUATS



B) EVERY 90" x 8 ROUNDS

1 BACKPACK COMPLEX =

3X BENT OVER ROW

3X HANG POWER CLEAN

3X FRONT SQUAT

3X PUSH PRESS

3X BACK SQUAT

ALL EXERCISES SHOULD BE COMPLETED

CONSECUTIVELY WITHOUT DROPPING

THE SAND BAG

C) 21-15-9 REPS OF:

*CHEST-TO-WALL HANDSTAND PUSH-UPS

BACKPACK SQUAT CLEAN

*KNEE ON THE BOX HSPU

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 23



A) 8' EMOM:

45" MOUNTAIN CLIMBERS

45" SITUPS

45" JUMPING JACKS

45" AIR SQUATS

B) 40' EMOM:

12 BURPEES

24 WEIGHTED SQUATS

24 BACKPACK SWINGS

12 THRUSTERS

12 BOX JUMP

24 WEIGHTED REVERSE LUNGES

60" PLANK

60" REST

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 24



TABATA:

BUY IN € BUY OUT : 100 DU (200 SU)

- 1) SIT-UPS/SQUATS**
- 2) PUSH-UPS/LUNGES**
- 3) BEAR HUG SQUATS/ BEAR HUG SIDE LUNGES**
- 4) GOOD MORNING BACK HOLD/
SHOULDER TO SHOULDER PRESS**
- 5) CLEAN/FRONT SQUATS**
- 6) OVERHEAD LUNGES/SHOULDER PRESS**
- 7) POWER SNATCHES/ HALO**
- 8) STANDING CURL/ OVERHEAD TRICEPS PRESSES**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 25

A) 3 ROUNDS

30 JJ
20 AIR SQUATS
10 PUSH-UPS



B) 1'30" x 8

10 GLUTE BRIDGE FLOOR PRESSES + 10 FLOOR WIPERS

C) FOR TIME

10 MINUTE PLANK HOLD

EVERY TIME YOU REST, PERFORM:

4 BURPEES
6 HAND RELEASE PUSH-UPS
8 ALTERNATING PISTOLS/LUNGES

**WITH A RUNNING CLOCK,
PERFORM A PLANK HOLD FOR AN
ACCUMULATED TIME OF 10 MINUTES.**

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 26



BUY-IN/BUY-OUT :

5'00" RUN-JJ-JUMP ROPE

A) 2 ROUNDS FOR TIME

21 RUSSIAN TWIST

15 LUNGES

9 PUSHUPS

B) 2 ROUNDS FOR TIME

21 V-Ups

15 SQUATS

9 PRESS

C) 2 ROUNDS FOR TIME

21 POWER CLEAN

15 THRUSTERS

9 BURPEES OVER

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 27



A) 2 ROUNDS:
30 JUMP ROPE
10 PUSH-UPS
10 AIR SQUATS

B) 2 ROUNDS:
12 SWINGS
12 PRESS
6 GTOH

C) IN TEAMS OF 2
4 ROUNDS:
16 THRUSTERS
16 PUSH-UPS

THEN,
4 ROUNDS:
16 FRONT SQUATS
16 PUSH PRESSES

THEN,
4 ROUNDS:
16 GTOH
16 OVERHEAD LUNGES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 28



A) 3 ROUNDS

10 JUMPING JACKS
10 MOUNTAIN CLIMBER
10 FLUTTERKICK

B) 8' EMOM

MAX L-SIT
MAX HOLLOW HOLD

C) 10 ROUNDS FOR TIME

25 DOUBLE-UNDERS
10 AIR SQUATS
5 BURPEES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 29



A) TABAT THIS :

1. JUMPING JACKS + SIT-UPS
2. PRESS + OVERHEAD LUNGES

B) SUPERSET

- 10-10-10-10 PAUSE OVERHEAD SQUATS
- 10-10-10-10 PRESS BTN

C) AMRAP IN 20 MINUTES

- 2 OVERHEAD SQUATS (ANY LOAD)
- 2 OVERHEAD LUNGES
- 2 STEP-UPS
- 2 SIT-UPS
- 4 OVERHEAD SQUATS (ANY LOAD)
- 4 OVERHEAD LUNGES
- 4 STEP-UPS
- 4 SIT-UPS

*CONTINUA CON QUESTO SCHEMA,
AGGIUNGENDO 2 RIPETIZIONI PER OGNI
MOVIMENTO AD OGNI ROUND.*

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 30



A) 12 EMOM

45" JUMPING JACKS

45" SQUATS

45" SIT-UPS

45" PUSH-UPS

B) SUPERSET

BENT OVER ROW 12-12-12-12

FLOOR PRESSE 12-12-12-12

C) AMRAP IN 12 MINUTES

40 LATERAL HOPS OVER

30 AIR SQUATS

20 DUMBBELL SHOULDER-TO-OVERHEADS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 31



PAINSTORM XXI AKA BURPEES BEDLAM

FOR TIME

- 30 BURPEES
- 30 DEADLIFTS
- 30 BURPEES
- 30 CLEANS
- 30 BURPEES
- 30 STRICT PRESSES
- 30 BURPEES
- 30 PUSH PRESSES
- 30 BURPEES
- 30 JERKS
- 30 BURPEES
- 30 SWINGS
- 30 BURPEES
- 30 SUMO DEADLIFT HIGH-PULLS
- 30 BURPEES
- 30 SNATCHES (LEFT HAND)
- 30 BURPEES
- 30 SNATCHES (RIGHT HAND)
- 30 BURPEES
- 30 MAN MAKERS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 32



A) AMRAP IN 9 MINUTES

45 JUMPING JACKS

30" PLANK HOLD

15 AIR SQUATS

B)

5 MIN EMOM:

12 THRUSTERS

2 MIN REST

5 MIN EMOM:

16 ALTERNATING REVERSE WEIGHTED LUNGES

2 MIN REST

5 MIN EMOM:

14 JUMP SQUATS

C) FOR TIME:

30-20-10 REPS OF:

ALTERNATING (USE ANYTHING) HANG CLEAN-AND-PRESS
SIT-UPS

30-20-10 REPS OF:

ALTERNATING (USE ANYTHING) HANG SNATCHES
SIT-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 33



A) AMRAP OF 10 MINUTES:

60" JUMPING JACKS
30" PLANK HOLD
20 WALKING LUNGE
10 UP & DOWN

B)

5 MIN EMOM:

12 CURL & PRESS

2 MIN REST

5 MIN EMOM:

12 BENT OVER ROW

2 MIN REST

5 MIN EMOM:

12 PUSH-UPS

C) FOR TIME

100 DOUBLE-UNDERS
21 BURPEES
75 DOUBLE-UNDERS
15 BURPEES
50 DOUBLE-UNDERS
9 BURPEES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 34



BUY IN/BUY OUT :
5'00" RUN-JUMP ROPE

A) 4 ROUNDS

16 SITUPS
16 AIR SQUATS

B) 4 ROUNDS

16 LUNGES
16 PUSH-UPS
16 HP

C) 4 ROUNDS FOR TIME

40 DU/ 60JJ/ 80 SU
16 FLOOR PRESSES
16 FRONT SQUATS
16 SHOULDER-TO-OVERHEADS
16 BURPEES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 35



A) FOR TIME

5'00" PLANK HOLD (ACCUMULATED)

EVERY TIME YOU REST, PERFORM:

10 SITUPS

10 AIR SQUATS

B) FOR TIME

10'00" STRAIGHT ARM PLANK (ACCUMULATED)

EVERY TIME YOU REST, PERFORM:

5 PUSHUPS

10 RENEGADE ROW

C) FOR TIME

15 MINUTE WALL SIT (ACCUMULATED)

EVERY TIME YOU REST, PERFORM:

5 BURPEES

10 JUMPING JACKS

15 TUCK-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 36



A) 5 ROUNDS

1'00" JUMPING JACK
10 AIR AIR SQUATS
10 SWING

B) 5 ROUNDS

4 DEADLIFTS
4 POWER CLEANS
4 FRONT SQUATS
4 PUSH PRESSES
4 OH LUNGES
4 BACK SQUATS

C) 5 ROUNDS FOR TIME

15 GROUND-TO-OVERHEADS
30 STEP-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 37



A) 90 JUMPING JACK

45 AIR SQUATS

30 SIT-UPS

10 BURPEES

B) 5 SETS NOT FOR TIME OF:

20 V-UPS *

15 TUCK CRUNCHES**

20" HOLLOW HOLD

20" ARCH HOLD

*TUCK CRUNCHES

** SIT-UPS

C) AMRAP IN 20 MINUTES

10 LATERAL BURPEES OVER OBJECT

15 DEADLIFTS (PICK OBJECT)

20 GOBLET SQUATS (PICK OBJECT)

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 38



A) TABATA THIS :

1. SINGLE UNDERS / JUMPING JACKS
2. SQUATS / SITUPS
3. PUSH-UPS / PRESS

B) GIANTSET

- 10-10-10-10 FLOOR PRESS
10-10-10-10 Z-PRESS
10-10-10-10 BICEPS CURL

C) FOR TIME

- 50 DEADLIFTS
50 SIT-UPS
50 BOX STEP-UPS
50 SINGLE-ARM THRUSTERS
TIME CAP: 20 MINUTES

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 39

A) 2 ROUNDS:

60" JUMPING JACK
4 HAND-RELEASE PUSH-UPS
8 AIR SQUATS
8 SITUPS
16 SWING



B) 7' EMOM

3 FRONT FRONT SQUAT + 9 PRESS
4 + 8
5 + 7
6 + 6
7 + 5
8 + 4
9 + 3

C) IN TEAMS OF 2,

COMPLETE THE FOLLOWING WITH ONE ATHLETE WORKING AT A TIME:

100 SWINGS
80 DEADLIFT
60 BURPEES
40 PUSH PRESSES
200 JUMPING JACKS
40 POWER CLEAN
60 BOX JUMPS
80 HAND-RELEASE PUSH-UPS
100 SIT-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 40



A) EMOM 15 MINUTES

(45"ON-15"OFF)

MINUTE 1: 45" PLANK HOLD

MINUTE 2: 45" SIT-UPS

MINUTE 3: 45" FLUTTERKICKS

MINUTE 4: 45" RUSSIAN TWISTS

MINUTE 5: 45" TUCK CRUNCHES

B) EMOM 15 MINUTES

(45"ON-15"OFF)

MINUTE 1: 45" SQUATS

MINUTE 2: 45" LUNGES

MINUTE 3: 45" STEP-UPS

MINUTE 4: 45" GLUTE BRIDGE

MINUTE 5: 45" STIFF LEG DEADLIFT

C) EMOM 15 MINUTES

(45"ON-15"OFF)

MINUTE 1: 45" SEATED STRICT PRESSES

MINUTE 2: 45" SIT-UPS TO OVERHEAD PRESSES

MINUTE 3: 45" BENT OVER ROWS

MINUTE 4: 45" PUSH-UPS

MINUTE 5: 45" MOUNTAIN CLIMBERS

WOD DEL GIORNO

#IOMIALLENOACASA

DAY 41



A) 4 ROUNDS:

25 JUMPING JACKS
10 TEMPO SQUATS (3" DOWN)
25 JUMPING JACKS
10 BURPEES

B) 90" X 5 ROUNDS:

30" AIR SQUAT FAST (MAX EFFORT)
15" BOTTOM SQUAT HOLD
15" HALF SQUAT HOLD
30" AIR SQUATS SLOW
- REST 60"

C) FOR TIME

24-21-18-15-12-9-6-3 REPS OF:

BACKPACK (MB)CLEANS
PUSH-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 42

A) 2 ROUNDS:

60" JUMPING SKIPS
20 SIT-UPS

B) 2 ROUNDS:

15 BROAD JUMPS
30 MOUNTAIN CLIMBERS

C) FOR TIME :

50 BACKPACK SWINGS
50 MOUNTAIN CLIMBERS
25 BENT-OVER ROW RIGHT ARM
25 BENT-OVER ROW LEFT ARM

40 BACKPACK SWINGS
40 MOUNTAIN CLIMBERS
20 BENT-OVER ROW RIGHT ARM
20 BENT-OVER ROW LEFT ARM

30 BACKPACK SWINGS
30 MOUNTAIN CLIMBERS
15 BENT-OVER ROW RIGHT ARM
15 BENT-OVER ROW LEFT ARM

20 BACKPACK SWINGS
20 MOUNTAIN CLIMBERS
10 BENT-OVER ROW RIGHT ARM
10 BENT-OVER ROW LEFT ARM

10 BACKPACK SWINGS
10 MOUNTAIN CLIMBERS
5 BENT-OVER ROW RIGHT ARM
5 BENT-OVER ROW LEFT ARM



WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 43

A) 5' AMRAP:

20 HIGH KNEES
20 JUMPING JACKS
20 BUTT KICKERS
20 JUMPING JACKS
10 BURPEES WITH NO PUSH-UP



B) 2 ROUNDS:

3' AMRAP

30 GLUTE BRIDGES
15 CLOSE GRIP PUSH-UPS
1'00" REST

3' AMRAP:

30 REVERSE LUNGES
15 SIT-UPS
1'00" REST

C) 5 ROUNDS x 4'00" AMRAP

15 RIGHT-ARM THRUSTERS
50 DOUBLE-UNDERS
15 LEFT-ARM THRUSTERS
50 DOUBLE-UNDERS

*1'00" REST BETWEEN SETS.
START ROUND WHERE THE PREVIOUS ROUND ENDED.*

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 44

A)

30-20-10:

SIT-UPS

15-10-5:

BURPEES

60-40-20:

DU



B) GIANT SET

10-10-10-10

GLUTE BRIDGE ALTERNATING FLOOR PRESS

ALTERNATING Z PRESS

ALTERNATING BICEPS CURLS

90" REST

C)

12-9-6:

BURPEES GTOH

24-18-12:

WEIGHTED LUNGES

48-36-24:

SITUPS

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 45



A) EMOMx16:

- A – 45" SIDE PLANK HOLD (L)
- B – 45" AIR SQUATS
- C – 45" SIDE PLANK HOLD (R)
- D – 45" JUMP ROPE

B) EMOM x12

- A-10 DEADLIFTS
- B-10 BACK SQUATS

C) EMOMx16

- A-20 MOUNTAIN CLIMBERS +15-20 SIT-UPS
- B-10 CLOSE GRIP PUSH-UPS+10 DOWN-UPS

WOD DEL GIORNO

#IOMIALLENOACASA

#DAY 46



A) 8' MINUTE AMRAP

AT A MODERATE INTENSITY:

30 JUMPING JACKS

5 TEMPO PUSH-UPS (3" DESCENT)

5 NO PUSH-UP BURPEES

10 TEMPO SQUATS (3" DESCENT)

B) "DOUBLE" IRON RANGER

*IN TEAMS OF 2, COMPLETE THE FOLLOWING
WITH ONE ATHLETE WORKING AT A TIME.*

2 ROUNDS FOR TIME

22" SILENCE

94 GOBLET SQUATS

94 PUSH-UPS

94 SIT-UPS

94 RUSSIAN KETTLEBELL SWINGS

22 BURPEES