**WORKOUT 1**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/7/6/5/4

2 WALLBALL 12/11/10/9/8

3 DOUBLE UNDER 30/26/22/18/14   
(RJ: 60/55/50/45/40)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

3×5/5/5 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS

**WORKOUT 2**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/8/7/6/5

2 WALLBALL 13/12/11/10/9

3 DOUBLE UNDER 32/30/26/22/18/14   
(RJ: 65/60/55/50/45)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

3×6/6/6 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS

**WORKOUT 3**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/8/8/7/7

2 WALLBALL 14/13/12/11/10

3 DOUBLE UNDER 34/32/28/22/18/14   
(RJ: 70/65/60/55/50)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

3×7/7/7 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS

**WORKOUT 4**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/7/6/5/4

2 WALLBALL 12/11/10/9/8

3 DOUBLE UNDER 30/26/22/18/14   
(RJ: 60/55/50/45/40)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

4×5/5/5 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS

**WORKOUT 5**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/8/7/6/5/5

2 WALLBALL 13/13/12/11/10/9

3 DOUBLE UNDER 34/32/30/26/22/18/14   
(RJ: 70/65/60/55/50/45)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

4×6/6/6 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS

**WORKOUT 6**

**CONDITIONING**   
EMOM PIRAMIDE 70 SECONDS

1 ASSAULT BIKE 8/8/8/7/7/7

2 WALLBALL 14/14/13/12/11/10

3 DOUBLE UNDER 38/36/32/28/22/18/14   
(RJ: 75/70/65/60/55/50)

**WEIGHTLIFTING**   
PROGRAM PVC 1.3

**GYMNASTIC**21E

4×7/7/7 70S REST

BAR PULL-UPS

PUSH-UP

BAR DIPPING

V-UPS