

<i>Week</i>	<i>Fitness A</i>	<i>Fitness B</i>	<i>Performance A</i>	<i>Performance B</i>
LUNEDÌ	5 rounds 10 box dip 20" handstand hold 30" hollow hold	4 rounds 2' on 1' off 24 double unders 12 push ups 12 DB1 overhead lunges	Death by Strict Handstand push ups	4 rounds 2' on 1' off 6/9 cal row 12 push ups 6 overhead squat
MARTEDÌ	EMOM 10' 9/12 cal row 9/12 cal skierg	4 rounds 8 devil press 12 thrusters 21 V-ups	EMOM 10' 2 hang power clean + 1 hang squat clean	4 rounds: 8 devil press 12 thrusters 12 GHD sit ups
MERCOLEDÌ	WEEK 3 Shoulder press. 5-5-5-5-5 2min rest	For time: 50 burpees 50 pull ups 50 box jumps 50 DB1 snatch	WEEK 3 Push jerk / split jerk 4-4-3-3-3 2min rest	For time: 50 burpees 50 pull ups 50 box jumps 50 power snatch
GIOVEDÌ	4 rounds: 30" weighted wall sit 8 glutee ham raises 1' plank	4 rounds 20 wall balls 15 AM swings 10 renegade push ups	4 rounds: 10 glutee ham raises 20" L-sit 20" top dip hold 20" bottom dip hold	5 rounds 10 cal skierg 15 wall balls 5 bar muscle ups
VENERDÌ	00:00-12:00 AMRAP 12/15 cal row 8 DB2 push press 8 DB2 step over	15:00-30:00 AMRAP 10 toes to bar 14 jumping lunges 20 db1 hang C&J 30 double unders	Complex snatch: every 2' x 10' 1 power snatch + 2 snatch p.p.+ 1 overhead squat 2 snatch below knee	15:00-30:00: AMRAP 10 toes to bar 10 floor press 10 AM swings 30 double unders
SABATO	Endurance	in team of 2 3 rounds 500 mt row 10 man makers 50 DB2 lunges 30 toes to bar 50 synchro partner wall balls		
	REST DAY AH NO... IL WORKOUT C'È E SI FA	Jordan: 100 Kb swings 100 sit ups 100 air squats 100 push ups		