

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	5 rounds: 10 rings rows 10 altern. box step-ups 20s rope jumps / DU try	AMRAP 15min: 10 wall balls 10 burpees 10 cal row / ski erg	5 rounds: 5 strict pull-ups (carico al bisogno) 10s passive bar hang 15 push-ups	AMRAP 15min: 10 double DB/KB thrusters 10 burpees box jump
MARTEDÌ	5 rounds: 10 sumo deadlifts 10 sit-ups 250m row / ski erg	10 rounds: 1 wall climb 5 KB goblet squats 5 KB swings	5 sets, carico al bisogno: 5 snatch deadlifts + 5 hang power snatches + 5 o. squats	10 rounds: 3 push press. 4 altern. front rack reverse lunges 5 V-ups
MERCOLEDÌ	Back squat, week 1 5-5-5-5, 01:30 rest 2s pausa in buca	3 X 4' ON 1' OFF 4 strict chin-ups (elastico al bisogno) 8 DB reverse lunges 12 altern. V-ups	Back squat, week 1 5-5-5-5, 01:30 rest 2s pausa in buca	3 X 4 ON 1' OFF: 4 renegade push- ups 8 DB altern. box step-ups 12 DB sit-ups
GIOVEDÌ	AMRAP 10min: 5 bar swings 5 knees-to-chest 250m row / ski erg	Ogni 3' X 15' 10 lateral burpees over DB 10 altern. DB snatches 10 wall balls	AMRAP 10min: 5 bar swings 5 toes-to-bar 10 box jumps over	Ogni 3' X 15' 250m row / ski erg 5 devil press. 1 hill sprint
VENERDÌ	Da 00:00 a 12:00 AMRAP 30s DU 30 mountain climbers 10 KB sumo DL high pulls	DA 12 A 16' rest Da 16:00 a 30:00 AMRAP 30s standing bike 12 one arm DB hang C&J	Da 00:00 a 12:00 Ogni 2min, carico a sensazione: 4 deadlifts + 4 hang power cleans + 4 push press.	Da 12:00 a 16:00 REST Da 16:00 a 30:00 AMRAP 12 lateral burpees over bar 24 wall balls
SABATO	Ogni 5' x 25' 500m row / 400m ski erg 20 push-ups 25 KB swings			
DOMENICA	2 rounds: 28 thrusters 28 deadlifts 28 one arm DB hang snatch. 28 box jumps over 28 one arm DB push press. 28 sit-ups			