

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<p>A: Fitness: 2 rounds 90" of toes to bar 30" rest 90" of row 30" rest 90" box dips 30" rest 90" of row 30" rest</p>	<p>A: Fitness: For time 1000mt skierg 20 shuttle run 10mt 30 double DB box step up</p>	<p>A: Strenght day 4 week sumo deadlift 3-2-1-2-3 rest 1.30'</p>	<p>A: Fitness 12' EMOM - 12/15 ring row - 45" plank hold - 15 ghd back extension</p>	<p>From 0 to 10' amrap 500 mt skierg 50 air squat 50 V-ups From 12' to 18' 50 american swings 50 KB thruster</p>
<p>A: Performance: 2 rounds 90" of row 30" rest 90" handstand push ups 30" rest 90" of row 30" rest 90" rope climbs 30" rest</p>	<p>A: Performance: 12' EMOM Power snatch da 0 a 3' x 4 reps da 3' a 6' x 3 reps da 6' a 9' x 2 reps da 9' a 12' x 1 reps</p>		<p>A: Performance 12' EMOM - 5/7 bar muscle ups - 45" plank hold - 10 good morning</p>	<p>From 20' to 30' 500 mt row 50 push ups 50 pull ups</p>
<p>B: Fitness/Performance: Form time: 21mt DB overhead lunges 15 burpee box jumps 9 man makers</p>	<p>B: Fitness: 15' AMRAP 40 double unders 16 KB hang snatch 10 double KB squat</p>	<p>B: Fitness: Every 4' x 16' 24 DB hang c&j 12 burpees 24 sit ups</p>	<p>B: Fitness/Performance Karen</p>	<p>From 0 to 10' amrap 500 mt row 30 toes to bar 10 ring dip From 12' to 18' Find RM of bear complex</p>
	<p>B: Performance: 15' AMRAP 40 double unders 12/15 cal skierg 6 overhead squat</p>	<p>B: Performance: Every 4' x 16' 9 clean & jerk 12 burpees 15 GHD sit ups</p>		<p>From 20' to 30' amrap 500 mt skierg 30 pull ups 10 hang power clean</p>