

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	6 rounds: 5 chair climbs 5+5 box pistols 10s bar knees-to-chest hold	AMRAP 16min: 10 cal row 20 altern. jump. lunges 10 burpees 20 push-ups	5 rounds: 6 jumps over box (no box touch) 8 strict HSPU 10 toes-to-bar	AMRAP 16min: 20 wall balls 10 pull-ups 5 devil press. 1 bar muscle-up
<b>MARTEDÌ</b>	HOME WOD	10 rounds: 10 jumping jacks 20 walking lunges 10 prison burpees 20 sit-ups		
<b>MERCOLEDÌ</b>	WEEK 1 Push press 6-6-3-3 -- 90" rest --	EMOM 15min: _ 12 double DB snatch. _ 12 double DB thrusters _ 30s rope jumps	WEEK 1 Power jerk 5-5-3-3 Carico costante -- 90" rest --	EMOM 15min: _ 4 power snatch. @pick load _ 3 wall climbs _ 13/10 cal row
<b>GIOVEDÌ</b>	HOME WOD	2 rounds: 1min run 20 push-ups 1min run 20 squat jumps 1min run 20 V-ups		
<b>VENERDÌ</b>	Da 00:00 a 14:00 AMRAP 1 lap run 15 DB <sup>1</sup> hang C&J 15 DB <sup>1</sup> OH lunges	Da 18:00 a 30:00 21-15-9 Row calories Burpees Box jumps	Da 00:00 a 12:00 Ogni 02:30 @pick load: 2 power cleans + 2 hang sq. cleans + 2 thrusters	Da 18:00 a 30:00 21-15-9 Ski erg calories Hang power cleans Burpees box jump
<b>SABATO</b>	HOME WOD	AMRAP 17min: 22 mountain climbers (each leg) 11 hindu push-ups 11 australian pull-ups 11 sit-ups + glute bridge 22 air squats		
<b>DOMENICA</b>	REST			