Week	*Fitness A*	*Fitness B*	*Performance A*	*Performance B*
LUNEDì	EMOM 10' 40" plank 8 Renegade push ups	14' AMRAP 6 pull ups 12 wall balls 240 mt run	EMOM 10' 20" L-sit bar hod 8 strict HSPU	14' AMRAP 2 rope climbs 4 Deadlift 8 burpee OTB 16 DB2 lunges
MARTEDì	4 rounds 20 back extension floor 10+10 KB1 overhead squat	6 rounds 8 AM swings 8 Burpees 8 KB lunges	Every 2' x 12' 3 Pause 3" hang squat snatch	5 rounds 4 Power snatch 8 Toes to bar 12 Box jump over
MERCOLEDì	1 week Tempo Front squat @41x2 4-4-4-4	4 rounds 1' ON: - Cal row - Push press - Box jumps - Rest	1 week Tempo Front squat @41x2 4-4-4-4	4 rounds 1' ON: - Cal skierg - Power clean - Push ups - Rest
GIOVEDì	7 rounds 10 Sit ups 7 Sprawls 10 KB Sumo high pull	Ogni 3' x 12' 15/12 cal Skierg 12 DB2 Thrusters 12/9Toes to bar	7 rounds 9 cal row 6 V-ups 3 bar muscle ups	Ogni 3' x 12' 3 Hill sprint 20 Wall balls 10 ring dips
VENERDì	Da 00:00 a 12:00 12 DB1 devil press 30 Double unders 12 DB step ups 60 mountain climbers	Da 17:00 a 30:00 AMRAP 2 Hill sprint 15 Push ups 20 jumping lunges 15 ring row	Da 00:00 a 12:00 10 Down & ups 30 Double unders 10-8-6-4-2 Power clean	Da 17:00 a 30:00 AMRAP 200 mt Run 10 Push press 20 sit ups 10 Hang squat clean
SABATO	ENDURANCE	25' AMRAP 500/430 mt row 15 med bal sit ups 12 DB2 burpee step ups 9 pull ups 6 mt HS walk		
DOMENICA	ENDURANCE	3 rounds 100 Double unders 50 russian swings 1 lap run 50 floor press 100 jumping jack 50 goblet squat		