

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	Warm ups: 9' EMOM - 45" Plank - 30" squat therapy - 20 snow angel	Barbara: 5 rounds 20 pull ups 30 push ups 40 sit ups 50 air squat Rest 3'	Warm ups: 9' EMOM - 45" Plank - 30" squat therapy - 20 snow angel	Barbara: 5 rounds 20 pull ups 30 push ups 40 sit ups 50 air squat Rest 3'
MARTEDÌ	Ogni 2' x 12' 8+8 windmill 5+5 step down	For time: 30 DB2 celan e j 30 med ball sit ups 60 cal row	Ogni 2' x 12' 3 clean pull + 1 squat clean	For time: 60 cal row 30 clean e jerk 30 toes to bar
MERCOLEDÌ	WEEK 5 Front squat 12' to Find your 1 rep max	21-15-9 Burpees KB american swings DB2 thrusters	WEEK 5 Front squat 12' to Find your 1 rep max	For time: 21-15-9 Deadlift Wall balls Ring dip
GIOVEDÌ	4 rounds 40" on 20" off - Planck - Box jumps - Skierg	4 rounds 10 box climbs 20 DB lunges 10 renegade row 20 Crosshack squat DB	4 rounds 40" on 20" off - Hollow - Double unders - HSPU	4 rounds: 6 mt HS walk 20 pistol squat 6 bar muscle ups 20 box jump over
VENERDÌ	Da 00:00 a 12:00 AMRAP 1 hill sprint 300 mt row 50 double unders	Da 17:00 a 30:00 AMRAP 14 DB2 split snatch 12 wall balls 10 toes to bar 8 commandos	Da 00:00 a 12:00 Ogni 2min: 2 hang power snatch + 2 OH squat + 1 squat snatch	Da 17:00 a 30:00 AMRAP 1 hill sprint 10 Thrusters 15 KB swings 10 burpee otb
SABATO	ENDURANCE	Hero wod Becky 800 run 30 squat snatch 400 run 30 hang clean 200 run 30 back squat 400 run 30 push ups 800 run 30 pull ups		
DOMENICA	ENDURANCE	4 rounds of: 1000 mt row 50 weighted sit ups 25 push press		