

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	AMRAP 12min: 22 lateral power steps over 22 altern. V-ups 22 altern. renegade rows	10 rounds: 3 burpees 5 box jumps 7 KB american swings	AMRAP 12min: 11 strict pull-ups 22 push-ups 200m run	For time: 50/40 cal row 40 toes-to-bar 30 wall balls 20 burpee box jumps over
<b>MARTEDÌ</b>	--- TEST --- 2000m row @a cannone	3 rounds: 1 lap run 20 one arm DB hang snatch. 100 single unders	Ogni 2min per 10min: 2 power snatch. + 2 hang sq. snatch.	"Nancy" 5 rounds: 1 lap run 15 overhead squats @43/30
<b>MERCOLEDÌ</b>	WEEK 1 Sumo deadlift 6-6-6-6 2min rest	30-20-10 Wall balls Single DB hang C&J Sit-ups	WEEK 1 Sumo deadlift 6-6-6-6 2min rest	30-20-10 Floor press. Push press. Box jumps @70
<b>GIOVEDÌ</b>	EMOM 12min: _ 10 squat jumps + 10 rings rows _ 15/12 cal row _ 6 prison burpees	4 rounds: 1 hill sprint 9 KB2 russian swings 1 hill sprint 3 wall climbs	EMOM 12min: _ 10 altern. jumping lunges + 10 pull-ups _ 6 prison burpees _ 15/12 cal row	2 rounds: 30 handstand push-ups 2 laps run
<b>VENERDÌ</b>	Da 00:00 a 15:00 AMRAP 5 devil press. 10 knees-to-chest 15 DB2 deadlifts 200m ski erg	Da 20:00 a 30:00 AMRAP 20 DB2 box step-ups 15 DB2 push press.	Da 00:00 a 10:00 Ogni 2min: 2 power cleans + 2 hang sq. cleans	Da 15:00 a 30:00 AMRAP 30 double unders 15 thrusters @40/25 10 sumo DL high pulls @40/25 5 bar muscle-ups
<b>SABATO</b>	Endurance	"Small" 3 rounds: 1000/800m row 50 burpees 50 box jumps 2 laps run		
<b>DOMENICA</b>	Endurance	"Coffland" 6min passive bar hang* *Every break: 1 lap run 30 push-ups		