

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	12' EMOM - 8+8 renegade row - 8 burpee box J - 45" plank	Wall ball test 1 set: max wall balls unbroken Rest 2' 2 set max wall balls unbroken Rest 1' Finish remaining wall balls to arrive 150 total	12' EMOM - 10 Chin ups strict - 15 Weight. sit u - 20 alt jumping lung.	3 rounds 20 burpee plate 30 jumping push ups 40 DB1 thrusters
MARTEDÌ	10' EMOM 20 double unders 10 push ups	4 rounds 3' on 1' off 6 DB2 hang C&J 8 box jumps 10 toes to bar	10' EMOM 1 squat clean Ladder	4 rounds 3' on 1' off 6 hang power clean 8 cal skierg 10 wall balls
MERCOLEDÌ	WEEK 2 Ogni 2.15' x 9' Sumo deadlift 6-6-4-4	Fitness Ingrid 10 rounds 6 DB1 alt snatch 4 burpee over the DB	WEEK 2 Ogni 2.15' x 9' Sumo deadlift 6-6-4-4	Ingrid 10 rounds 3 snatch 3 bar facing burpees
GIOVEDÌ	Leg crusher 4 rounds 1' goblet squat hold 5 squat jumps 10 cal row	Nate light 20' AMRAP 3 strict chin ups 3 wall climbs 6 KB american	Leg pump 4 rounds 8 Hamstring curl 8+8 pistol squat 30" wal squat hold	Nate: 20' AMRAP 2 muscle ups 4 HSPU 6 KB american
VENERDÌ	Da 00:00 a 12:00 AMRAP 10 pull ups 12/15 Cal skierg 20 V-ups 30 Air squat	Da 17:00 a 30:00 For time 1000 mt row 50 DB2 deadlift 50 DB2 push press 50 DB2 step over 50 sprawls	Da 00:00 a 12:00 Ogni 2min: 3 power snatch + 3 overhead squat	Da 17:00 a 30:00 AMRAP 100 double under 50 deadlft @60/45 50 push press @45/30 50 front squat 100 double under
SABATO	Endurance	Hero wod Oscar 23' AMRAP 9 devil press 20 alt DB2 lunges 9 DB2 push press 20 sit ups		
DOMENICA	Endurance	In team of 2 40' AMRAP 400 mt run 40 toes to bar 40 cal row 40 ring dip 40 box jumps 40 hang p snatch		