

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	2 rounds: 44 reverse lunges 33 sit-ups 22 hindu push-ups	AMRAP 16min: 11 cal row o ski erg 11 burpees 11 KB american swings	4 rounds: 6+6 DB1 OH box steps down 10 around-the-world 6 strict HSPU	AMRAP 16min: 6 DB2 burpee step-ups @22.5 8 DB snatch dx 12 wall balls 8 DB snatch sx
MARTEDÌ	Ogni 2min per 12min: 4 renegade push-ups 6 DB2 front squats 8 DB2 deadlifts	For time: 500m row 40 wall balls 30 push-ups 20 box jumps over 10 devil press.	Ogni 2min per 12min: 1 power snatch + 1 hang power snatch + 1 sq. snatch + 1 hang sq. snatch	For time: 30 lateral burpees over bar 30 overhead squats @40/25 30 toes-to-bar
MERCOLEDÌ	WEEK 2 Shoulder press. 6-6-6-4-4 2min rest	EMOM 15min altern.: _ 12 KB sumo DL high pulls _ 12 knees-to-chest/V-ups _ 12 one arm DB hang snatch.	WEEK 2 Push jerk / split jerk 5-4-3-4-5 2min rest	EMOM 15min altern.: _ 12/9 cal ski erg o row _ 12 box jumps _ 12 one arm DB hang C&J
GIOVEDÌ	4 rounds: 6+6 box pistols 20 MB russian twists 6+6 one arm KB push press.	4 rounds: 50 single unders 40 air squats 30 sit-ups 20 rings rows	5 rounds: 10 strict pull-ups 10 feet elevated push-ups 10 one leg box jumps	CF Games Open 17.5 10 rounds: 9 thrusters @45/30 35 double unders
VENERDÌ	Da 00:00 a 15:00 AMRAP 10 deadlifts 10 lateral burpees over bar 3 wall climbs	Da 20:00 a 30:00 21-15-9 One arm DB thrusters Row/ski erg calories Push-ups	Da 00:00 a 15:00 Ogni 3min: 3 wall climbs 3 sq. cleans @pick load	Da 20:00 a 30:00 AMRAP 5 bar muscle-ups 10 rings push-ups 10 jumps over box (no appoggio sul box)
SABATO	Endurance	"Cameron" For time: 50 walking lunges 25 chest-to-bar 50 box jumps 25 triple unders 50 floor back extensions	25 rings dips 50 knees-to-elbows 25x 2-for-1 wall balls 50 sit-ups 5 rope climbs	
	REST DAY	"Monti" 5 rounds: 50 BB box step-ups 15 pow. cleans @60/40 10 pow. snatches @60/40		