

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	4 rounds: 10 commandos 20 alt. cossack squats 30s floor chinese plank	2 rounds: 40 KB AM swings 30 burpees 20 knees-to-chest 10 cal row	4 rounds: 2x 5 push-ups + 1 wall climb 7 strict chin-ups 9 DB1 box jumps	2 rounds: 40 alt. DB snatch. @22.5/15 30 burpees plate 20 toes-to-bar 10 strict HSPU
MARTEDÌ	Ogni 2' x 12': 5 DB1 renegade push-ups 10 DB1 goblet squats 5 DB1 renegade push-ups 10 DB1 deadlifts	AMRAP 15min: 100 single unders 20 DB1 overhead lunges 15 rings rows 10 box dips	Ogni 2min per 12min: 1 power clean @heavy	AMRAP 15min: 1 sq. clean + 2 front squats @70/50 15 pull-ups 20 KB1 push press. @24/16
MERCOLEDÌ	WEEK 5 In 15min find 1 rep max back squat	EMOM 15min: _ 7 burpee box J _ 7+7 DB1 hang C&J _ 14 KB sumo DL high pulls	WEEK 5 In 15min find 1 rep max back squat	EMOM 15min: _ 8 burpee box jumps _ 8 hang C&J @40/30 _ 12/9 cal row
GIOVEDÌ	For time: 50 altern. walking lunges 50 push-ups 50 sit-ups 50 prisoner step-ups	For time: 50 wall balls 1min rest 50 plate snatch. 1min rest 50 sprawls 1min rest 50 mount. climb. (per gamba)	For time: 10 bar muscle-ups 50 push-ups 10 wall climbs 50 sit-ups	For time: 50/40 cal ski erg 1min rest 50 DB1 hang snatch. @22.5/15 1min rest 50 box jumps o. 1min rest 100 double U
VENERDÌ	Da 00:00 a 12:00 Ogni 2min: 10 KB2 sumo deadlifts 20 alt. V-ups	Da 17:00 a 30:00 21-15-9 DB2 thrusters Renegade rows Burpees	Da 00:00 a 12:00 Ogni 2min: 1 power snatch @heavy	Da 17:00 a 30:00 AMRAP 1 sq.snatch. + 2 overhead squats @60/40 10 burpees OTB 10 chest-to-bar
SABATO	ENDURANCE	5 rounds: 22 KB american swings @24/16 22 box jumps 400m row 22 burpees 22 wall balls		
DOMENICA	ENDURANCE	Collin 6 rounds: 400m row 12 push press. @50/35 12 box jumps o. 12 sumo DL high pulls @50/35		