

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	4 rounds: 30s wall sit 30s hollow hold 10+10 one arm reneg. rows 15 push-ups	AMRAP 16min: 2 wall climbs 8 box jumps over 4+4 one arm devil press. 250m row	4 rounds: 30s KB goblet sq. hold 30s elbows plank 8 strict chin-ups 8 strict HSPU	AMRAP 16min: 8 burpee box jumps over @70/50 12 toes-to-bar 16 KB american swings @24/16
MARTEDÌ	Con due KB, ogni 2min per 12min: 10 sumo DL + 8 russian swings + 6 front squats	Ogni 3min per 15min: 10 rings rows 10 DB2 box step 10 DB2 push p 10 wall balls	Ogni 2min per 12min: 1 power clean + 1 hang power c. 1 hang sq. clean +1 front squat	Ogni 3min per 15min: 15/12 cal row 12 pull-ups 6 devil press. @22.5/15
MERCOLEDÌ	WEEK 1 Deadlit 6-6-4-4-2	EMOM 15min: _ 14 altern. DB snatch. _ 14 box jumps _ 14/11 cal row	WEEK 1 Deadlift 6-6-4-4-2	EMOM 15min: _ 14/11 cal ski _ 14 wall balls _ 10 DB2 clean&jerks @22.5/15
GIOVEDÌ	AMRAP 10min: 15 back extens. (a terra) 10 commandos 10 DB1 lat. box steps over	3 rounds: 10 burpees 20 air squats Poi, 3 rounds: 20 push-ups 30 sit-ups Poi: 40 wall balls	AMRAP 10min: 15 V-ups 10 one leg box jumps 5 bar muscle-ups	10 rounds: 4 thrusters @60/40 8 lat. burpees over bar 32 double unders
VENERDÌ	Da 00:00 a 12:00 Ogni 2min: 20 single unders 10 KB american swings 10 knees-to- chest	Da 17:00 a 30:00 30-20-10 DB2 thrusters Row calories Mount. climb. (per gamba)	Da 00:00 a 12:00 Ogni 2min: 1 power snatch + 1 hang power snatch + 1 hang sq. snatch 1 snatch balance	Da 17:00 a 30:00 30-20-10 Overhead squats @40/30 Push press. @40/30 Toes-to-bar
SABATO	ENDURANCE	"Blake" 4 rounds: 40 overhead walk. lunges @disco 20/10 30 box jumps 20 wall balls 10 handstand push-ups		
DOMENICA	ENDURANCE	"Bull" 2 rounds: 200 double unders 50 overhead squats @60/40 50 pull-ups 1500/1200m row		