

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1 Deadlift @100/70 Burpees  Scaled @60/35	5 Rounds 12 Strict Knee to chest 8 Dog push ups	1-2-3-4-5-6-7-8-9-10-9-8-7-6-5-4-3-2-1 Deadlift @100/70 Burpees  Scaled @60/35	5 rounds 12 Strict toes to bar 8 Strict dip Con peso se necessario
<b>MARTEDÌ</b>	Ogni 2' per 12': 9/6 Cal skierg 12 Overhead lunges	10 rounds: 8 Wall balls 10 AM swings 12 V-ups	Ogni 2' per 12': 1 Muscle snatch + 3 snatch balance	7 rounds 9/6 cal skierg 9 thrusters 15 V-ups
<b>MERCOLEDÌ</b>	WEEK 2 Front squat Ogni 2' x 10' 4-4-4-4-4 3s pausa in buca La prima rep	For time 50 devil press 1db 50 med ball sit up 50 box jumps 50 DB1 thrusters	WEEK 2 Front squat Ogni 2' x 10' 4-4-4-4-4 3s pausa in buca La prima rep	For time 50 cal row 50 pull ups 50 hang snatch 50 back squat @45/30
<b>GIOVEDÌ</b>	5 rounds: 6 Strict pull ups 12 Glutee ham raises	AMRAP 15min: 10 Renegade push ups 10 Step ups 10 Toes to bar 100 S. Under	5 rounds: 6 Nose to wall HSPU 12 Glutee ham raises	AMRAP 15min: 8 AM swings 6 mt HS walk 4 Bar muscle ups 2 Hill sprint
<b>VENERDÌ</b>	Da 00:00 a 15:00 Ogni 3min: 2 hill sprint 4 wall climbs 6 cal ski	Da 20:00 a 30:00 AMRAP 12/9 Cal row 9 DB2 push press 12 DB2 lunges	Da 00:00 a 15:00 Ogni 3min: 12/9 Cal row 5-4-3-2-1 squat clean	Da 20:00 a 30:00 AMRAP 15 Wall balls 10 Push ups 5 Push press @60/40
<b>SABATO</b>	ENDURANCE	800 mt run Poi 5 rounds 5 pull ups 10 push ups 15 air squat Then repeat		
<b>DOMENICA</b>	ENDURANCE	In team of 2 21' AMRAP Laura 30 cal row 20 burpee over erg 10power clean		