

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	In 12' time cap: 21 ull-ups 42 double unders 21 thrusters40/30 18 C2B 36 double unders 18 thrusters50/35 15 bar MU 30 double unders 15 thrusters60/40	5 rounds: 10 commandos 12 altern. V-ups 14 KB deadlifts	In 12' time cap: 21 ull-ups 42 double unders 21 thrusters40/30 18 C2B 36 double unders 18 thrusters50/35 15 bar MU 30 double unders 15 thrusters60/40	5 rounds: 10 commandos 20 mount. climbers (per gamba) 30s chinese plank
MARTEDÌ	Ogni 3' per 15': 6 DB2 power cleans 8 DB2 push press 10 DB2 reverse lunges 12 burpees	Ogni 3min per 15min: 12 knees-to- chest 12 deadlifts 12 push-ups 50 rope jumps	Ogni 3min per 15min: 4 deadlifts + 3 hang power cleans + 2 sq. cleans + 1 jerk	Ogni 3min per 15min: 1 lap run 10 deadlifts @60/40 5 push press. @60/40
MERCOLEDÌ	WEEK 3 Front squat 2-2-2-2 5s pausa in buca 2min rest	30*-20*-10* Wall balls KB american sw *Ogni round: 1 lap run	WEEK 3 Front squat 2-2-2-2 5s pausa in buca 2min rest	30*-20*-10* DB2 sumo deadl. DB1 hang snatch Wall balls *Ogni round: 12 burpees touch
GIOVEDÌ	6 rounds: 2 wall climbs 4 hindu push-ups 6 push-ups 8 KB squat jumps	AMRAP 12min: 30 rope jumps 30 walking lunges 30 rope jumps 30 rings rows	5 rounds: 5m HS walk 5 bar muslce-ups 5 rings dips 5+5 1arm ring r.	AMRAP 12min: 40 double unders 20 toes-to-bar 40 double unders 15 HSPU
VENERDÌ	Da 00:00 a 15:00 Ogni 3min: 6 renegade push- ups 6 DB2 snatch. 1 floor stairs run	Da 20:00 a 30:00 30-20-10 DB1 hang C&J DB1 goblet squats Sit-ups	Da 00:00 a 15:00 Ogni 3min: 4 snatch. deadl. 3 h. pow. snatch. 2 sq. snatch. 1 snatch balance	Da 20:00 a 30:00 "Elitium Nancy" 21*-15*-9* O. squats @40/25 *Ogni round: 2 floors stairs run
SABATO	ENDURANCE	Team x2 AMRAP 30min: 30 burpees over 30 cal row/bike/ ski erg 30 back squats @50/35 30 pull-ups 30 BB push-ups		
DOMENICA	ENDURANCE	10 rounds: 10 wall balls 8 sumo DL high pulls @40/25 6 bar facing burpees		