

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	3 rounds: 5 push-ups + 10s plank 50 rope jumps 5 push-ups + 10s plank 12 lateral power box step-ups	4 sets, 4min ON - 1min OFF: 9 burpees plate 5 strict knees-to-chest 1 hill sprint	3 rounds: 1 wall climb + 10s hold 12 box jump o 1 wall climb + 10s hold 6+6 one arm KB push press.	4 sets, 4min ON - 1min OFF: 2 bar muscle-ups 4 devil press. 1 hill sprint
MARTEDÌ	4 rounds: 200m run 15 KB russian swings 10 sit-ups -- 1min rest --	20-15-10 Row calories DB2 power cleans DB2 thrusters	Ogni 2min per 12min: 3 hang power cleans + 3 front squats	20*-15*-10* KB am swings Pull-ups *Ogni round: 200m run
MERCOLEDÌ	Week 2 Deadlift 8-6-6-8 -- 2min rest --	4 rounds: 10 DB right leg box step-ups 10 rings rows 10 DB left leg box step-ups 6 DB1 devil press	Week 2 Deadlift 8-6-6-8 -- 2min rest --	4 rounds: 12 altern. OH reverse lunges 12 floor press. 12/9 cal row
GIOVEDÌ	EMOM 12min: _ 12 altern. DB snatch. _ 12/9 cal ski erg _ 6+6 box pistols _ 20 altern. V-ups	AMRAP 15min: 6 burpees box jumps 12 wall balls 200m run	EMOM 12min: _ 8 w strict pull-u _ 15 air squats + 8 burpees _ 12/9 cal ski erg _ 8 toes-to-bar + 10 push-ups	AMRAP 15min: 400m run 12 burpees box jump over
VENERDÌ	Da 00:00 a 14:00: AMRAP Ogni 2min 250/200m row 6+6 one arm DB hang C&J	Da 18:00 a 30:00 10 goblet squats 10 hands-to-elbows plank 5+5 one arm KB russian swings	Da 00:00 a 14:00 Ogni 2min 2 hang power snatch. + 1 hang snatch + 1 overhead squat	Da 18:00 a 30:00 AMRAP 250/200m row 7 thrusters 7 burpees otb
SABATO	For time: 800/650m row 400m run 20 altern. one arm KB cleans 800/650m row	400m run 20 burpees pull-ups 800/650m row 400m run 40 wall balls		
DOMENICA	AMRAP 10min: 15/12 cal ski erg 15 burpees 15 box jumps -- 3min rest --	AMRAP 10min: 12 sumo DL high pulls 1 hill sprint 12 V-ups		