

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	BUONA PASQUETTA			
<b>MARTEDÌ</b>	Ogni 3min per 12min: 40 mount. climb. (totali) 30 alt. KB rev. lunges 20 KB american swings	AMRAP 15min: 6 left arm devil press. 12 box jumps 6 right arm devil press. 12 rings rows	Ogni 3min per 12min: 30s row/bike/ski 1 pow. snatch. + 1 hang sq. snatch	AMRAP 15min: 10 deadlifts @45/30 10 thrusters @45/30 15 pull-ups
<b>MERCOLEDÌ</b>	WEEK 3 Press 8-6-4-6-8 - - - 2min rest - - -	Ogni 2min per 12min: 15 wall balls 15 altern. DB snatch.	WEEK 3 Push jerk 6-4-2-4-6 - - - 2min rest - - -	Ogni 2min per 12min: 15/12 cal row o bike 5 devil press. @22.5/15
<b>GIOVEDÌ</b>	EMOM 20min: _ 10 toes-to-bar + _ 10 push-ups _ 7 burpee box j. _ 15 AM swings _ 15/12 cal row o bike	3 sets: 1min hollow hold 30s rest 1min prisoner superman hold 30s rest	EMOM 20min: _ 15 wall balls _ 15 KB american swings _ 7 burpee box jumps _ 1 lap roof run	3 sets: 1min hollow hold 30s rest 1min prisoner superman hold 30s rest
<b>VENERDÌ</b>	Da 00:00 a 12:00 Ogni 3min: 8 DB2 deadlifts 8 DB2 thrusters 8 sit-ups 8 burpees over DB	Da 17:00 a 30:00 AMRAP 400m run 100 rope jumps 4 wall climbs	Da 00:00 a 12:00 Ogni 3min: 10 burpees over bar 1 pow. clean + 1 hang sq. clean	Da 17:00 a 30:00 AMRAP 21 medball sit- ups 15 overhead squats @45/30 9 bar muscle-ups 400m run
<b>SABATO</b>	ENDURANCE	10 rounds: 1 laps roof run 5 burpee pull-ups 10 handstand push-ups 20 air squats 30 double unders		
<b>DOMENICA</b>	ENDURANCE	2 rounds: 10 wall climbs 20 push press. @60/40 30 back squats @60/40 40 walking lunges 50 sit-ups		