

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	3 rounds Plank 1' 20 Jumping lunges	In team 2 rds 100 cal bike 80 sit ups 60 push ups 40 goblet squat 20 man makers	3 rounds 10 dragon flag 16 step down	In team 2 rds 20 bar muscle up 40 devil press 60 toes to bar 80 push ups 100 cal bike
MARTEDÌ	4 rounds 10 hip thrust 20 KB sumo high pull Rest 1'	12' EMOM - 10/12 cal row - 5 burpee + 10 V-ups - 16 DB1 thrusters	OGNI 2' x 10' 3 High hang power clean + 2 Hang squat clean	12' EMOM - 20 wall balls - 10 power clean @50/35 - 5 burpee + 6 dip
MERCOLEDÌ	WEEK 4 Press 3-3-3-3-3-3 -- 2min rest --	4 rounds 20 Wall balls 20 DB1 snatch 2 laps run	WEEK 4 Push jerk 2-2-2-2-2 -- 2min rest --	4 rounds 10 Thsurters 15 AM swings 2 laps run
GIOVEDÌ	8 rounds 8 crossack squat 8 burpees 8 overhead lunges DB1 8 renegade row	3 sets: Lateral plank 40" dx e sx 30 Russian twist	10 rounds 6 pistol 6 burpee step ups 1 DB 6 pull ups 6 HSPU	3 sets: Lateral plank 40" dx e sx Weighted knee to chest
VENERDÌ	Da 00:00 a 12:00 Ogni 2': 13/10 cal row 8 2KB deadlift	Da 17:00 a 30:00 AMRAP 14 DB1 hang clean e jerk 10 DB1 sit ups 14 DB1 lunges 10 box jumps	Da 00:00 a 12:00 Ogni 2': 30 double unders 3 snatch below the knee	Da 17:00 a 30:00 AMRAP 250/300 mt row 15 power snatch 15 toes to bar
SABATO	ENDURANCE	In team of 2 4 rounds 60 Wall balls 20 Deadlift 60 Push ups 20 Burpee box jumps		
DOMENICA	ENDURANCE	30' AMRAP 800 mt run 10 man makers 800 mt bike 10 bar muscle ups		