

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	Ogni 2' x 10' 9 box jump over 3 wall climbs 15 Seated leg raises	5 Rounds 500 mt Bike 20 AM swings 15 pull ups	Ogni 2' x 10' 6 cal bike 6 mt Handstand walk 6 dragon flag	6 rounds 30 Double unders 10 pistol squat 10 Diamond push ups 20 AM swings
<b>MARTEDÌ</b>	4 Rounds 30" KB goblet squat hold 30" Plate overhead hold 12/15 cal row	Da 10 a 1 DB2 clean push press front squat	5 Rounds 10" Halting snatch hold  Rest 90"	14' AMRAP 5 Power snatch @60/45 10 Pull ups 15 wall balls
<b>MERCOLEDÌ</b>	WEEK 5 Sumo deadlift  10 x 5 rounds	45" ON 15" OFF 5 rounds - Wall balls - 1 lap run - Burpees	WEEK 1 Sumo deadlift  10 x 5 rounds	45" ON 15" OFF 5 rounds - 10/13 cal Row - Shoulder to overhead - Weighted sit ups
<b>GIOVEDÌ</b>	20' AMRAP 40 single unders 20 DB1 snatch 40 single unders 30 weight. sit ups 40 single unders 40 air squat	3 rounds 1' elbow plank 1' rest 1' reverse plank 1' rest	20' AMRAP 8 burpees 10 Toes to bar 8 burpees 15 HSPU 8 burpees 20 DB2 step ups	3 Rounds 1' Plank Box hold 1' rest ' Reverse box planche 1' rest
<b>VENERDÌ</b>	Da 00:00 a 12:00 Ogni 2min: 20 renegade row ( 10 x braccio ) 12 DB2 step ups	Da 17:00 a 30:00 AMRAP 10 Burpees 20 KB1 Thrusters 10 Toes to bar 20 Lunges	Da 00:00 a 12:00 Ogni 2': 10 Barbell bent over row 15" Lsit	Da 17:00 a 30:00 AMRAP 15 cal Bike 12 Hang power clean 9 squat 6 Bar muscle ups
<b>SABATO</b>	ENDURANCE	In team of 2 3 rounds 2 laps run both 20 devil press 300 mt row ( il compagno in hollow ) 40 thrusters 50 pull ups 60 sit ups		
<b>DOMENICA</b>	ENDURANCE	1' work 3 rounds Shuttle run DB1 snatch Cal Bike DB step ups Strict burpees	Workout dedicato a tutti gli Ucraini  HOPE FOR REFUGEES	