

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	4 rounds: 10 tuck jumps 20 commandos 10 KB sit ups a gambe tese	6 rounds 15 Box dips 15/12 Cal row 15 Box jumps	4 rounds: 10 mt Handstand walk 10+10 One leg deadlift 10 Strict TTB	6 rounds 10 Burpees 8 Strict pull ups 6 ring dip
MARTEDÌ	Ogni 2min x12 8 KB2 Romanian deadlift 7/9 Cal bike	5 rounds 10 Burpees 10 DB2 Push p. 20 med ball sit ups	Ogni 2' per 12min 4" Pause Hang snatch below the knee 3	5 rounds 15/12 Cal row 12 floor press 12 Toes to bar
MERCOLEDÌ	WEEK 3 Sumo deadlift 5-5-5-5-5	15' EMOM - 30 S.U. + 12 knee to chest - 20 Wall balls - 10/13 Cal row	WEEK 3 Sumo deadlift 5-5-5-5-5	15' EMOM - 8 Hang power clean - 10/12 Hspu - 15 Box jumps
GIOVEDÌ	20' AMRAP Cindy 5 pull ups 10 push ups 15 air squat	8 rounds: Hollow Russian twist 30" on 15" off	20' AMRAP 500 mt bike 25 push ups 50 DU 25 med ball sit ups	8 rounds: Plank weighted Leg raises 30" on 15" off
VENERDÌ	Da 00:00 a 12:00 Ogni 3': 3 lap top roof 20 KB swings	Da 17:00 a 30:00 AMRAP 10 DB1 Thrusters 16 DB1 step ups 10 Burpees 16 renegade row (8+8)	Da 00:00 a 12:00 Ogni 2min: 15 Wall balls 5 clean & jerk	Da 17:00 a 30:00 AMRAP 2 lap top roof 5 bar muscle ups 7 power snatch 12 barbell lunges @45/30
SABATO	ENDURANCE	A coppie 30' AMRAP 10 DB1 devil pres 20 cal bike 40 DB1 squat 40 Box jumps 20 DB1 press 10 Wall climbs		
DOMENICA	ENDURANCE	Badger 3 rounds 30 squat clean 30 pull ups 800 mt run		