

| Week | Fitness A | Fitness B | Performance A | Performance B |
|------------------|--|--|---|--|
| LUNEDÌ | 5 rounds: 12/10 push-ups 12 MB walking lunges 12 MB sit-ups | AMRAP 15min: 1 lap run 15 burpees plate 1 lap run 12 box jumps over | 5 rounds: 8 strict chin-ups 2 wall climbs 8 squat-to-box jumps | AMRAP 15min: 300mt row 15 toes to bar 300mt row 15 push ups |
| MARTEDÌ | Ogni 2min per 12min: 10 DB1 deadlifts 8 DB1 thrusters 6 DB1 devil press. | 5 rounds: 10 knees-to-chest 20 KB swings | Ogni 2min per 12min: 3 power cleans + 2 front squats + 1 jerk | 5 rounds: 3 laps run 6 devil press. @22.5/15 |
| MERCOLEDÌ | WEEK 4 Sumo deadlift 6-4-4-2-2 | Ogni 3' per 15': 10 cal row o bike 10 push press. @50*35 10 burpee box jumps | WEEK 4 Sumo deadlift 6-4-4-2-2 | Ogni 3' per 15': 10 cal row o bike 10 push press. @50*35 10 burpee box jumps |
| GIOVEDÌ | AMRAP 10min: 15 V-ups 15 prisoner box step-ups 15 plate snatch. | For time: 500/400m row 40 sprawls 30 rings rows 20 push-ups 10 one arm DB hang C&J | AMRAP 10min: 5 bar muscle-ups 8 strict HSPU 5 cal bike solo braccia | For time: 50 air squats 400m run 30 pull-ups 20 AMs wings 10 prison burpees |
| VENERDÌ | Da 00:00 a 12:00 Ogni 3min: 3 laps run 20 alt. DB snatch. 10 jumping jacks | Da 17:00 a 30:00 AMRAP 100 single unders 20 wall balls 10 box dips | Da 00:00 a 12:00 Ogni 3' 10 wall balls 3 power snatch. 1 hang sq. snatch 1 OH squat | Da 17:00 a 30:00 AMRAP 50 double unders 15 chest-to-bar 15 DB1 hang snatch. @22.5/15 |
| SABATO | ENDURANCE | In 30min: 800m run 12 DB2 burpee box steps over 12 DB2 push press. 24 cal row o bike 800m run | 10 DB2 burpee box steps over 10 DB2 push p. 20 cal row o bike 800m run 8 DB2 burpee box steps over 8 DB2 push press 16 cal row o bike | |
| DOMENICA | ENDURANCE | Team x2 AMRAP 20min: 30 toes-to-bar 10 sincro burpees 30 box jumps 10 sincro burpees 30 thrusters @45/30 10 sincro burpees | | |