

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	4 rounds: 12+12 wall deadlift 1 leg 12 squat jumps 12 pull ups	AMRAP 15min: 10 Diamond push ups 10 V-ups 10 KB swings 10 Burpees	4 rounds: 8 bar muscle ups 12 Pistol 12 squat jumps	AMRAP 15min: 8 HSPU 8 Toes to bar 8 DB snatch 8 Burpees
MARTEDÌ	Ogni 2' x 12': 12 hip thrust 40" hollow	10 rounds 3 devil press 6 cal bike 9 DB floor press	Ogni 2' x 12': High hang squat snatch + Hang squat snatch	10 rounds 3 clean e jerk 6 pull ups 9 wall balls
MERCOLEDÌ	WEEK 5 Sumo deadlift In 12' Build up 1 RM	Ogni 3' x 15' 18 Wall balls 15 DB2 Push press 12 Toes to bar	WEEK 5 Sumo deadlift In 12' Build up 1 RM	Ogni 3' x 15' 25/20 cal row 15 push press @45/30
GIOVEDÌ	8' AMRAP 10 strict toes to bar 20 push ups Plate	For Time 400 mt run 100 russian swings 100 ring row 100 sit ups 1 miles bike	8' AMRAP 20" Wighted foot hollow hold 10 weighted ring dips	For Time 400 mt run 100 AM swings 100 push ups 100 sit ups 40 mt handstand walk
VENERDÌ	Da 00:00 a 12:00 EMOM - 9 burpee box j - 12/9 cal row - 15 Push press	Da 17:00 a 30:00 AMRAP 12 DB1 overhead langes 10 DB2 thrusters 8 DB2 renegade row (x braccio)	Da 00:00 a 12:00 EMOM 1 power clean + 1 front squat	Da 17:00 a 30:00 AMRAP 9 cal Bike 7 Thrusters @45/30 5 strict Pull ups
SABATO	ENDURANCE	In team of 2 4 rounds 20 Hang p. clean 20 burpee ov bar 20 deadlift 20 cal row 20 shoulder T.O. 20 cal bike		
DOMENICA	ENDURANCE	Outdoor workout 5 rounds 5 laps run 20 DB1hang snatch 20 goblet squat 20 sit ups 20 commandos		