

<b>Week</b>	<b>Fitness A</b>	<b>Fitness B</b>	<b>Performance A</b>	<b>Performance B</b>
<b>LUNEDÌ</b>	AMRAP 10min: 10 alt. renegade rows 10 push-ups 20 altern. jump. lunges	5 rounds: 11 box jumps 11 sit-ups 11 KB american swings	AMRAP 10min: 5 w. strict pull-ups 10 w. push-ups 5+5 one leg box jumps	5 rounds: 6 DB2 thrusters @22.5/15 12 burpees 3 laps run
<b>MARTEDÌ</b>	Fitness, parte 1 Ogni 2min per 12min: 10 DB2 deadlifts 3 laps run	Ogni 3' per 15': 15/12 cal row o bike o ski 10 push press. 10 burpees lateral	Ogni 2min per 12min: 2 hang power cleans + 2 thrusters	Ogni 3' per 15': 5 clean & jerks @60/40 10 burpees lateral 50 double unders
<b>MERCOLEDÌ</b>	WEEK 3 Back squat 6-6-6-6  Rest 2'	EMOM 16min: _ 5 devil press. @22.5/15 _ 10 toes-to-bar + 10 air squats _ 5 wall climbs _ 15/12 cal row	WEEK 3 Back squat 6-6-6-6  Resta 2'	EMOM 16min: _ 5 devil press. @22.5/15 _ 10 toes-to-bar + 10 air squats _ 5 wall climbs _ 15/12 cal row
<b>GIOVEDÌ</b>	3 rounds: 8 commandos 10 V-ups 12 BB good mornings	AMRAP 20min: 2 laps run 20 DB1 hang snatch. 2 laps run 20 rings rows	3 rounds: 20s bar L-sit 30s chinese plank 40s elbows plank	AMRAP 20min: 6 bar muscle-ups 2 laps run 20 DB1 hang C&J @22.5/15 2 laps run
<b>VENERDÌ</b>	Da 00:00 a 12:00 Ogni 2min: Ogni 2min: 10 BB back rack step-ups 10 BB press	Da 17:00 a 30:00 21-15-9 Deadlifts Burpees Sit-ups Box jumps	Da 00:00 a 12:00 Ogni 2min: 2 hang power snatch. + 2 overgead squats	Da 17:00 a 30:00 21-15-9 Deadlifts @100/70 Chest-to-bar Burpee box jump
<b>SABATO</b>	ENDURANCE	"Filthy fifty" In 30min: 50 box jumps 50 jumping pull-ups 50 KB amer. swings @24/16 50 walking lunges	50 knees-to-chest 50 push press. @20/15 50 back extens. 50 wall balls 50 burpees 50 double unders	
<b>DOMENICA</b>	ENDURANCE	"Bradshaw" In 30min time cap 10 rounds: 3 handstand push-ups 6 deadlifts @100/70 12 pull-ups 24 double unders		