

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	9' EMOM - 12/9 cal row solo braccia - 20 snow angel - 40" plank	For time 20 burpees box j 40 goblet squat 80 V-ups 40 goblet squat 20 burpee box j	4 rounds 5 strict pull ups + 10 pull ups Rest 90"	For time 500 mt row 25 ring dip 50 weight. Sit ups 25 ring dip 1000 mt bike
MARTEDÌ	Ogni 90" x 9' 14 KB gorilla row 10 KB2 swings	15' AMRAP 12 Plate snatch 12 plate overhead lunges 2 laps run	Ogni 90" x 9' 1 snatch below the knee	15' AMRAP 12 snatch @30/20 12 wall balls 2 laps run
MERCOLEDÌ	WEEK 4 Back squat 5-5-5-5-5 Ogni 2.30'	40-30-20 Hang C&J Sit ups *100 single unders every rounds	WEEK 4 Back squat 5-5-5-5-5 Ogni 2.30'	21-15-9 Burpees OTB Hang power clean Toes to bar
GIOVEDÌ	4 rounds: 20" weighted hollow + 10 weighted sit ups	7 rounds 12 Push ups 12 Wall balls 16 Crosshack squat	4 rounds: 20" weighted hollow + 6 mt handstand walk	7 rounds 10/8 Row/bike 10 KB swings 10 HSPU
VENERDÌ	Da 00:00 a 12:00 Ogni 2min: 10 cal bike 10 Pull ups	Da 17:00 a 30:00 20 DB snatch 20 Commandos 20 Air squat 2 lap Run	Da 00:00 a 12:00 Ogni 2min: 3 power clean	Da 17:00 a 30:00 2 lap run 4 Bar muscle ups 8 Thrusters 12 Burpees
SABATO	ENDURANCE	30' EMOM - 12 Cal bike - 5 devil press - 12 Cal row - 12 Toes to bar - Rest		
DOMENICA	ENDURANCE	In team of 2 2 Alternated lap run 30 floor press 2 wall climbs synchro 30 deadlift 2 man makers synchro 30 hang squat clean		