

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<p>A: Fitness/Performance 15/20 ‘</p> <p>handstand practice (hold, walk, push ups)</p>	<p>A: Fitness: 3 rounds of: 60 single unders 30 alt box step ups 15 hang power clean</p>	<p>A: Strenght day 5 week RM time! in 15’</p> <p>find your 1 rep max of sumo deadlift</p>	<p>A: Fitness/Performance 15/20’</p> <p>gymnastic bar practice (pull ups, C2B, bar MU)</p>	<p>Fitness: from 0 to 15’ 5 hang power snatch 10 V-ups 5 overhead squat 10 renegade push ups from 15’ to 18’ rest</p>
	<p>A: Performance: 5 rounds complex: hang power clean front squat jerk rest 1.30</p>			<p>from 18’ to 30’ 10 double DB burpees 10 ring row 10 alt. jumping lunges</p>
<p>B: Fitness/Performance: CamplEMOM 20’: - 15/12 cal row - 10 burpee box j.o. - 15 american swings - rest</p>	<p>B: Fitness: 15’ AMRAP 12 dumbbell deadlift 1 arm 6 strict pull ups 12 dumbbell deadlift 1 arm 12 dumbbell snatch 1 arm</p>	<p>B: Fitness: Every 3’ x 12’ 13 shuttle run 10mt 350/250 mt row</p>	<p>B: Fitness/Performance For time 35 thrusters 35 toes to bar 35 one arm DB snatch 35 burpee over the bar</p>	<p>Performance: from 0 to 15’: 2 power snatch 2 overhead squat 10 devil press from 15’ to 18’ rest</p>
	<p>B: Performance: 12 one db overhead lunges 12 pull ups 12 one dv overhead lunges 12 handstand push ups</p>	<p>B: Performance: Every 3’ x 12’ 13 floor press 13/10 cal skierg</p>		<p>from 18’ to 30’ 10 renegade push ups 20/15 cal row</p>