

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
A: Fitness: 10' time cap: 60 pull ups un the remaining time max burpees	A: Fitness: 4 rounds 1' chinese plank 8 DB row each arm 16 back BB lunges	A: Fitness: Press: Find your RM	A: Fitness: 4 rounds 30" handsand hold 10 one leg wall deadlift 10 one leg lateral jumps	Fitness: 14' AMRAP 5 overhead squat 10 pull ups 20 push ups 40 double unders 2' rest
A: Performance: 10' time cap 30 bar muscle up then: max cal row	A: Performance: Every 2' x 14' 1 power clean 1 hang squat clean 1 squat clean	A: Performance: Push press: Find your RM	A: Performance: 4 rounds 10 mt handstand walk 10 GHD back extension 10 one leg box jumps	14' AMRAP 12 DB thrusters 15/12 skierg 12 box jumps over 20 V-ups
B: Fitness 3 rounds 20/18 cal row 16 dumbbell snatch 6 wall climb	B: Fitness/Performance: from 20 to 2 wall balls from 10 to 1 toes to bar	B: in team of two: 8' AMRAP 4 KB deadlift 8 box jumps rest 4' 8' AMRAP 6 dumbbell push press 12 american swings	B: Fitness/Performance 4 rounds 500 mt row 10 handstand push ups 5 devil press	Performance: 14' AMRAP 3 power snatch 3 overhead squat 15/12 cal skierg double unders rest 2'
B: Performance 4 rounds 16 burpees 16 dumbbell snatch		B: 8' AMRAP 4 bodyweight deadlift 8 box jumps rest 4' 8' AMRAP 6 push press 12 american swings		14' AMRAP 8 thrusters 10 pull ups 8 box jumps 20 V ups