

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>
<b>A:</b> <b>Fitness</b> 4 rounds 10 seated double KB press 40" V-hold 10 box pistol squat	<b>A:</b> <b>Fitness</b> 12' EMOM 9/12 cal skierg 14 dumbbell snatch (no alt) 16 V-ups	<b>A:</b> <b>Fitness/Performance</b>  Pause Back squat  3-3-3-3-3 3/4" pause at bottom rest 1.30'	<b>A:</b> <b>Fitness/Performance</b> 4 rounds 10" pull ups hold 10 row sit ups 20 dynamic plank 10 bodyweight leg ext	<b>Fitness:</b> 8' EMOM 10/12 cal row 12 DB hang squat clean from 10' to 18' 10 burpees 10 ring row 10 DB1 box step over box
<b>A:</b> <b>Performance</b> 4 rounds 8/10 mt handstand walk 30" seated L-sit 10 weighted box pistol sq	<b>A:</b> <b>Performance</b> every 2' x 12' complex 3 hang snatch high pull 1 hang squat snatch 1 overhead squat			from 20 to 30' 8 KB deadlift 10 box jumps 8 ring dip
<b>B:</b> <b>Fitness</b> 2' on 1' off 30 single unders 12 strict knee to chest 12 DB1 thrusters	<b>B:</b> <b>Fitness</b> 15' AMRAP 20 american swings 20 reverse KB lunges 20 push ups	<b>B:</b> <b>Fitness</b> 40" on 20" x 5 cal row DB clean & jerk	<b>B:</b> <b>Fitness</b> 5 rounds 6 devil press 9 pull ups 12 wall balls	<b>Performance:</b> 8' EMOM 3-3-3-2-2-2-1-1 hang squat clean from 10' to 18' 10 burpee OTB 5 bar muscle up 10 KB2 step over box
<b>B:</b> <b>Performance</b> 2' on 1' off 30 double unders 8 strict toes to bar 8 DB2 thrusters	<b>B:</b> <b>Performance</b> 15' AMRAP 12/15 cal skierg 6 power snatch 12 back BB reverse lunges	<b>Performance</b> 40" on 20" off cal row clean & jerk	<b>B:</b> <b>Performance</b> 7 rounds 2 rope climbs 5 devil press 8 wall balls	from 20' to 30' 5 deadlift 10 box jumps 10 handstand push ups