

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<p>A: Fitness: 15' AMRAP: 20" wall handstand hold 30" hollow hold 15 jumping lunges 50 single unders</p>	<p>A: Fitness: 4 rounds 8 romanian deadlift 8 double kettlebell squat 8 double kettlebell row</p>	<p>A: 5 week program: test day! take 15' to establish your 1 rep max of push press / jerk</p>	<p>A: Fitness: 20' not for time 10 z press 1' plank 10 ring row 1' pistol squat technique</p>	<p>Fitness: 30' time cap 3 rounds 500 mt row 25 toes to bar then AMRAP: 21 russian swings 15 cal skierg 9 overhead squat</p>
<p>A: Performance: 15' AMRAP: 15" free handtsand hold 30" hollow position 15 jumping lunges 50 double unders</p>	<p>A: Performance: 6 sets of: 2 power clean 2 squat clean rest 1.30 between sets</p>		<p>A: Performance: take 20' to work on your handstand hold / walk</p>	
<p>B: Fitness: 3 rounds 12 box jump over 12 DB clean & jerk 1 arm 12 DB thruster 1 arm</p>		<p>B: Fitness: for time: 800 mt run 60 push ups 60 kb sumo high pull 60 mad ball sit ups</p>	<p>B: 4 rounds: 3' AMRAP 20 wall ball then max reps burpee box jump over</p>	<p>Performance: 30' time cap 10 rounds 2 power snatch 4 bar muscle up 2 squat snatch 6 toes to bar</p>
<p>B: Performance: 3 rounds 250 mt row 20 one arm dumbbell c&j</p>	<p>B: CamplEMOM 10': - 15 burpees - 15 american swings</p>	<p>B: Performance: for time: 400 mt run 30 deadlift 30 DB push press 1 arm 30 pull ups 400 mt run</p>		