

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>
<b>A:</b> <b>Fitness</b> <b>5 rounds:</b> <b>5 weighted pull ups</b> <b>30" hollow mad ball hold</b>	<b>A:</b> <b>Fitness</b> <b>E2MOM x 10min:</b> <b>5 KB2 russian sw</b> <b>10 KB2 reverse lunges</b>	<b>A:</b> <b>Fitness/Performance</b> <b>Clean pull (3s pausa gin.)</b> <b>3-3-3-3-3 @100% 1RM</b> <b>clean</b> <b>01:30 rest</b>	<b>A:</b> <b>Fitness-Performance</b> <b>20min work on handstand /</b> <b>HS walk</b>	<b>Fitness:</b> <b>Da 00:00 a 12:00</b> <b>8 power snatch.</b> <b>8 OH squats</b> <b>200m row</b> <b>– 2min rest –</b>
<b>A:</b> <b>Performance</b> <b>5 rounds:</b> <b>5 weighted ring dip</b> <b>10 GHD heavy hip extension</b>	<b>A:</b> <b>Performance</b> <b>E2MOM x 10min:</b> <b>1 power clean +</b> <b>1 hang squat clean +</b> <b>1 squat clean</b>			<b>Da 14:00 a 24:00</b> <b>10 pull ups</b> <b>10 box jumps</b> <b>10 sumo DL high pulls</b> <b>– 2min rest –</b> <b>Da 26:00 a 30:00</b> <b>30 DB² man makers</b>
<b>B:</b> <b>Fitness-Performance</b> <b>4 rounds</b> <b>50 double unders</b> <b>25 weighted sit ups</b> <b>15 wall balls</b> <b>1' rest</b>	<b>B:</b> <b>Fitness</b> <b>For time:</b> <b>1000/800m row</b> <b>50 DB1 thrusters</b> <b>30 burpees target</b>	<b>B:</b> <b>Fitness</b> <b>AMRAP 15min:</b> <b>20 DB hang snatch.</b> <b>10 DB goblet squats</b> <b>10 V ups</b>	<b>B:</b> <b>Fitness-Performance</b> <b>Fit./Perf.</b> <b>3x 3 rounds, 1min rest:</b> <b>10 lateral skater jumps</b> <b>10 HS shoulder taps</b> <b>10 KB am. swings</b>	<b>Performance:</b> <b>Da 00:00 a 12:00</b> <b>Ogni 2min:</b> <b>2 power snatch. +</b> <b>2 hang sq. snatch. +</b> <b>2 OH squats</b> <b>– 2min rest –</b>
<b>B:</b> <b>Performance</b> <b>4 rounds</b> <b>20 cal row</b> <b>15 toes to bar</b> <b>15 wall balls</b> <b>1' rest</b>	<b>B:</b> <b>Performance</b> <b>For time:</b> <b>40 cal skierg</b> <b>40 thrusters</b> <b>40 burpee otb</b>	<b>B:</b> <b>Performance</b> <b>AMRAP 15min:</b> <b>20m DB OH walk. lunges</b> <b>20 DB hang snatch.</b> <b>5 bar MU / 5 C2B</b>		<b>Da 14:00 a 24:00</b> <b>10 sumo DL high pulls</b> <b>10 pull ups</b> <b>10 DB² man makers</b> <b>– 2min rest –</b> <b>Da 26:00 a 30:00</b> <b>30 burpees BJ</b>