

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<u>A Fitness:</u> 5 rounds: 7 strict pull ups 7 KB goblet squats 7 strict push ups	<u>A Fitness:</u> E2MOM 12min: 4 hang pow. snatch. + 4 OH squats	<u>A:</u> <u>Fitness</u> <u>Performance</u> Back Squat tempo @33x1 5 rounds 2 reps 1.30' rest	<u>A Fitness-</u> <u>Performance</u> 20min work on handstand/ handstand push- ups/handstand walk	<u>Fitness:</u> 00:00-14:00 5 DL 6 hang pow. cleans 7 burpees box jumps 14:00-18:00 rest	<u>Endurance:</u> "Collin" 6 rounds: 400m plate carry @20/15 12 push press. 12 box jumps 12 sumo DL high pulls	<u>Endurance:</u> "Running clock" 5 rounds: 1min bike 1min row 1min ski erg 1min wall balls 1min REST
<u>A Performance:</u> 5 rounds: 7 strict HSPU 7 high box jumps 7 strict pull ups	<u>A Performance:</u> E2MOM 12min: 2 hang pow. snatch. + 1 hang sq. snatch			18:00-30:00 50 DU / 1min try 10 one arm DB clusters	<u>10' Mobility</u>	<u>10' Mobility</u>
<u>B Fitness:</u> AMRAP 15min: 1000/800m row 25 push press. 25 burpees over bar	<u>B Fitness-</u> <u>Performance</u> For time: 500m run (1 giro) 40 KB swings 30 wall balls 20 alt. DB snatch. 10 devil press 1DB	<u>B Fitness:</u> 6 rounds: 14 w. sit ups 12 DB ² reverse lunges 10 DB ² altern. push press	<u>B Fitness-</u> <u>Performance</u> "Cindy" AMRAP 20min: 5 pull ups 10 push ups 15 air squats	<u>Performance:</u> 00:00-14:00 8 burpees over bb 4 hang p. cleans 2 hang sq. cleans (increasing load) 14:00-18:00 rest		
<u>B Performance:</u> AMRAP 15min: 25 burpees plate 25 DB ² thrusters 1000/800m row		<u>B Performance:</u> 6 rounds: 12 strict T2B 10 bb OH r. lunges 8 bb Z press		18:00-30:00 1min bike 10 one arm DB clusters		