

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>	<b>SABATO</b>	<b>DOMENICA</b>
<b><u>A Fitness:</u></b> in team of 2 I go u go 5 rounds 6 strict pull ups 8 glutee ham raise 20 syncro sit ups passing mad ball		<b><u>A Fitness:</u></b>  Press 8-8-8-6-6-6		<b><u>Fitness:</u></b> 00:00-12:00 AMRAP 400 mt run 16 DB1 snatch 12/15 cal skierg 10 ring dip 13:00-17:00 REST	<b><u>Endurance:</u></b>	<b><u>Endurance:</u></b>
<b><u>A Performance:</u></b> in team of 2 i go u go 5 rounds 5 bar muscle ups 10 pistol squat 15 syncro ttb		<b><u>B Performance:</u></b>  Jerk (split or Push) Pause in dip 2" 4-4-4-4-4-4		15:00-30:00 Complete anyway 50 wall balls 50 deadlift 50 DB1ov. lunges 50 toes to bar	<b><u>10' Mobility</u></b>	<b><u>10' Mobility</u></b>
<b><u>B Fitness:</u></b> 3 rounds 30 push ups 20 american swings 10 box jumps		<b><u>B Fitness:</u></b> 5 rounds 200/300 mt row 8 DB2 thrusters 8 burpees		<b><u>Performance:</u></b> Every 2' x 12' 100 mt run 6-6-4-4-2-2 Snatch ( power or squat ) 12:00-15:00 REST		
<b><u>B Performance:</u></b> 21-15-9 HSPU cal row 40 DU every rounds		<b><u>B Performance:</u></b> 5 rounds 200/300 mt skierg 8 power clean 8 thrusters		15:00-30:00 Complete anyway 50 deadlift 50 wall balls 50 pull ups 50 burpees		