

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<p>A: 5 rounds 8 tempo push ups 3" tenuta in buca 3" tenuta in lock 8 arms inch warm rest 1'</p>	<p>A: 4 rounds 40" hollow 12 + 12 laterale sit ups 12 V-sit ups rest 30"</p>	<p>A: 4 rounds 12 free leg extension 16 supinated leg curl 20 leg behind toe pistol squat rest 1'</p>	<p>A: 4 rounds 20 back widow 10 elbow to hand push ups 20 door pull ups rest 1'</p>	<p>A: Da 00:00 a 13:00 AMRAP 50 mountain climbers 20 bird dog 50 air squat 20 back extension</p> <p>Da 13:00 a 17:00 REST</p>	<p>Endurance: outdoor wod</p> <p>5' Run easy peace then 3 rounds 30 push ups 15 squat jumps then 20' run every 90" 10 burpees</p>	<p>Endurance: 25' EMOM - 50 skip - 40 jump lunges - 30 box dip - 20 V-ups - 1' rest</p>
<p>B: 15' AMRAP 15 squat jumps 30 flutter kicks 10 kick thru's 20 dip</p>	<p>B: 4 rounds 30 Jumping jack 10 hindu push ups 20 hip thrust + knee to chest 10 jumping plank</p>	<p>B: for time 30 burpees tep ups 30 sliding floor pull ups + 4 mountain climber 30 dog push ups 30 one leg deadlift each leg</p>	<p>B: ogni 2'x12' 16 jumping lunges 16 supinated toe touch 16 elbow to hand plank</p>	<p>Da 17:00 a 30:00 AMRAP 5 chair climbs 10 down & up 20 sit ups</p>		