

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<p>A: 4 rounds: 30" wall sit hold sx 30" wall sit hold dx 15 back extension</p>	<p>A: 3 rounds: 20 Hip thrust + 10" hold x 2 20 Australian pull ups</p>	<p>A: 4 rounds: 12 pike push ups 12 Leg curl 12 hollow lateral knee raises</p>	<p>A: 3 rounds: 20 one leg wall deadlift 15 dip 1' plank</p>	<p>A: Da 00:00 a 15:00, 50 double unders or skip 20 db snatch 20 dynamic plank 50 front jump jack Da 15:00 a 18:00 REST</p>	<p>Endurance: "Outdoor workout" Con cronometro 5 rounds 2' medium run 1' fast run Then 3 rounds 30 push ups 20 box jumps 15 pull ups</p>	<p>Endurance: 10' stretching https:// www.youtube.com /watch? v=mj2RGYpknzA</p>
<p>B: 3 rounds 10 burpees 30 push ups 40 sit ups 50 lunges</p>	<p>B: 15' AMRAP 8 dog push ups 12 ground to overhead 16 air squat 20 side plank twist (10+10)</p>	<p>B: 7 rounds 7 Squat jumps 7 sprawls 7 V-sit + toe touch 7 free leg extension 7 diamond push ups</p>	<p>B: 5 rounds: 12 prisoner good morning 6 chair walk 12 pike jumps 6 inch warm 12 push press</p>	<p>B: Da 18:00 a 30:00, 10 Burpees 15 weighted sit u 20 pistol squat</p>		