

| LUNEDÌ | MARTEDÌ | MERCOLEDÌ | GIOVEDÌ | VENERDÌ | SABATO | DOMENICA |
|--|--|---|---|--|---|--|
| <p>A: 5 rounds: 10x rev. lunge DX + rev. lunge SX + squat jump 12 altern. V-ups 10 push-ups</p> | <p>A: 2 rounds: 30 back extensions\KB swings 40 mountain climbers 30 lateral cossack squats 40 front. jumping jacks - 1min rest -</p> | <p>A: 3 rounds: 30 heel touch. in crunch 20 one leg deadlifts 10+10 side plank crunches - 1min rest -</p> | <p>A: AMRAP 30min: 10 prison burpees 20 altern. jumping lunges 40 jumping jacks\30s rope jumps 20 V-ups 10 table rows\DB, KB, band. rows</p> | <p>A: Da 00:00 a 12:00, Ogni 2min per 12min: 30 high knees skips 10 altern. curtsy squats 5 dog push-ups Da 12:00 a 16:00 REST</p> | <p>Endurance: For time: 5min run 35 burpees 5min run 45 push-ups 5min run</p> | <p>Endurance: 10' stretching https:// www.youtube.com /watch? v=mj2RGYpknzA</p> |
| <p>B: AMRAP 15min: 5 burpees 10 dips\push press. 5 burpees 10 altern. step-ups</p> | <p>B: 3 sets, 4min ON - 1min OFF: 12 side plank rotations 12 one leg squats 12 side plank rotations 12 hindu push-ups</p> | <p>B: 2 rounds: 25 sprawls 25 lateral power step-ups 25 prisoner good mornings\DL 25 air squats 25 sit-ups</p> | <p>B:</p> | <p>B: Da 16:00 a 30:00, AMRAP: 10 diamond push- ups 15 sumo squats\DB, KB, band 20s elbow plank</p> | | |