LUNEDì	*MARTEDì*	*MERCOLEDì*	*GIOVEDì*	*VENERDì*	*SABATO*	*DOMENICA*
A: 3 rounds 60 sikip 40 hollow sit ups 20 Amstrings curl (10+10) 10 austrialian pull ups	**A:** 4 rounds: 10 dog push ups 20 banded curl 30 hip thrust	**A:** 4 rounds: 12+12 One leg Squat 40+40” side plank 12 sliding floor arm straight pull (proni tirare strisciano a braccia tese un telo fino al petto)	**A:** AMRAP 30min: 30 Plank toes touch 30 jumping jack plank 30 power step up 30 sprawls 30 american swings	**A:** Da 00:00 a 13:00 AMRAP 10 Banded front raises 30” hollow 50 lunges Da 13:00 a 17:00 REST	**Endurance:** 5 rounds 4’ run 6 burpees 9 pull ups 12 push ups 15 V-ups	**Endurance:** 10’ stretching https://www.youtube.com/watch?v=mj2RGYpknzA
B: 16’ AMRAP 20 Dynamic plank 20 Good morning/ KB swings 20 push press 1 arm (10+10)	**B:** 3’ AMRAP 1’ off 4 rounds 30 jumping jack 15 air squat 15 chair dips 15 V-ups	**B:** 4 ROUNDS 40” AMRAP 20” OFF burpees DB snatch (1 push ups + 2 back extension) squat jumps		**B:** Da 17:00 a 30:00, AMRAP: 20 1arm thrusters 20 (1 sit ups + 2 bridge) 20 back widow		