

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>	<b>SABATO</b>	<b>DOMENICA</b>
<p><b><u>A:</u></b>  AMRAP 10min:  5 back roll to squat jumps  5 lateral power box step-ups  10 altern. jumping lunges  15 L-toe-touches</p>	<p><b><u>A:</u></b>  5 rounds:  3 chair climbs with 3s hold  20s plank + 20s elbow plank  30s wall sit\KB-DB goblet squat hold</p>	<p><b><u>A:</u></b>  3 rounds:  7 seated banded rows  14 reverse snow angels  - 1min rest -  7 dog push-ups  14 hands-to-elbows plank  - 1min rest -</p>	<p><b><u>A:</u></b>  4 rounds:  30s hip thrust + sit-up  30s left side plank rotations  30s right side plank rotations  - 30s rest -</p>	<p><b><u>A:</u></b>  Da 00:00 a 14:00  12 lateral skater jumps  12 mountain climbers (per gamba)  12 hand release push-ups\DB o elast. push press.   Da 14:00 a 17:00  REST</p>	<p><b><u>Endurance:</u></b>  6 rounds:  1min run  20 air squat\KB swings\DB snatch.  1min run  15 burpees</p>	<p><b><u>Endurance:</u></b>  For time:  50 burpees  100 air squat  2k run  100 lunges  50 diamond push ups</p>
<p><b><u>B:</u></b>  10 rounds:  5 prison burpees  10 sit-ups  15 air squats\10 DB thrusters</p>	<p><b><u>B:</u></b>  For time:  50 altern. V-ups  50 back extensions\deadlifts  50 box step-ups  50 sprawls  50 reverse lunges\push press</p>	<p><b><u>B:</u></b>  AMRAP 15min:  10 left leg wall deadlifts\DB o elast.  10 hindu push-ups  10 right leg wall deadlifts\DB o elast.  10 chair dips</p>	<p><b><u>B:</u></b>  4 rounds:  10 altern. russian box step-ups  10 altern. V-ups  10 chair pistols  10 burpees</p>	<p><b><u>B:</u></b>  Da 15:00 a 30:00,  AMRAP  20 sit-ups  20 altern. jumping lunges  10 seated banded rows</p>		