

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>	<b>SABATO</b>	<b>DOMENICA</b>
<p><b>A:</b> 7 rounds: 7 squat jumps 14 mountain climber (per gamba) 7+7 DB/KB push press.</p>	<p><b>A:</b> E2MOM 10min: 12 DB/KB altern. reverse lunges 6+6 one arm DB/KB thrusters</p>	<p><b>A:</b> 4 sets, 1min ON - 1min OFF: 15 KB american swings Max reps KB goblet squats</p>	<p><b>A:</b> AMRAP 10min: 20 altern. jump lunges 10 hindu push-ups 10 DB/KB front raises 180°</p>	<p><b>A:</b> Da 00:00 a 12:00 Ogni 2min: 5 left arm DB/KB front squats 5 left arm DB/KB hang snatches 5 right arm DB/KB front squats 5 right arm DB/KB hang snatches  Da 12:00 a 15:00 REST</p>	<p><b>Endurance:</b> "Mortacci sua" For time: 400m run 24 burpees 400m run 34 one arm DB/KB push press. 400m run 44 DB/KB goblet reverse lunges 400m run</p>	<p><b>Endurance:</b>  Rest day  Outdoor day</p>
<p><b>B:</b> AMRAP 15min: 400m run 14 altern. DB snatch. 7 burpees over DB</p>	<p><b>B:</b> 4 rounds: 400m run 24 push-ups 12 one arm DB hang C&amp;J</p>	<p><b>B:</b> For time: 200m run 30 single DB altern. devil press. 40 push-ups 50 walking lunges</p>	<p><b>B</b> For time: 800m run 40 air squats 30 one arm DB/KB hang C&amp;J 20 burpees 30 one arm DB/KB hang C&amp;J 40 air squats 800m run</p>	<p><b>B:</b> Da 15:00 a 30:00, AMRAP 20 sit-ups 20 DB/KB sumo deadlifts 20 jumping jacks</p>		