

<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>  3 rounds of:  1' plank  20 pistol squat  30" bottom push ups position hold</p>	<p><b>A:</b>  4 rounds  10+10 on leg 1DB deadlift  12 Standing 1DB overhead ticep extension  15 pronated back extension</p>	<p><b>A:</b>  4 rounds:  8+8 biceps curl  12 inch warm  8+8 windmill  12 V-ups</p>	<p><b>A:</b>  18' :  1' Hip thrust  1' rest  1' DB1 snatch  1' rest  1' L-sit hold  1' rest</p>	<p><b>A:</b>  Da 00:00 a 12:00  20 mt salti in lungo piedi pari  30 mt walking lunges  40 mt overhead walk 1DB  50 mt front rack walk   Da 12:00 a 15:00  REST</p>	<p><b>Endurance:</b>  In team of 2   30' AMRAP  24 Pike push ups  48 Hang santch 1DB  24 crosshack squat 1 DB  48 hollow alt V-ups  24 squat clean 1DB  48 DB push ups</p>	<p><b>Endurance:</b>   Rest day   Outdoor day</p>
<p><b>B:</b>  6 rounds  4 devil press  8 renegade row  12 stat jumps  16 hollow toe toch</p>	<p><b>B:</b>  12' AMRAP  10 thrusters 1DB  200 mt farmer walk 1DB  ( change at 100mt)</p>	<p><b>B:</b>  For time:  800 run  60 press  60 Jump. lunges  800 run</p>	<p><b>B</b>  10 rounds  6 Push ups  8 Power clean 1DB (4+4)  10 Air squat</p>	<p><b>B:</b>  Da 15:00 a 30:00,  10 Burpees  40 Bike sit ups  10 Sumo high pull  200 mt run</p>		