

<b>LUNEDÌ</b>	<b>MARTEDÌ</b>	<b>MERCOLEDÌ</b>	<b>GIOVEDÌ</b>	<b>VENERDÌ</b>
<b>A:</b> <b>Fitness/Performance:</b> Open 20.5 40 muscle ups 80 cal row 120 wall balls	<b>A:</b> <b>Fitness:</b> Every 2' x 12' 21 air squat 15 american swings 9 box dip	<b>A:</b> <b>strenght program</b> 1 week Sumo Deadlift 6-6-3-3-3	<b>A:</b> <b>Fitness</b> 12' x 40" on 20" off pull ups top ring hold pistol squat	<b>Fitness:</b> 30' AMRAP In team of two 12 cal row 12 DB snatch alt 12 DB step up 12 DB press
	<b>A:</b> <b>Performance:</b> Every 2' x 12' 2 squat clean + 2 jerk		<b>A:</b> <b>Performance:</b> 12' x 40" on 20" off rope climbs handstand walk pistol squat	
<b>B:</b> <b>Fitness/Performance:</b> 3 rounds 15 GHD hip extension 1' hollow hold	<b>B:</b> <b>Fitness:</b> 7 rounds 12 db overhead lunges 12 push ups 12 V-ups	<b>B:</b> <b>Fitness/Performance:</b> Every 3' x 15' 30 double unders 20 one DB hang C&J 10 burpees	<b>B:</b> <b>Fitness/Performance:</b> 50 box jump over 40 toes to bar 30 dumbbell thrusters 20 Cal skierg 10 devil press	<b>Performance:</b> 30' AMRAP In team of two 12 cal row 3 heavy snatch + 6 back squat 12 cal skierg
	<b>Performance:</b> 5 rounds 5 overhead squat 10 pull ups 15 push ups 20 V-ups		<b>B:</b> <b>Performance:</b> 50 box jump over 40 toes to bar 30 dumbbell thruster 20 strict HSPU 10 bar muscle ups	