Week	Fitness A	Fitness B	Performance A	Performance B
Lunedì	4 rounds 20 DB Gorilla row 20 DB Hang snatch	5 rounds 9/12 cal Row 12 diamond Push ups 12 wall balls	12’ EMOM Da 0 a 8 5 Strict Pull Ups Da 9 a 12 10 kipping Pull Ups	6 rounds 10 Box Jumps 10 Ring dip 10 wall balls
Martedì	12 EMOM - 8 DB Squat clean - 40” Hollow hold	16’ AMRAP 8 Box Jumps 12 DB Hang C&J 8 Burpees 12 DB1 box step u	Ogni 90” x 12’ 1 Clean Pull + 1 Hang Clean + 1 Clean	16’ AMRAP 12/15 cal Ski 6 C&J 12 Weighted Sit u. 3 Hill sprint
Mercoledì	Squat: Ogni 2’ x 10’ 6 Reps La prima con 3” di pausa in buca	4 round 400 Run 12 KB Thrusters 12 sumo Deadlift high Pull	Squat: Ogni 2’ x 10’ 6 Reps La prima con 3” di pausa in buca	3 rounds 400 Run 5 Rope Climbs 10 Devil press
Giovedì	4 rounds 10 Box Climbs 9/12 cal ski	20’ EMOM 20 Wall balls 5 Devil press 20 V-Ups 2 Hill sprint	6 rounds 5/8 kipping HSPU 20” Hang L-Sit	20’ EMOM 10/13 cal Row 5 Bar Muscle Ups 8 Overhead Squat 20 V-Ups
Venerdì	Da 0’ a 13’ AMRAP 14 DB snatch 12 Overh. lunges 10 sprawls 13’ a 17’ rest	Da 17’ a 30’ AMRAP 100 single Unders 50 Sit Ups 25 Russian Swings	Da 0’ a 12’ Ogni 2’ 40 Double Unders 6-5-4-3-2-1 Squat snatch Da 12’ a 16’ rest	Da 16’ a 30’ AMRAP 6 shoulder T.O. 9 Burpees OTB 12 Toes to bar
Sabato	HERO WOD “Fabio Comini” Creato in suo onore dal 4 reggimento Alpini paracadutisti. Ranger delle forze speciali dell’esercito italiano.	Da 0 a 8 min 100 Run 4 strict Pull Ups 4 burpee box jump Da 10 a 18 min 200 Run 15 ring dip 15 waling lunges Da 20 a 28 min 400 Run 26 hand r. Push up 26 american swing		
Domenica	2 rounds 1000 mt row 20 DB2 Push press 20 DB box step over 500 mt skierg 50 wall balls 50 V-Ups			