

Week	Fitness A	Fitness B	Performance A	Performance B
<b>Lunedì</b>	10' EMOM - 16 renegade row - 50 single Unders	5 rounds 15 Wall balls 15 KB Swings 15 Push Ups	10' EMOM Da 1 a 5 5-6 strict Pull Ups Da 5 a 10 10-12 Pull Ups	5 rounds 12 Box Jumps 10 Ring dip 9/12 Cal row
<b>Martedì</b>	5 rounds 40" Wall squat 10 Z-press	14' AMRAP 8 DB2 Thrusters 16 V -Ups 8 cal row 16 DB1 step up	Ogni 2' x 12' High Hang Clean + jerk	14' AMRAP 8 Thrusters 12 toes to bar 8 power clean 12 V-Ups
<b>Mercoledì</b>	WEEK 5 Back Squat Find your 2RM 15'	4 rounds 10 DB1 devil press 20 Ov. Lunges 50 Double Unders	WEEK 5 Back Squat Find your 2RM 15'	5 rounds 6 mi HS walk 6 squat snatch 2 laps Run
<b>Giovedì</b>	4 rounds 10+10 step down 20" frogstand 30" hollow	6 rounds 10 box j Over 1 lap run 10+10 DB1 C&J	4 rounds 15 HSPU 15" L-Sit 20 crosshack squat	For time 20 Bar Muscle ups 60 wall balls 20 bar Muscle Ups 60 wall Balls
<b>Venerdì</b>	Da 0-12 EMOM - 12/9 cal row - 20 DB1 p. press - 15 toes to bar	Da 17' a 30' AMRAP 10 Burpees 15 KB Deadlift 10 Push Ups 15 goblet squat	Da 0 a 12 12 Burpees 1 p. snatch 2 ov. Squat	Da 17' a 30' AMRAP 50 DU 10/8 cal row 6 push jerk 4 front squat
<b>Sabato</b>	ENDURANCE	Partner wod 25' AMRAP 30 Power snatch 3 laps Run 60 Push Ups 60 Cal bike		
<b>Domenica</b>	ENDURANCE	The seven 7 rounds 7 HSPU 7 Thrusters 7 Knee to elbow 7 deadlift 7 Burpees 7 KB Swings 7 Pull Ups		