Week	Fitness A	Fitness B	Performance A	Performance B
Lunedì	4 rounds 10 Barbell bent over row 15 barbell push up 15 deadlift	12’ EMOM - 12/9 Cal row - 16 DB1 Thrusters - 16 DB1 step ups	4 rounds 5/6 weighted strict Pull Ups 10/15 kipping pull ups	12’ EMOM - 18 wall balls - 12 DB1 devil pr. - 6 box j + 2 wall climbs
Martedì	Ogni 90” x 9’ 30 Double unders 12 DB1 Hang squat snatch	16’ AMRAP 20 KB Sumo high p 20 Sit Ups 20 KB push press 2 laps Run	Ogni 90” x 9’ 3 Hang snatch pull + 1 Hang squat snatch	16’ AMRAP 1 lap Run 3 power snatch 5 front squat 7 ring dip
Mercoledì	WEEK 1 Press 8-8-8-8-8	3 rounds 25 wall balls 20 AM Swings 15 Burpees	WEEK 1 Jerk 5-5-5-5-5	25/20 Cal row 21-15-9 Power Clean @60-75-90
Giovedì	10’ EMOM 6 box Jumps 10 Push Ups	5 rounds 4 Wall climbs 12 Toes to bar 36 Lunges	10’ EMOM 10/8 strict HSPU O kipping	5 rounds 15 KB Swings 5 Bar Muscle ups 15 Box Jumps
Venerdì	Da 0’ a 12’ EMOM - 10 DB2 Hang squat clean - 10 pull Ups	Da 17’ a 30’ AMRAP 8 Deadlift 16/12 Cal bike 20 box dip	Da 0’ a 12’ Ogni 90” 3 Clean deadlift + 1 Hang squat	Da 17’ a 30’ AMRAP 10 Overhead lunges 15 Toes to bar 10 Handstand walk
Sabato	ENDURANCE		AMRAP 30’ 2k bike 30 Hang power Clean 90 Sit Ups med B 30 renegade Push Ups 90 Air squat	
Domenica	ENDURANCE	Water challenge wod	For time a coppie 70 pull Ups 3 laps Run 70 HSPU/Push pr. 3 laps Run 70 box j over 3 laps Run	