

Week	Fitness A	Fitness B	Performance A	Performance B
LUNEDÌ	5 rounds: 10 jumping plate push ups 20 sit ups 40" wall squat hold	21-15-9 Cal row Box jump over Dog push ups	5 rounds: 8 HSPU 12 toes to bar Rest 1'	21-15-9 Burpee Ring dip DB2 squat clean
MARTEDÌ	12' EMOM 12 KB snatch hang 9/12 cal skierg	4 rounds 400 mt run 10 deadlift 15 pull ups	Every 2' x 12' 3 snatch deadlift + 3 hang power snatch	4 rounds 400 mt run 10 ov squat 6 bar muscle ups /15 pull ups
MERCOLEDÌ	Week 2 Deadlift 6-4-6-4-6 -- 2min rest --	Ogni 4' x 16' 16 Wall balls 16 Burpees 16 DB1 Hang clean e jerk	Week 2 Deadlift 6-4-6-4-6 -- 2min rest --	Ogni 4' x 16' 12/15 Cal row 8 Hang clean e jerk 50 double unders
GIOVEDÌ	EMOM 12min: - 12 box dip + 10 squat jumps - 12 Swiss ball leg raises - 40 double unders	AMRAP 15min: 2 Hill sprint 4 Wall climbs 20 American swings 40 Mountain climbers	EMOM 12min: - 10 ring dip - 16 Pistol squat - 40" Hollow hold	AMRAP 15min: 10 mt Handstand walk 20 Box jumps ov. 30 American swings 4 Rope climbs
VENERDÌ	Da 00:00 a 12:00: 2' on 1' off 6 man makers Max Toes to bar In the remaining time	Da 17:00 a 30:00 14 Dumbbell snatch 10/13 Cal row 14 DB1 thrusters	Da 00:00 a 12:00 Ogni 2min 1 Power clean + 1 Thruster + 1 Jerk	Da 17:00 a 30:00 AMRAP 16 wall balls 12 Toes to bar 8 clean & jerk 2 Hill sprint
SABATO	25' time cap 4 rounds of: 200 mt run 15 cal skierg 20 V-ups	Then in the remaining time 200 mt run 10 Burpee pull ups 20 DB1 overhead lunges 10 power snatch		
DOMENICA	For time: 30 Thrusters 50 russian swings 400 mt run 30 box jumps 50 push ups 400 mt row	Rest 6' then for time: 30 air squat 30 push press 30 step over 30 hang clean 30 cal row 400 mt run		