

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
A: Fitness/Performance in team of 2 5 rounds each of 8 nordic curl 20" L-sit	A: Fitness: 3 rounds 500 mt row rest 1.30' tra rounds	A: Streight Cycle Fitness: Push press 8-8-6-6-6 rest 1.30	A: Fitness/Performance 15' EMOM - 3 wall climbs - 12 GHD hip extension - 10 burpees	Fitness: in team of 2 from 0 to 10' AMRAP 40 push ups 30 wall balls 20 pull ups from 12' to 18' AMRAP
	A: Performance: 5 rounds 2 snatch push press 1 overhead squat 1 snatch balance rest 1.30'	A: Performance: Press 8-8-8-8-8 rest 1.30	A: Performance 15' EMOM - 7/10 mt handstand walk - 3 rope climbs - 12 GHD hip extension	7 double KB deadlift 5 double KB russian swings 3 double KB front squat from 20' to 30' AMRAP 40 weighted sit ups 30 mt lunges 20 cal row
B: Fitness/Performance: Every 6' x 18' 500 mt row 10 dumbbell push press sx 10 dumbbell push press dx 20 american swings	B: Fitness: 5 rounds of: 12 kettlebell hang snatch 12 box jump over 12 toes to bar	B: Fitness: 4 rounds 40" on 20" off cal skierg goblet squat V-ups double unders	B: Fitness 12' AMRAP 6 sumo deadlift high pull 9 ring/box dip 12 pistol squat 15 mt farmer carry	Performance: in team of 2 from 0 to 10' AMRAP 40 push ups 30 wall balls 20 chest to bar from 12' to 18' choose kg to use and reach 2000/3000 kg with squat clean
	B: Performance: 5 rounds of: 6 power snatch 12 box jump over 12 GHD sit ups	B: Performance: 4 rounds 40" on 20" off cal row thrusters V-ups burpees	B: Performance: 12' AMRAP 6 sumo deadlift high pull 9 handstand push ups 12 pistol squat 15 mt farmer carry	from 20' to 30' 40 toes to bar 30 cal skierg 20 reverse BB lunges

