

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
A: Fitness: AMRAP 12' 12 alt. step ups 12 alt. V-ups toe touch 12 ring rows	A: Fitness: Every 2' x 12' 200 mt skierg 8 burpees	A: Strenght Cycle Fitness: Push press 6-6-4-4-4 rest 1.30	A: Fitness/Performance 15/20' ring muscle up technique transition work	Fitness: from 0 to 15' AMRAP 500 mt row 20 one arm DB hang C&J From 18' to 30' AMRAP 6 strict pull ups 8 cal skierg 10 back squat
A: Performance: 6 negative HSPU 12 high box jumps 6 strict pull ups	A: Performance: Every 2' x 12' 4 hang power snatch	A: Performance: Press 6-6-6-6-6 rest 1.30		
B: Fitness/Performance: 5 rounds 12 overhead lunges 12 cal row 12 alt. dumbbell snatch 1' rest	B: Fitness: 2 rounds 50 russian swings 40 sit ups 30 KB goblet squat 20 push ups	B: Fitness/Performance: team x 2 CamplEMOM 15' - 10 devil press - 20 double DB thrusters - 10 mt syncro DB lunges	B: Fitness 17' AMRAP 17 deadlift 9 burpees 9 box jumps	Performance: From 0 to 15' AMRAP 8 hang power clean 8 front squat 8 chest to bar from 18' to 30' AMRAP 500 mt row 11 man makers
	B: Performance: For time: 50 american swings 40 toes to bar 30 wall balls 20 push jerk		B: Performance: 17' AMRAP 14 sumo deadlift high pull 14 burpee box jump over	

