

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
A: Fitness 4 rounds 10/12 dog push ups 40" side plank dx & sx 10/12 good morning	A: Fitness EMOM 9' - 10 snatch deadlift - 10 overhead squat - 30 double unders	A: Fitness/Performance Clean pull 5 x 5 @120% of 1rm clean	A: Fitness 4 rounds 8 seated kb press 10 GHD back extension 12 alt knee to chest from L	Fitness: EMOM 8' - 14 DB1 hang C&J - 16 DB1 lunges reverse da 10 a 18 10 burpees 20 DB1 thrusters 10 ring row
A: Performance 4 rounds 8/10 ring dip 40" side plank dx & sx 8/10 one leg wall deadlift	A: Performance EMOM 9' power snatch + snatch balance + overhead squat		A: Performance EVERY 2' x 10' 8/10 mt handstand walk 12/15 KB american swings	da 20 a 30 12/15 cal row 50/75 double/single unders 2 hill sprint 50 sit ups
B: Fitness 5 rounds 12 box jump over 12 pull ups 15 V-ups	B: Fitness 3 rounds 500 mt row 20 DB1 snatch 20 push ups	B: Fitness-Performance For time 12 DB2 burpee box step o 25 shoulder to overhead 74 wall balls 25 shoulder to overhead 12 DB2 burpee box step o	B: Fitness Every 3' x 15' 9/12 cal skierg 15 KB american swing 12 toes to bar	Performance: EMOM 8' 3 hang power clean + 1 front squat da 10 a 18 AMRAP 10 burpee OTB 10 thrusters 10 GHD sit ups
B: Performance 5 rounds 12 box jump over 6 bar muscle up 15 V-ups	B: Performance 5 rounds 50 double unders 250 mt skierg 8 power snatch		B: Performance Every 3' x 15' 9/12 cal row 9 handstand p. u. strict 12 toes to bar	Da 20 a 30 10 cal skierg 2 hill sprint 3 rope climbs 4 devil press