

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<u>A Fitness:</u> 4 rounds 12 box jumps 12 alternated V-ups 12 ring row	<u>A Fitness:</u> E2MOM x 12 min: 50 rope jumps 10 deadlift	<u>A:</u> <u>Fitness</u> <u>Performance</u> Back Squat pause 3" 3 reps 5 rounds 1.30' rest	<u>A Fitness:</u> 6 rounds 10" handstand hold 10" L-sit 10" wall sit	<u>Fitness:</u> Da 0' a 15' AMRAP 8 front squat 8 cal row 8 burpee over row 3' rest	<u>Endurance:</u> buy in: 50 wall balls then 5 rounds: 15 AM swings 1' standing bike 15 sit ups	<u>Endurance:</u> For time 60 double u 30 sumo high pull 30 ttb 60 double u 20 sumo high pull 2o ttb
<u>A Performance:</u> 4 rounds: 8 squat box jumps 8 strict tab 3 wall climbs	<u>A Performance:</u> E2MOM x 12 min: 4 hang p. snatch 2 overhead squat		<u>A Performance:</u> 5 rounds 5 HSPU 10" L-sit 10 juming lunges	da 18' a 30' AMRAP 8 DB2 box step o. 8 DB2 devil press		60 double u 10 sumo high pull 10 ttb
<u>B workout:</u> for time: 40/30 cal row-ski 30 burpees 20 DB1 hang c&j 10 DB2 hang snatch	<u>B Fitness:</u> AMRAP 16' 2-4-6-8-10... american swings box jumps	<u>B workout:</u> 4 rounds 22 DB2 push press 22 DB2 step ups 11 pull ups	<u>B Fitness:</u> 12' EMOM - 40" bike hard - 6 box dip + 12 lateral power step ups	<u>Performance:</u> da 0' a 15' AMRAP 4 hang p. clean 4 push jerk 8 burpee otb 3' rest		
	<u>B Performance:</u> 16' AMRAP 2-4-6-8-10... thrusters box jump over		<u>B Performance:</u> 12' EMOM - 12 push ups + 6 alt DB snatch - 40" bike hard	da 18' a 30' AMRAP 12 cal row 8 DB2 devil press		