

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<p><u>A:</u> <u>Core Crusher</u> <u>3 rounds</u></p> <p>30 reverse pike 30 lateral sit ups 30 L-sit ups rest 1'</p>	<p><u>A:</u> <u>Leg burn</u> <u>5 rounds</u></p> <p>12+ 12 foot back heel pistol squat 20 narrow stance squat 12 hamstrings curl rest 1'</p>	<p><u>A:</u> <u>Arms KO</u> <u>4 rounds</u></p> <p>15 dog push ups 30" top dip hold 15 chair curl 30" hand reverse fold plank hold</p>	<p><u>A:</u> <u>Back pump</u> <u>4 rounds</u></p> <p>20 double case of water row 20 sliding floor pull ups 20 reverse snow angel 20 door pull</p>	<p><u>A:</u> <u>30' conditioning</u> Da 00:00 a 13:00</p> <p>15 russian baby makers 15 V-ups 15 pike push ups/ chair push ups 15 lateral sprint + jumping squat</p> <p>Da 13:00 a 17:00 REST</p>	<p><u>Endurance:</u> <u>home chelsea</u> <u>EMOM 30'</u></p> <p>5 pull ups / 8 door pull 10 push ups 15 air squat</p>	<p><u>Endurance:</u> <u>4 rounds</u></p> <p>50 plank jacks 20 burpees 50 mt sprint 20 mt lateral bear crawl 50 flutter kiks 20 front case water raises</p>
<p><u>B:</u> <u>5 rounds</u></p> <p>10 burpees 20 box dip 10 dynamic plank (dx e sx =1) 20 superman pull ups</p>	<p><u>B:</u> <u>3 rounds</u></p> <p>60" skip 30" aust. pull u 30" reverse burp. 30" V-ups 30" death roll 60" rest</p>	<p><u>B:</u> <u>15' AMRAP</u></p> <p>30 jumping jack 30 back extension 30 jumping plank 30 deadlift 30 jumping squat half</p>	<p><u>B:</u> <u>16' EMOM</u></p> <p>- 12 case of water snatch - 12 sprawl - 45" supinated toe touch - 12 jumping step ups</p>	<p>Da 17:00 a 30:00 AMRAP</p> <p>10 case thrusters 30 jumping side 10 kick thru's 30 hip thrust sit ups</p>		