

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ
<p>A: Fitness/Performance: Open 20.3 21/15/9 deadlift @115/70-61/43 handstand push ups 21/15/9 deadlift @143/93-83/61 15 mt handstand walk</p>	<p>A: Fitness: EMOM 12' - 8 DB 1 arm squat snatch - 10/12 box jumps - 30 russian twist</p>	<p>A: strenght program Front squat in 15' build up to 1 RM</p>	<p>A: Fitness 4 rounds 12 GHD back extension 5 chin ups 10 ring push ups</p>	<p>Fitness: Against 30' clock 4 rounds 12 toes to bar 20 cal row then: 1000 mt skierg in the remaining time amrap 12 DB box step ups 6 devil press 12 wall balls</p>
	<p>A: Performance: EMOM 12' 1 snatch balance</p>		<p>A: Performance: 5 rounds 8/10 one leg wall deadlift 3/4 legless rope climb</p>	
<p>B: Fitness/Performance: 4 rounds 10 toes to bar 30/40" wall squat hold</p>	<p>B: Fitness: from 10 to 1 burpees overhead squat</p>	<p>B: Fitness/Performance A coppie For time: 100 double unders 80 dumbbell snatch 100 double unders 80 one DB hang clean e jerk 100 double unders 80 one DB thrusters 100 double unders</p>	<p>B: Fitness: every 4' x 16' 2 hill sprint 10 pull ups 12 box jump over</p>	<p>Performance: Against 30' clock 4 rounds 15 cal skierg 7 squat clean then: 2k row in the remaining time amrap 12 toes to bar 12 wall balls 6 devil press</p>
	<p>Performance: from 10 to 1 burpees OTB 5 hang squat snatch</p>		<p>Performance: every 4' x 16' 2 hill sprint 6 bar muscle ups 12 box jump over</p>	

