

LUNEDÌ	MARTEDÌ	MERCOLEDÌ	GIOVEDÌ	VENERDÌ	SABATO	DOMENICA
<p><u>A:</u></p> <p>Grigliata di Pasquetta!</p>	<p><u>A:</u></p> <p>Post pasquetta</p> <p>15' EMOM</p> <ul style="list-style-type: none"> - 20 Hollow alt VUps - 16 Bulgarian split Squat - 6 Chair climbs 	<p><u>A:</u></p> <p>4 rounds:</p> <p>10 pistol squat 20 chair dip 30 american Swings</p>	<p><u>A:</u></p> <p>4 rounds:</p> <p>20 One leg deadlift 20 Back extension 20 Windmill</p>	<p><u>A:</u></p> <p>Da 00:00 a 13:00 AMRAP 10 Down e ups 30 Sit ups 14 DB squat clean Thrusters</p> <p>Da 13:00 a 17:00 REST</p>	<p><u>Endurance:</u></p> <p>45' bike 100 Push ups 200 sit ups 45' bike</p>	<p><u>Endurance:</u></p> <p>3 rounds</p> <p>30 back roll jumps 30 skip 30 kick thru 30 v-ups 30 australian pull ups</p>
<p><u>B:</u></p>	<p><u>B:</u></p> <p>100 DB snatch Otm 5 burpees</p>	<p><u>B:</u></p> <p>AMRAP 15min: 40 jump jack 30 Sit ups 20 Push press 1' wall Sit</p>	<p><u>B</u></p> <p>4 rounds:</p> <p>30 Overhead lunges 30 Press 1DB 30" Plank</p>	<p><u>B:</u></p> <p>Da 17:00 a 30:00, AMRAP Jumping squat Push ups Devil press 1DB</p>		