

Friday

22

4 Intervals For Time: 3 mins rest

6 Strict Pull-ups

6 Kipping Pull-ups

Front Rack Lunge, 135/95lbs, 15 m

15 Hanging Knee Raises

18/12 Row Calories

BB/SADB Bent Over Row 12-12-12-12

FQ: 40 Pistols and 3 RFQ: Dot Drill 1

Partner Option

MG