

Friday

22

4 Intervals For Time: **3 mins rest**

8 Strict Pull-ups

8 Kipping Pull-ups

Front Rack Lunge, 135/95lbs, 15 m

15 Toes-to-bars

18/12 Bike Calories

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

FQ: 40 Pistols **and** 3 RFQ: Dot Drill 1

Partner Option

MG