

Monday 25

3 rounds for time of: Helen

Run, 400 m
21 Kettlebell Swings, 1.5/1 pood
12 Pull-ups

Supinated Strict Pull-ups 3x12
OHC3 / 15WW / HSW / HS / TGU3x10

MG

Tuesday 26

For weight:

Power Clean 3-3-3-3, using heaviest weight per set
Front Squat 2-2-2-2, using heaviest weight per set
Squat Clean 1-1-1-1, using heaviest weight per set
DB Front Rack Walking Lunge 1-1-1
L-Sit 1 x 120 / Bear Hug Hold, 5m

W

Wednesday 27

For time (or not):

100 SU, Plank 1 min
HSW 20 m, 20 PP 115/75 lbs
HSW 15 m, 15 PP 115/75 lbs
HSW 10 m, 10 PP 115/75 lbs
100 SU, Plank 1 min
Row 2x300m/Run 2x200m/ 2x1m Bike
Farmer Cary 1-1-1

MGW

Friday 29

For Reps:

Tabata This!

Pull-up Bar Hang 1x 180 secs
Dumbbell Box Step-up 1x40

MG

Saturday 30

AMRAP 9:

7/5 Bike Calories
5 Hang Power Snatches, pick load

Row 500m/Run 400m/1:30 Bike Cals
SLIPS

Partner Option

MW

CrossFit Pinchpin



25 January 2021