

Monday 22

5 Intervals For Time: 3 mins rest

6 Power Cleans, pick load

6 STOH, pick load

18 Bar Facing Burpees

OHC 1-1-1 / Wall Walks

Barbell Glute Bridge 10-10-10

GW

Tuesday 23

Death By Shuttle Sprint

10m

Candlestick / Landmine Twist 3x12

Double Unders 1x200

Partner Option

M

Wednesday 24

21-18-15-12-9 reps, for time of:

Overhead Squat, 95/65 lbs

Pull-up

Front Squat 7-7-7 / LPBBC 2

Farmers Carry 1-1-1

GW

Friday 26

For weight:

Deadlift 1-1-1-1-1-1-1

L-Sit 1x 120 secs / Bear Hug Hold 5m

BB/DB Bent Over Row 12-12-12-12

W

Saturday 27

For time (or not): **Cameron**

50 Walking Lunges, 25 CTB Pull-ups

50 Box Jumps, 24/20 in

25 Triple Unders, 50 Back Extensions

25 Ring Dips, 50 Knees-to-elbows

25 2-for-1 Wall Balls, 20/14 lbs

50 Sit-ups, 5 Rope Climbs, 15 ft

HS 240 secs / HSW 4min / 3x10 TGU

Dumbbell Box Step-up 1x40

G

CrossFit Pinchpin



22 February 2021