

Monday 29

10-8-6-4-2 reps, for time of:

Clean & Jerk, pick load
Bar Muscle-up

Shoulder Press 12-12-12 / OHC 1-1-1
FT: 50 Burpees

GW

Tuesday 30

Each for time:

Run: 6x 400 m

Box Jump, pick height : 1x25
Planche, 10 mins / Landmine 3x12

M

Wednesday 31

AMRAP 20 of:

Bike, 600 m
15 R. Kettlebell Swings, 53/35 lbs
10 Hollow Rocks

Double Unders 1x200
FT: 25/20 Bike Calories

MG

Friday 2

For weight:

Overhead Squat 1-1-1-1-1-1

LPBBC2 / 3RFQ 10xTGU
Farmers Carry 1-1-1

GW

Saturday 3

For time:

100 Pull-ups
100 Push-ups
100 Sit-ups
100 Air Squats

Bulgarian Split Squat 12-12-12
Row 300m/Run 200m/1m Bike Cals

Partner Option

G

CrossFit Pinchin



29 March 2021