

Monday 26

For time: Half Murph

Run, 800 m

50 Pull-ups

100 Push-ups

150 Air Squats

Run, 800 m

Chin Over Bar Hold 1x 120 secs

Medicine Ball Clean 1x75

MG

Tuesday 27

For weight:

Deadlift 2-3-5-10-2-3-5-10

L-Sit 1x 120 secs / FQ Bear Hug Hold

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

W

Wednesday 28

50-40-30-20-10 reps of: Annie

Double Under

Sit-up

For Time (or not)

Farmer Carry 1-1-1

Row 2x300m/Run 2x200m/ 2x1m Bike

G

Friday 30

5 rounds for time of: Nancy

Run, 400 m

15 Overhead Squats, 95/65 lbs

Bulgarian Split Squat 12-12-12

SLIPS

Partner Option

MW

Saturday 1

3RFT of A, rest 1:2, 3RFT of B:

A: 9 Devil Press, 35/25 lbs

9 Chest-to-bar Pull-ups

B: 9 Devil Press, 35/25 lbs

9/6 Row Calories

OHP 3x12 / LPBBC6

V-ups 1x60

MWG

CrossFit Pinchpin



26 April 2021