

Monday 24

4 rounds for time of: LP Test 7

4 Power Cleans, 205/145 lbs

4 Front Squats, 205/145 lbs

4 STOH, 205/145 lbs

MLT: 10', SFR: 6'

LPBBC 4 / OHP 3x12

Glute Ham Raises 3x10 / SSLDL 3x12

W

Tuesday 25

Each for time:

Run 5x50m

Run 3x400m

Run 1x800m

B Speed

MLT: 10", 2', 4', SFR: 7", 1'25, 3'

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

Banded Marches, 5' FQ

M

Wednesday 26

3RFR, 1' each: Fight Gone Bad

Wall Ball, 20/14 lbs, 10/9 ft

Sumo Deadlift High-pull, 75/55 lbs

Box Jump, 20 in

Push Press, 75/55 lbs

Row Calorie

Rest 1 min

B Light

MLT: 264 reps, SFR: 326 reps

Dumbbell Box Step-up 1x40

Wall Walk 15

MGW

Friday 28

For time:

200/150 Bike Calories

10 L-Sit Rope Climbs, 15 ft

MLT: 43', SFR: 29'

LPBBC 4 / OHP 3x12

SLIPS

Partner Option

WG

Saturday 29

Every 1 min for 30 mins:

1 Hang Power Snatch, pick load

B Olympic Lifts

MLT: 50%, SFR: 75%

Row 500m/Run 400m/90s Bike **B** Sp

Sotts Press 8-8-8-8

W

CrossFit Pinchpin



24 May 2021