

Monday 31

For time: **Murph**

Run, 1 mi
100 Pull-ups
200 Push-ups
300 Air Squats
Run, 1 mi

B Long MLT: 60', SFR: 40'

Farmer Carry 1-1-1

MG

Tuesday 1

3 rounds for time (or not) of:

25 Deadlifts, 35% 1RM
75 Double Unders
25 GHD Sit-ups

MLT: 18', SFR: 10'

Banded Marches, 5' FQ
Pause Clean Deadlift 5-5-5-5

Partner Option

GW

Wednesday 2

For weight:

Shoulder Press 1-1-1-1-1
Push Press 3-3-3-3-3
Push Jerk 5-5-5-5-5
using heaviest weight per set

B PL MLT: 85%, SFR: 60% 1RM OHP

SLIPS

Row 1k / Run 800m / 3m Bike Cals

W

Friday 4

AMRAP 14 of: **CFG Open 14.4**

60 Row Calories
50 Toes-to-bars
40 Wall Balls, 20/14 lbs, 10/9 ft
30 Cleans, 135/95 lbs
20 Muscle-ups

MLT: 175 reps, SFR: 185 reps

Chipper - Row, TTB, WB, PC, RMU

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

MGW

Saturday 5

4 intervals for time of: 1:1 to 1:3

OH Lunge, 115/75 lbs, 15 m
Run, 400 m

MLT: 3', SFR: 2'10

Snatch B 5x3 / OHC 3x1 / S Press 4 x 8
V-ups 1x70

MW

CrossFit Inchpin



31 May 2021