

Monday 26

5RFT (dropping reps):

100 80 60 40 20 Dubs

50 40 30 20 10ft HSW

MLT: 14', SFR: 7'

OHP 3x12 / OHC 3

Candlestick / Landmine Twist 3x12

G

21-15-9, for time:

Elizabeth

Clean, 135/95 lbs

Ring Dip

*Squat Clean

MLT: 11', SFR: 8'

DBFRWL 1-1-1 / LPBBC 1

Sprint: 5x 50 m / Row or Bike 5 x 10s

Partner Option

GW

Wednesday 28

For time:

Run, 800 m

100 Sit-ups, 10 Rope Climbs, 15 ft

Run, 800 m

50 Sit-ups, 5 Rope Climbs, 15 ft

Run, 800 m

MLT: 35', SFR: 25'

50 BBJO / 50 Burpees

Pull-up Bar Hang 1x 180 secs

MG

Friday 30

Each for time:

Row: 5x 500 m

MLT: 2', SFR: 1'40 for all

Plank Hold 1x 120 secs

Farmer Carry 1-1-1

M

Saturday 31

EMOM 30:

Hang Squat Snatch

MLT: 55%, SFR: 75%

Sotts Press 8-8-8-8

Medicine Ball Clean 1x75

W

CrossFit Linchpin



26 July 2021