

Monday 12

Death By Bike Calorie

MLT: 13, SFR: 18

Farmer Carry 1-1-1

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

M

Tuesday 13

For weight:

Deadlift 1-1-1-1-1-1

MLT: 70%, SFR: 90%

GHR 3x10 / SSLDL3x12

Banded Marches, 5' FQ

W

Wednesday 14

6 RFR, 1" per station of:

Row Calorie

Burpee

Double Under

Rest 1 min

MLT: 447, SFR: 631

HRPU 1x75 / PU 1x75

Planche / Landmine Twist

MG

Friday 16

3RFT (dropping reps): 5' rest/R

48/40/36 Wall Balls

24/20/18 Pull-ups

12/9/10/9 OHS 65%

MLT: 5:30, 4'40, 4'10, SFR: 3:30, 2'50, 2'30

Dumbbell Box Step-up 1x40

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

GW

Saturday 17

21-15-9, for time (or not):

Shuttle Run, 200 m (4x 50 m)

DB Push Press, 50/35 lbs

Ring Dips

Toes-to-bars

MLT: 13', SFR: 8'

LPBBC 6 / OHP 3x12 / HSD / OHC 3

Row / Run / Bike x 15 mins

MGW

CrossFit Linchpin



12 July 2021