

Monday 2

5 x AMRAP 3, Rest 1': **The Chief**

3 Power Cleans, 135/95 lbs

6 Push-ups

9 Air Squats

MLT: 20R, SFR: 25R

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

Dumbbell Box Step-up 1x40

Partner Option

GW

Tuesday 3

3RFT of:

L-Sit, 45 secs

Run, 1 mi

MLT: 42', SFR: 32'

Double Unders 1x200

Farmer Carry 1-1-1

MG

Wednesday 4

18-16-14-12 reps, for time of:

Dumbbell Push Press, 50/35 lbs

Chest-to-bar Pull-up

Bike Calorie

MLT: 16'45, SFR: 10'30

Overhead Carry 1-1-1 / 3x10 TGU

Row 2x300m/Run 2x200m/ 2x1m Bike

MGW

Friday 6

For weight:

Overhead Squat 1-1-1-1-1-1

MLT: 70%, SFR: 85%

Bulgarian Split Squat 12-12-12

WW / HSDP / Sotts 3x8

W

Saturday 7

2 rounds for time of:

20 Deadlifts, 185/135 lbs

15 Bar Facing Burpees

10 Ring Muscle-ups

MLT: 9', SFR: 5'30

Banded Marches, 5' FQ / GHR 3x10

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

GW

CrossFit Pinchin



02 August 2021