

Monday 16 5RFT (descending reps): Run, 1000/800/600/400/200m SHSPU, 20/16/12/8/4 Rope Climb, 10/8/6/4/2 MLT: 45', SFR: 30' Shoulder Press 3x12/HSD/WW MG	Tuesday 17 For Weight: Deadlift 5-5-5-5-5 MLT: 50%, SFR: 70% GHR 3x10 / SSLDL3x12 BB/SADB Bent Over Row 12-12-12-12 50 BBJO / 50 Burpee FT W	Wednesday 18 AMRAP15 of: 30 Double Unders 15 Air Squats 10 Toes-to-bars 5 Ring Dips MLT: 6R, SFR: 10R Low Ring Muscle-ups 1x20 BS 7-7-7 / FS 7-7-7 G
Friday 20 EMOM20 for weight: Joe Mills 20/20 1 Squat Snatch 5@70%, 5@70%+5kg, 5@70%+7.5kg, 5@heavy Heavy @ MLT: 80%, SFR: 90% LPBBC8 / Sotts 4x8 / Sn Bal 4x3 / OHC Row 500m/Run 400m/90s Bike W	Saturday 21 For time: 75 Pull-ups 75 Push-ups 75 Front Squats, 75/55 lbs 75 Hang Power Cleans, 75/55 lbs 75 Push Press, 75/55 lbs 75 GHD Sit-ups 75 Double Unders MLT: 33', SFR: 21' Dumbbell Box Step-up 1x40 HRPU 75 / PU 75 WG	CrossFit Pinchpin  16 August 2021