

Monday
23

For Weight:
Back Squat 2-3-5-10-2-3-5-10

Use the same weight for each set.

MLT: 55%, SFR: 75%

Glute Bridge 3x10 / MB Clean 75
L-Sit 120" / Bear Hug Hold 5'

W

Tuesday
24

For time:
50 Box Jumps, 24/20 in, 50 Jumping Pull-ups
50 Kettlebell Swings, 53/35 lbs
50 Walking Lunges, 50 Knees-to-elbows
50 Push Press, 45/35 lbs
50 Back Extensions
50 Wall Balls, 20/14 lbs
50 Burpees, 50 Double Unders

MLT: 28'37, SFR: 22'40

OHP 3x12 / 10 TGU per side
F Carry 1-1-1

GW

Wednesday
25

3RFT of A, Rest 5', 3RFT B:

A: 9 Power Snatches, 60% 1RM
9/6 Bike Calories
B: 9 Power Cleans, 50% 1RM
9/6 Bike Calories

MLT: 5' & 4'30, SFR: 3'15 & 3'

LPBBC2
5x50m / 5x10s Bike or Row

MW

Friday
27

Each for time:

Row: 3x 1000 m

MLT: 3'50, SFR: 3'30

Side Plank 2x 120 secs
Double Unders 1x200

M

Saturday
28

EMOM20 of:

10 Dumbbell Burpees, 50/35 lbs
10 Dumbbell Thrusters, 50/35 lbs
12/8 Bike Calories
Rest 1 min

See App

Bu Sp Squat 3x12 / LPBBC5
OHC 1-1-1 / SLIPS

MGW

CrossFit Finchpin



23 August 2021