

Monday 1 For Reps: Rest 5' between Death By Dumbbell Thruster 50/35 then Death By Strict Pull-up MLT: 8+ for both, SFR: 12+ for both FS 1-1-1 / MBC 75 20 Wall Walks Partner Option GW
--

Tuesday 2 AMRAP 30 of: 30 Double Unders Run, 100 m 10 Push-ups 10 Sit-ups MLT: 6.5, SFR: 11 Landmine Twist / Planche Row 500m/Run 400m/90s Bike MG

Wednesday 3 For Weight: Deadlift 1-1-1-1-1-1-1 MLT:70%, SFR:90% GHR 3x10 / SSLDL 3x12 BB/SADB Bent Over Row 12-12-12-12 W

Friday 5 4R, 1' per, for max reps of: Ring Muscle-up, Rest 1 min Box Jump, 24/20 in, Rest 1 min Knees-to-elbow, Rest 1 min Bike Calorie, Rest 1 min See App 20/15 Bike Cals 3RFR: 75-80% Kipping Pull-ups MG

Saturday 6 3RFT of: 10 Ground-to-Overheads, 95/65 lbs Shuttle Run, 200 m (4x 50 m) MLT: 6'24, SFR: 4'21 OHP 3x12 / LPBBC2 50 BBJO / 50 BFB / 50 Burpees MW

CrossFit Reckpin  01 November 2021
--