

Monday 8 4R, 3' per, for max reps of: Run, 400 m max reps in remaining time Front Squats, 60% 1RM MLT: 2'10+5, SFR: 1'40+8 Lsit 120" / Bear Hold 5' Bulg Split Squat 3x12 MW
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Tuesday 9 For time: 30 Toes-to-bars 25 Dumbbell Push Press, 50/35 lbs 5 Rope Climbs, 15 ft 25 Dumbbell Push Press, 50/35 lbs 30 Toes-to-bars MLT: 10', SFR: 5'30 OHC 3x1 / 3RFQ 7&7 TGU Chin Over Bar Hold 120" GW
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Wednesday 10 5RFT of: 20/15 Bike Calories 10 Deadlifts, 50% 1RM MLT: 21', SFR: 14'30 GHR 3x10 / BB Glute Bridge 3x12 BB/SADB Bent Over Row 12-12-12-12 MW
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Friday 12 Each for time: Run: 8x 200 m MLT: 55", SFR: 38" Side Plank 2x 120 secs Box Jump, pick height : 1x25 M

Saturday 13 For Weight: Clean & Jerk 1-1-1-1-1-1-1 MLT:75%, SFR:90% DBFRWL 1-1-1 / LPBBC1 SLIPS W

CrossFit Finchpin  08 November 2021
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