

Monday

2

3 rounds for time of:

Run, 400 m

30 GHD Sit-ups

Handstand Walk, 15 m

MLT: 23', SFR: 15'

+ Optional Accessory

MG

Tuesday

3

15 rounds for time of:

1 Deadlift, pick load (70-80%)

5 Strict Pull-ups

10 Push-ups

15 Air Squats

MLT: 30', SFR: 17'

+ Optional Accessory

GW

Wednesday

4

Each for time:

Row: 3x 1000 m

MLT: 3'50, SFR: 3'30

+ Optional Accessory

M

Friday

6

3 rounds for time of: 2010 NRE1

10 Overhead Squats, 135/95 lbs

50 Double Unders

MLT: 8', SFR: 4'

+ Optional Accessory

GW

Saturday

7

7 rounds for time of:

Shuttle Run, 200 m (4x 50 m)

10 Devil Press, 35/25 lbs

MLT: 25', SFR: 16'30

+ Optional Accessory

MW

CrossFit Techpin



02 May 2022