

Monday 9

For weight:

Clean & Jerk 1-1-1-1-1-1

MLT: 75%, SFR: 90%

+ Optional Accessory

W

Tuesday 10

For 5 cycles:

AMRAP in 3 mins of:

5 Burpees

1 Ring Muscle-up

MLT: 30r, SFR: 39reps

+ Optional Accessory

G

Wednesday 11

3 rounds for time of: Christine

Row, 500 m

12 Deadlifts, 1x bodyweight

21 Box Jumps, 20 in

MLT: 13'30, SFR: 10'37

+ Optional Accessory

MGW

Friday 13

3 rounds for time of: Helen

Run, 400 m

21 Kettlebell Swings, 1.5/1 pood

12 Pull-ups

MLT: 14', SFR: 10'

+ Optional Accessory

MGW

Saturday 14

For weight:

Back Squat 5-5-5-5-5

MLT: 50%, SFR: 70%

+ Optional Accessory

W

CrossFit Catchpin



09 May 2022